

BREATHING

BREATHE-RESPIRA

Breathe—Respira
NEWSLETTER

Volume 1, Issue 5

The Journey to Union

Antonio Ramirez de Leon, Ph.D.

Everything is longing and moving in our journey towards union. Fragmentation, splits, and brokenness brings sadness, isolation, and at times despair. Yet, in order in journey towards union, we must also learn to be at times alone. Better said, not alone, but rather accompanied in solitude. So we read about Jesus being driven into the desert, to be alone, to be in solitude, with himself, nature, and God. There he encountered both “angels and beasts” in the midst of his temptations. It seems that all true transformative experiences bring us illumination and joy, yet to truly learn the lesson of the experience we must sit,

recollect, and in silence, contemplate. Who am I? Is there a God, and if there is, who is He? Why I am here and what



is my purpose, my mission in life? These are three of the

major existential questions that sooner or later we must face in order to live an authentic life.

It is in the desert where Jesus discovers the answers to these questions. He had just heard during his baptism, that he was “the beloved Son of the Father”. Yet, in order to truly understand what that meant, he was “driven” to the desert. And what is in the desert? The desert is silence, solitude, stillness, nothingness. Jesus found that in the midst of the emptiness of the desert he was actually full. He discovered that “the Father and I are One”. And after a long period

(Cont pg 2)

“There are Christians whose lives seem like Lent without Easter. I realize of course that joy is not expressed the same way at all times in life, especially at moments of great difficulty. Joy adapts and changes, but it always endures, even as a flicker of light born of our personal certainty that, when everything is said and done, we are infinitely loved. ...”

APOSTOLIC
EXHORTATION
EVANGELII GAUDIUM
OF THE HOLY FATHER
FRANCIS

MINDFULNESS OF IMPERMANENCE THE KEY TO A FULFILLING LIFE

By Amira Valle

Mindfulness is paying attention to what’s happening in the present moment, on purpose, and without judgment. Whatever the object of our attention, this practice leads us to discover a fundamental principle: “everything is in constant transformation and changes moment to moment; nothing lasts forever”.

When we pay attention to our breath, we realize that every in-breath is transformed into an out-breath, and every breath cycle is different from the previous one. When we observe Nature mindfully, we see that the clouds gradually transform from one shape to another; the water of a river is

Interested in Talks or
Counseling?

(210) 550-1114

breatheat@gmail.com

Arleonphd@gmail.com

<http://www.breathe-respira.com/>

Cont pg 2

The Journey to Union

of inner struggle, battling demons, and sitting still, the angels ministered to him, and he overcame and trusted the truth of what he had discovered. From then on, nothing nor no one could stop him from his mission. He lived the authentic life of the Son of God, of a child of the Father. The experience of union with his “Abba” (tender daddy) filled him with Good News to proclaim and bring to all who long for healing, hope, and union.

We need to be connected. We need to know that we belong. We hope in some part of our deepest self, that this life has profound meaning and we have purpose. We are made for relationship, and it is in true, honest, and loving relationships that we discover that Love is real.

And remember, that at the end of his mission, Jesus died for love, and Love conquered it all. Be ready, prepare, for the Reign of God is at hand.



**CHECK OUR WEBSITE FOR
EVENTS IN THE MONTH OF
APRIL**

WWW.BREATHE-RESPIRA.COM

April 2014

Su	Mo	Tue	We	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MINDFULNESS OF IMPERMANENCE THE KEY TO A FULFILLING LIFE

never the same from one moment to other; throughout a year, a tree has great beauty in each season: during spring it blooms and is full of flowers which are transformed into fruits during the summer, these fruits carry within themselves the seeds of a new tree. In autumn it turns into a splendid symphony of reds and oranges and finally, during winter the leaves are reincorporated to the soil, nurturing it.



Everything in nature cries out that the only constant in this world is change. However, many times we insist in freezing our experiences, by trying to turn into permanent and stable what is changing moment to moment. This struggle is not only useless, but it also consumes a lot of energy and generates great anxiety in us.

When on the contrary, we accept impermanence not only around us but within ourselves, the magic of the present moment arises. Every moment becomes precious precisely because it is unrepeatable. Every moment has a huge potential, as the seeds of a fruit. When a frost freezes a fruit, it kills the germination potential of a seed. In the same way, when we try to freeze the present moment to make it permanent, we kill the possibilities it entails.

If we live fully conscious of the impermanence of life, we are able to live it fully and to give importance to every moment. Precisely because we know in is unique and is not coming back, every moment is filled with joy and gratitude.

When we live this way, we can give true value and fully enjoy every moment; the potential of the present moment can germinate and give fruit, nurturing our environment.

In the end, our lives will have been worthwhile and our passage through the world will leave a deep mark...