

Inspiration and Passion through Breath

What makes a person inspired? What is it that drives us from the inside? What is passion? Where does it come from?

I have days and weeks and months where I am so inspired and passionate about a project of some kind, be it large or small, and at other times I seem to drift through life dealing with each day as it comes.

I love to write when I am in my passion, when I am inspired. The words just seem to flow through me and out of me and time stands still. I am inspired to rise at 3.30am or some such crazy time in early hours of the morning. What is that?

It's like meditation, I mostly wake between 5am – 5.30am and I know I will get up and meditate and then if time allows, I go back to bed and then I really drop deeply into a wonderful state of rest and peace. What motivates me? What inspires me to get up?

We've all known people who just seem to be more passionate, more inspired and inspiration radiates from them. What's their secret?

There's an aliveness that propels and stimulates our desires to the point where we take action. That action is an expression of desire, an inspired movement towards bringing that desire to fruition and fulfilment.

Inspire also means to "breathe in" air. When you think about it, inspiration is aliveness, vibrancy, being fully awake and passionate about life or about something you value. So it makes sense that the more deeply and fully you breathe, the more alive and inspired and passionate you'll be. Your breath feeds you life force, energy and oxygen.

Inspire -- to breathe in spirit, "Inspir-it". To "inspirit" something is to breathe life into it, to breathe spirit into it -- to awaken it! To breathe more fully is to become inspired, spirited and alive.

Lets face it the only thing we can't live without for more than a few minutes is the breath, so it also makes sense that the more fully we breathe the more fully alive we are. You feel inspired! When you're only half breathing, you're only half alive. When you breathe well every cell in the body absorbs more oxygen, energy and spirit, and the body becomes awake, energised, revitalised and enlivened. Unfortunately, in general we have a society of poor breathers.

Your inspiration, "the quality of your breath" matches the level of inspiration and passion you have in your life.

Have you ever noticed how your breathing changes when you feel happy and alive? It becomes more relaxed, deeper and freer. Breathing alters according to the emotion you're feeling and the thoughts you are thinking. This is exciting because it means we can learn to "consciously" breathe fully and deeply even when we're under pressure. This leads to mastery over your mental and emotional states, bringing your internal environment into balance.

We become more authentic and we literally start connecting with life and taking inspired, conscious action. Inspired action is always in alignment with a greater potential, a higher truth.

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When we learn to breathe with awareness our consciousness expands greatly. In that expansion we connect with a deeper part of ourselves, an intelligent, stable and knowing self, a higher or greater self.

This self knows what we require and if we allow will guide us through our lives.

Conscious breathing also makes us more youthful, healthy, peaceful and passionately inspired!!

Written by Christine Heart Savage