

# Section III - Expiration: An Opportunity to Let Go

## FALL - Gathering Spaciousness

### The ELEMENT of AIR

#### WEEK # 39:

**We all share the resource of air in some form or another. All organisms interdependently need it to thrive. To “conspire” means to unite by breathing together. Sharing a peaceful breath rhythm can shift the very patterns that threaten to imbalance our relationships, our health, and our Earth.**



When we come together with another life form we share the breath in the air that surrounds us. We take of the same breath so to speak. Down through the millennium this has continued. In fact we are breathing and sharing the recycled air of the dinosaurs, the very first humans, the dolphins, and the trees.

In many of the classes, workshops and retreats I have facilitated in the past I often have people sit back to back and feel their own breath first, then connect with the breath rhythm of the other without attempting to change theirs. Almost everyone noticed, in a short period of time, that the breath would synchronize and become one.

Perhaps it was always one to begin with. Through this interconnected basic biological process we can feel each other, and with acute knowing understand what is within the other – even if we do not consciously acknowledge it. What if each one of us joined another – or others – in sharing a peaceful breath rhythm. Would the world change?



Catch yourself before you make that next complaint or launch into an action that is caught up in old thinking behaviors. Instead, breathe in union with another for a moment...or two.... and allow the pause to lengthen. This can even be in a check out line at a grocery store. Let go and be in the peace of another possibility.

#### Quote of the Week:

*“You are me, and I am you. Isn’t it obvious that we “inter-are”? You cultivate the flower in yourself, so that I will be beautiful. I transform the garbage in myself, so that you will not have to suffer. I support you; you support me. I am in this world to offer you peace; you are in this world to bring me joy.” —Thich Nhat Hanh*