



## **What Breathes Us?, by Meredith Krugel**

When you touch your bliss, it rings, confirming with the showering of further delight. A song emerges from the core of your being when you touch this sacred space. Unlike any other joy, it is fulfilling and rewarding in an unconditional way. It does not depend on any condition or circumstance to be in place. There is no prerequisite in order for this bliss to shine. It shines just as the stars shine in the blue sky at midday. One who sees with pure eyes can see this light shining at all times, even on a dark, cloudy night. Other forms of happiness are dependent upon various conditions and circumstances, but this bliss is self-existing. One with pure eyes observes an ordinary ecstasy happening throughout nature at every moment. Pause for a moment and observe this orgasmic celebration. The trees and flowers are singing, the rivers and clouds are dancing, the sun, moon, planets and stars are playing their hearts out, holding nothing back. Why does humankind seem to be so unhappy? TV and news seems to document the same negativity manifest on a smaller scale in our workspace and social encounters. Even celebrations, vacations, and leisure activities seem to be pushed. How rare to find a person standing astounded at the miracle of life flowing in a small insect, a cedar tree, a babbling brook, a solar system, a galaxy. The human hand is a miracle of astounding proportion, and animated by an intelligence of staggering vastness. The play of light upon the human eye is a mystery unfathomable by science. Does science understand the being of fruit fly? It can break down all the components, but it can never infuse this organism with aliveness. It will never figure out that aliveness factor. We breathe. What breathes us? Rocks breathe, the seabed breathes, oranges and light and cars breathe; the dark night breathes in and out, cosmic dust breathes, even empty space is breathing. All these things are alive and breathing, however subtle. They are expressing energy in some form. I am calling this expression breathing. You can feel this breathing in everything because what you are is this breathing aliveness. And you can feel the ecstasy in this breathing. Life and death are one variation of the in breath and out breath. The ecstasy, the bliss of existence is big, bigger than our small-minded notions of right and wrong, good and bad. These notions are limited by a perspective born out of fixation upon a self-identity. Releasing identification with this self opens up the vast perspective of God, of empty seeing from no reference point whatsoever - a happening that the rational mind simply can not wrap itself around. The bliss of the whole includes everything in its celebration. Everything. It does not leave out what the mind would consider unacceptable. This celebration is beyond good and bad, right and wrong, happy or sad. This celebration is happening at all times and everywhere and can be realized in a miraculous /ordinary way at any moment. Look and see this celebration happening within and without

before thought. --Meredith Krugel [ more  
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