

On Breathing -

“the work of transformation is inner first.”

byMony Dojeiji

We can live without food or water for short periods of time (fasting). Some claim to live for years purely from the energy found in sunlight and all living things (the ancient practice of breatharianism *orinedia*).

But we cannot live without the breath.

It is our life force: our first act at birth, and our final act at death.

Many teachings and stories of creation make reference to the idea that we were breathed into being, that we were animated by the breath of God, given life as a demonstration of the most precious gift a God Love could offer its beloved child. So accustomed are we to this gift that we barely recognize it... until it is lacking in us.

Since I believe that the outer world is nothing more than a projection of my inner world, and I see that there are conditions that are literally taking our breath away, I have to ask myself:

What is happening WITHIN ME that is showing up as the inability to breathe?

What am I doing to suppress and oppress my own life force? To cut off my own breath?

I appreciate this is a hard pivot for many reading this, to look at myself as the SOURCE of what I am seeing in my world; but I believe the liberation and freedom we are seeking in the outer world must begin by looking at what's keeping it covered in our inner world.

So how am I covering my own life force? How am I cutting off my own supply of oxygen, of vital nourishment? How am I suppressing the flow of all that gives life, joy, fulfillment, meaning, communion?

Every judgment, every criticism, every ounce of hatred that I hurl at another...cuts off my life force, which sees only love in another.

Every thought, every idea, every belief that I stridently defend that my gender, race, economic status, social status entitles me to certain privileges.... suppresses my life force, which sees all life as blessed.

Every decision that I make that looks after my needs and “rights” at the expense of everyone else’s... is an attack on my life force, which sees all life as equal.

Every time I neglect my inherent talents and enslave myself to a job that kills my spirit but gives me “security”... chokes my life force, because our spirits are inherently free.

Every time I clutch my purse a little tighter or cross the street when I see someone who looks different from me or move to another seat on the bus... is a tightening on the flow of my life force, which wants to close the gaps among brothers.

Every time I stop listening to my heart and start following my fears down their interminable rabbit holes...I squash my life force, which seeks only to express love.

Every time I tighten my iron grip on control and build walls around my heart, I choke the most powerful aspect of my life force and the purpose of life: to be one with my Creator, to surrender all, and simply rest in a love and forgiveness that restores all.

In all these ways, and more, do we cut off the vital flow of our life force.

So heavy and persistent and insidious are these attacks on our life force, is it any wonder that they show up in our outer world the way that they do?

As we slowly kill our spirits inwardly, we see the effects outwardly, playing out like a movie on the screen of our lives our deepest anguish and unbridled fury at our self-imposed enslavement.

Of course we can't breathe!

We are trying to convince ourselves of a story of existence that we've been told that our souls simply know isn't true:

That somehow we are separate from one another and, of course, separate from our Creator.

And with that story, we choke our life force.

Today it's coronavirus. Tomorrow, it will be another pandemic or tragedy. But all of it nothing more than the playing out of a story so deeply buried in our subconscious that we are barely even aware of it.

That's why the work of transformation is inner first.

That's why this moment is so incredibly sacred. It is the time of our personal liberation.

We are shedding all that blinds us to who we truly are:

We are also one with that God Love. It's impossible to be separate from Love. Why?

Because every time we breathe, we are taking in God. We are taking in life, in every breath is our rebirth.

Let us breathe in together, and let this breath – born anew in every instant – be the reminder of the truth of who we are.

Let our life force be nourished by this truth.

Love

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