

## Breathe!

Ruach – breath in original form and so much more than the mechanism through which a body receives oxygen. On so many levels, the breath is the means by which the human being – not just the body – receives that which it requires and releases that which it does not, if only one knows this is possible. The art of manifesting and shaping our world is so often limited to the realm of mind, will, what is envisioned or known. Yet, without the breath, these instruments are like motor vehicles without gas, electrical devices without plugs. It is the breath that enables a person to receive and expel on all levels, and it is the human being's honest intention to allow at least the silent expression of thoughts and feelings which enables reality to truly unfold. To hold the breath, as we can when stressed or fearing, is to limit our exchange with the universe, move into isolationism and significantly reduce our ability to move through times of challenge. It is all in the mind but in not our opinion; it's the breath that moves us past ourselves, stuckness, mind and ego. Knowledge, background, models, foresight - things of comfort in territories uncharted - indeed, they often contribute to "the problem". What one needs is the breath and a willingness, commitment, to release the grip, receive additional context, relax on all levels and let go. Then and only then can real help begin to manifest; then and only then do we allow newness in our world.

So, whoever you are and whatever you are doing, breathe in a way that allows full exchange with the universe – in through your nose and out through your mouth to get past the mind and the gateway of jaw. Allow yourself to utter the words you need to express and release them all, silently or out loud, 'adult' or not. Know that your request for help, on whatever level, will be received, understood and heard. Allow with your out breath to be a release of all atoms and allow the Divine to witness it in that moment. The universe is real, you are never far from benevolence and all the help you require - IF you know it; IF you allow it; and IF you breathe to permit its existence.

So the next time you remember, dare to use your breath fully. Involve all of your being, to your hips, hands and feet. The body is a micro, your breath is not just lung level, and you can benefit greatly if you remember this. You don't need to force it or make yourself weary. Just know that your breath is the key to tomorrow and that it's also the gateway to peace. Then breathe....

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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