

# GIVE US THIS DAY OUR DAILY BREATH

## Weekly Breathing Spaces to Delight, Rest and Reflect In

By Gaye Abbott, RYT - A Breath Inspired Writer

*Dedicated to Co-Creating Well Being of Body, Mind, Heart, and Planet....  
One Breath At A Time*

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### Prologue:

I start this book with an eloquent passage below from Richard Cawte, Ph.D's course, *Natural Wealth*. Our life begins and ends with the breath. In between we can mindfully elect to "be breathed", or we can struggle with our breath and our life. Richard's passage starts with the beginnings of our experience with the breath - our beginnings "outside".

It is my intention with this book to release in you a knowing about the breath that can provide you with constant "inspiration" for your life. You will find little technical information about the breath here, for that is found easily from other sources.

What you will find are weekly reflections to bring you more deeply into alignment with the "Divine Design" of your own unique life. I have endeavored to infuse these words so that you will feel more deeply with all of your senses, and integrate the guidance on much more than an intellectual level. It is not enough to agree with what you read, but instead take action and integrate the wisdom into the daily moments of your life.

My premise is that you begin and end as a unique individual that is also intimately interconnected with all other life forms in this universe. It is a mystical and astounding life that we lead no matter what we have been born into...and it is the breath that connects us all.

The challenges that we face, and the decisions we are faced with, all contribute to our longing for the love that we embody by our very existence. This book has been inside of me for a very long time. I offer it to you to take deeply into your heart and give it back out to those that you touch. Ten percent of all proceeds from the expressions of appreciation that you give in monetary form will go to Women for **Women International** and **Nature Conservancy** to inspire and guide others to live the fullest lives possible and to nurture and protect our natural resources for generations to come.

In deepest gratitude for your support and willingness to pass this on to others that may benefit.

“It all starts with a breath. As you shoot out from your mother’s womb into the waiting arms of the delivery nurse, you move suddenly from a liquid world of warmth, darkness and vibration into one that is altogether different. It’s quite a shock. “What’s going on?” you say to yourself. “What’s this strange stuff all around me?”

For a second your body resists. It’s got used to its life of liquid comfort and would rather “go back inside, thank you very much!”

Yet a part of you knows that this is all part of the Divine Design of Life: that this is where you are meant to be. There is a moment’s pause as the umbilical cord is cut and the support-system that has nourished you for the past nine months is severed.

Then a pause: followed by something that has never happened to you before.

Something called air rushes down into your open mouth, hurtling down your esophagus until it finds its way into your lungs. Here it zooms about, inflating every bronchial tube with your new support system. Like a pair of rubber gloves, your lungs swell up with this insubstantial, invisible substance: right down to the very last of the millions of alveoli that cluster at the end of each branch of your bronchial tubes.

You have been breathed into. You are in-spired.

Truly it is a miracle. Up to that point, your body had been more fish than human, swimming in the sea of amniotic fluid that cushioned you within the womb. Yet it knew what to expect. It acted in total faith that one day - despite all experience that suggested the contrary - you would require lungs, hands, feet, legs, eyes, ears, and all the other intricately-designed pieces of equipment that make your body the perfect vehicle for a life lived in the open air. So it created them.

Your body never once stopped to question that process. It acted in faith. And its reward was that very first breath.

Suddenly the world was very different. As your lungs were filled for that first time you affirmed that you were alive: you screamed! Not just any old scream, either. Oh no! You didn’t come into the world in a half-hearted way. You gave a good old holla!

“I’m here!” you yelled at the top of your newly-found voice. “It’s me! Look at me! I’m being breathed! Yehaa!”

And from that moment on you have continued to be breathed.”



**From the course:** *Natural Wealth, Universal Wealth Law Number 1, The Law of Ease*

**Author:** Richard Cawte, Ph.D. [www.IgniteWealthNow.com](http://www.IgniteWealthNow.com)

*And so we begin....*

Gaye Abbott, 10/17/11

# The Invitation

We are irrevocably interconnected with the breathing Earth and all life upon it. Thus, we impact everything around us in the manner in which we live our lives - and the quality of our breathing in and out.

**Contemplate this statement:** *How you breathe is the way in which you live your life.*

If this is so, then would you prefer to have a shallow, contracted and fearful life...or a full out, deeply felt, sense filled, healthy, and proactively joyful life?

The patterns of your breathing do reflect what is going on inside in the moment, as well as what has come before in the past buried deeply in cellular memory. The good news is that breath is the “medicine” that can shift your experience of life.

Every day - every moment - is an opportunity to live our lives more fully with greater unrestrained creative expression, intellectual out-of-box expansion, and bodily awakening through the senses.



What follows is a weekly focus to reflect on and take action from. What you do with the focus of each week is entirely up to you, the reader. The blank page opposing each weeks focus is for your reflections, pictures, drawings or notes to self.

Each day, as you put your attention on the focus of the week, you have the potential to come back more fully into what I call your “essensual” nature.

In addition, the four sections of this book have been divided into the seasons. **Spring** for inspir-ation. **Summer** for pausing. **Fall** for expir-ation. **Winter** for the last Pause.



Each day you are invited to step outside of the beliefs, constructs and judgements of your mind, and instead embody your life moments through conscious awareness of the breath. Remember....

***Your life may change every day and in each moment, but the breath is a tool to anchor you. Allow it to be the constant thread around which you weave your life.***

I leave you with this question: *What kind of life tapestry will you weave with your breath?*