

How do we do with our own mental aerobics, inner sacrifices, edifices and facades? Are the current circumstances our own responsibility?

Building moral fiber is the thing we all concentrate on but what is your fiber made from? How did you become you and why are you choosing to remain exactly the same tomorrow? Change is constant, consistency is discipline.

No one seems to want to take responsibility for the Now but they all want to live there; the Now that is.

Funny how anxious we get about the future when we are living in the now. There is nothing after the Now. The Now is full speed ahead and slowly is how to take the Now. One breath at a time with contemplative intelligence.

All that is, is present and living within the phenomenal body and scope of our identities.

Is your breathing having a direct result in your life? Everything we experience see, know, feel, hear, taste, touch, read, absorb, comprehend, quantify, codify and numb out, we are in the Now, and again always in Now.

Our ancestors speak to us through every possible route and still when we seek, we want for more than what is already in the Now.

It's a conundrum. The Now is always changing. How can we plan anything? A plan is a balloon of hope filled up with illusion. What is an illusion if not more than another daydream? What is our purpose we ask, as if some one other than our own selves has the answer.

Do we continue to follow our holistic path with the greatest of wisdoms to glean? Yes and Yes.

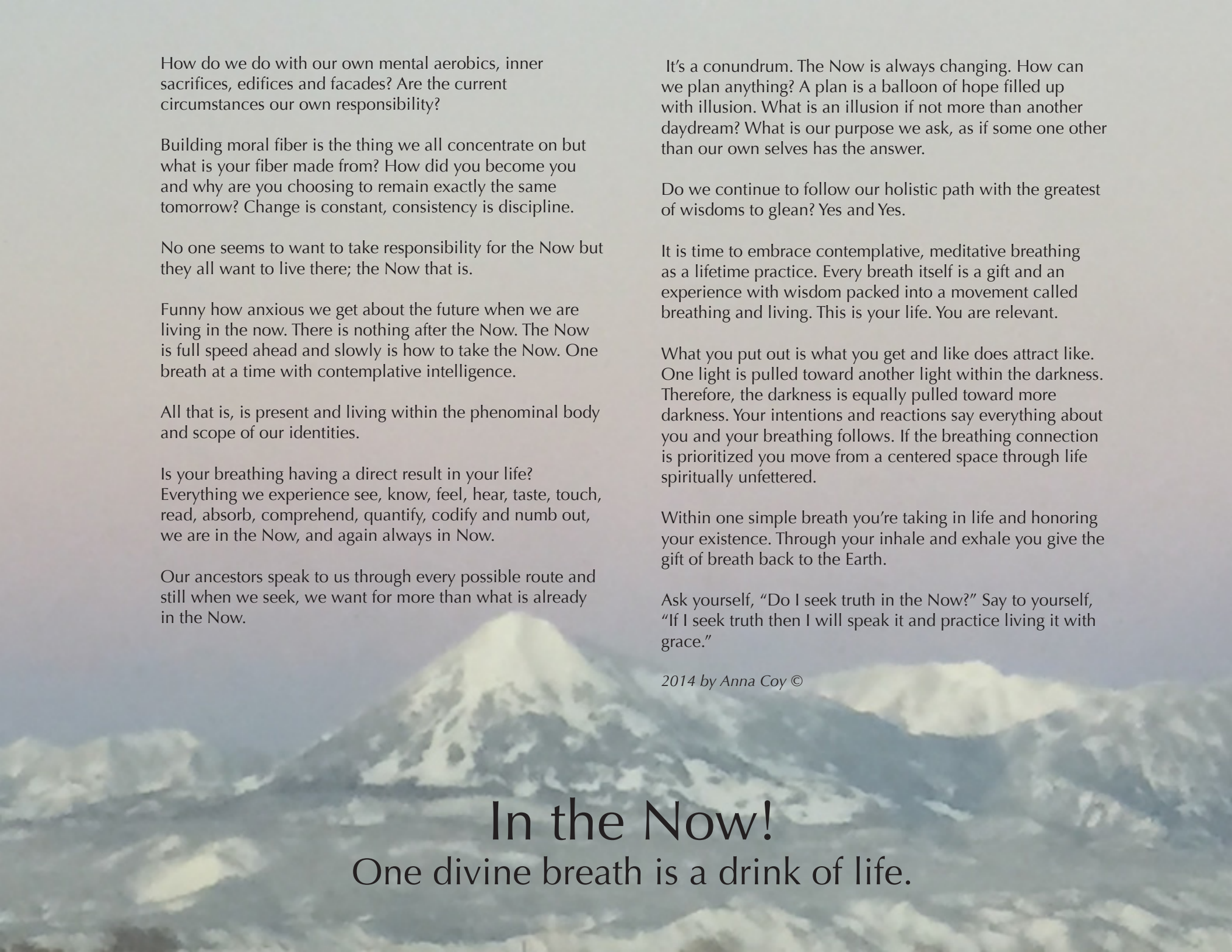
It is time to embrace contemplative, meditative breathing as a lifetime practice. Every breath itself is a gift and an experience with wisdom packed into a movement called breathing and living. This is your life. You are relevant.

What you put out is what you get and like does attract like. One light is pulled toward another light within the darkness. Therefore, the darkness is equally pulled toward more darkness. Your intentions and reactions say everything about you and your breathing follows. If the breathing connection is prioritized you move from a centered space through life spiritually unfettered.

Within one simple breath you're taking in life and honoring your existence. Through your inhale and exhale you give the gift of breath back to the Earth.

Ask yourself, "Do I seek truth in the Now?" Say to yourself, "If I seek truth then I will speak it and practice living it with grace."

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# In the Now!

One divine breath is a drink of life.