

## What Each Breath Tells Us



We get caught in so many of the dramas that happen in our life. Life is full of them. It's just like driving down the road a little too fast and coming to a stoplight. You come to a screeching halt because the light is red. People are turning right and left, going in different directions. Someone is running into someone else. There is a little drama here and a little drama there. Life is very much like that.

With all the dramas that are taking place, there is one thing we cannot afford to forget: The happenings in life are not what life is all about. The coming and going of breath is not about a drama. If you find yourself in the midst of a drama, remember what your life is all about.

Imagine a flight captain who is a very sociable person. Once he's taken off, he gets up to talk with the passengers. There he is, talking to one person about one thing and to another person about something else. The flight is only two hours long, and the time passes quickly. Forty-five minutes go by, then an hour-and-a-half, then an hour and forty-five minutes. The captain is still socializing. Now he only has fifteen minutes to get the plane on the ground. He has to remember what his main focus is. Even though all this socializing is wonderful, what is the main point of the journey?

What is the main point of the breath that is coming into you?

The main point happens to be fulfillment. When we are fulfilled, we are the most beautiful. That's when we attain our purpose. When a flower blooms, it is no mistake that it looks beautiful. This is how it is supposed to look. This is when it is supposed to be the most attractive—so it can attract the bees. It's no mistake.

An instrument sounds best when it is tuned. That is the nature of its design. I don't know how to tune a guitar, but someone once told me that the secret is to tune each string slightly sharp or flat. My first reaction was, "Wait a minute." But that is what makes the harmony, and the main point of a guitar is the harmony it can produce.



What harmony can you produce? When there is harmony in a human being, we call it peace, we call it love, we call it fulfillment. A human being is finely tuned when they understand that existence has been given as a gift.

We try so hard to understand why we are alive, when all we want is to feel thankful. Gratitude automatically happens when the heart is full. Gratitude will flow, and there is nothing you can do about it. Just try stopping it. Right now, you may have a problem remembering that, but when gratitude comes, try stopping it.

Each breath that comes to us is saying, "Make it happen." With the gentlest persuasion imaginable, each breath is saying, "Be fulfilled in this life." Life is not about dramas and traumas. Life is about fulfillment. This is your possibility. This is what can happen.

*Maharaji*