

## Breath

You breathe,  
Frosting mountains white,  
Exciting trees to verdant flame,  
Dancing sparrows on your wing,  
Swirling waves into long sighs.  
You breathe,  
And all things live.



A central concept for Tao is breath. Without breath, there is no life. The complexity of this idea is great indeed. You breathe; that brings you oxygen. You breathe; that sustains you. You breathe; that regulates your heartbeat, feeds your brain, makes your blood red. Deeper still: You breathe, and the entire energy field of your body is sustained and set into motion. When that field, so intimately tied to breathing, is integrated with your mind, you have the power of spirituality. Breath. Don't crassly think of it as mere gas.

Just as we breathe, so too does the universe breathe. In fact, we can think of the entire medium of life as breath. When the world breathes, all things are sustained. Weather moves as it should. Plants grow as they should. Animals are made strong. The very forces of geology are set into motion. And together, a mighty field of energy is generated, a much larger version of what happens in your own body. Connected to that field is a universal mind.

Do you want to know how spirituality works? Breathe.