

Mantra

The sound of our soul, echo's in our breath.

===== Thoughts =====

A mantra is a simple harmony. Mantras are statements, sounding out of ourselves, repeated, repeating, spun outward into vibration, repeating ever again until a connection to understanding occurs.

Right now you are working upon a mantra.

The greatest mantra is one we all have, each and every day, hundreds, upon thousands of countless statements, which we call...

Breath

Breath itself is the personal mantra of our life. 20,000 times day, a person tells the world in whispers, sighs, shouts, words, gasps, breathing in and out: the mantra of their life, twenty thousand times a day:

Breath

This mantra is our nature:

Do you take a breath, a deep breath to relax within?

In road rage, do you shout slapping breaths of "Fuck you"?

Ever hit yourself in a sharp intake of breath?

What is the beat of your breath when pushing yourself?

Do you taste the scent of spring upon an inhalation?

Each instance, each breath is our personal mantra expressing our nature. To reveal yourself, pay attention to this personal mantra. More powerfully make it a practice, learning to work with your breath; improving and actually experiencing the statement of your life. Many practices exist to help a person focus in how breath moves life along. Practices of breathing might surprise you; it isn't all Yoga and Taoist ways. As an example, I discovered becoming a spoken word artist was also my personal mantra of how to express and live within the breath of speaking aloud my nature. You can be your own guide, in learning to live within breath.

The start of any breathing practice is simple: understand that your breath is with you at this very moment. Take the first step in, *feel*, knowing life moves relative to the inner metronome tempo that's within breath itself.



===== Paths =====

It doesn't take the last breath of life to discover your personal mantra.
Why do people express wishes upon a dying breath...
When within life, we each have 20,000 chances a day to make those wishes true?

For some, 20,000 chances a day is a bit overwhelming to ponder. So my path is simple: It only takes one breath, one action timed within the breath, to make a wish come true. Take the time to notice and act upon a breath once a day, once a month, once in a while: all these actions do add up to make a difference.

It just means not using your last breath to do so.