

Breath

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***If you can enter the naturalness of
the breath, you will recognise
the original nature of things.***

BREATH

Remarkable life of its own

Become acquainted with the breath	8
The miracle of life	11
Counting breaths	15
Disconnected monkey mind	17
My sound	18
Microcosm	19
The act of modelling	20
Sitting in your own world	22
Cultivated relationships	25
Cleansing	27
What you have learned is wonderful	28

Moving wisdom

Perfect yogi	33
The breath as a mirror	37
Changeable	38
Move or let yourself be moved	38
Knowing where to go	39
Completely felt	40

CONTENTS

What is alive?	44
Thinking with the body	45
Attention - Breath - Energy	46
Aware of the energy	48

Naturally in common

Yogic practice	51
Basically empty	52
Seeing things as they are	53
Momentary nature	54
Wise activity	58
The fineness pierces the roughness	58
With you into sleep	59
Yogic seeing	60
Infinite field	64
Entering the yogic world	66
The "true" me	68
Common breathing, common life	71
Glossary	75

BREATH

***We study all sorts of things
but why don't we study
our own breath?***

***No book and no teacher
can give us what the breath
can bestow on us.***

BREATH

Become acquainted with the breath

Where can you feel the breath?

In your chest or your stomach? Can you feel it along your spine?

Does the breath flow or does it falter? How does it move – up or down? Do you experience it especially intensely in one spot or in your entire body? Do you feel it about your physical body?

Do you concentrate on the breath, or do you direct your attention to the breath? Do you control the breath, or do you let yourself be breathed? Can you feel being breathed?

Where does the breath come from and where does it go? What breathes?

You should ask yourself all these questions if your wish is to become acquainted with the breath.

***You do not need to achieve
great insights. You do not need
to save the world. You simply
need to breathe.***

BREATH

***How do you change
if you consciously control the breath?***

***How are you in the world
if you experience being breathed?***

***And how do you experience yourself
if you live without connection to the breath?***

***Three times you are a different person –
get to know these differences.***

For a short while, allow yourself not to solve any problems, not to plan or analyse your life. You just leave your life as it is now. And you discover how it is. Discovering life means always being where you are right now.

The miracle of life

Feel your body, feel the breath in your body. Sense your aliveness, being breathed, being pulsated.

Most of the time we pay attention to our ideas of life. We are so occupied with analysing and planning that we often completely forget this miracle of life. If we stop continuously telling ourselves what should and what must be, we can rediscover the miracle of life – we can be happy about "small things" once more.

There can be unbelievable joy in just being allowed to feel the breath.

BREATH

Why shouldn't we leave ourselves in peace for a few minutes? We don't have to be better people – instead just be here. No more, no less.

Perhaps certain thoughts are occupying you now. Recognise then that something in you chose to give them attention. But be aware: your life is where your attention is.

You also have the possibility to make a different choice – and there is an unbelievable freedom in that. For example, now you can focus on the breath.

Why should you do that? Because it's something you don't do. The breath is given to you, something which provides you with life, even if you don't concern yourself with it. And it's always now – it's neither in the past nor in the future.

***If your attention is on the breath,
you anchor yourself in
the present moment in time.***

***This doesn't mean that ideas which point to
the past or the future no longer appear.***

***Somehow everything happens at the same time.
Past, future and now meet and dissolve again.
Possibly already with the next breath.***