

Reading by Kandy
from the *Gulf Coast Meditations: Awaken the Spirit Within* recording

Welcome to the Mystery of Love
- a moment together to consider Love's magical mystery -

Love is a mystery...ever flowing...ever present...
from an unknown source,
returning to an unknown source.

These are words from Albert Einstein:
The most beautiful experience
we can have
is a fundamental emotion...
the mysterious...love...
an extremely powerful
and universal force.

Love is Light,
that enlightens
those who give and receive it.

Love is Gravity,
because it makes some people
feel attracted to others.

Love is Power,
because it multiplies
the best we have,
and allows humanity
not to be extinguished
in their blind selfishness.

Love unfolds and reveals.

For love, we live and die.

Love is God and God is Love.

It has always defied formal explanation,
as it includes and governs all other forces.
It is behind any phenomenon
operating in the universe.

Individually, each of us carries inside
a powerful generator of love
whose energy is constant,
much like the breath.

To connect with this energy of love,
to feel its power,
to rest in its mystery,
become aware of
your own breathing pattern,
now.
This easy rhythm sustains you
every second of every day.

The in-breath brings in the air around us,
as if we are inhaling Mother Earth's exhale.
The out-breath releases the air,
as if Mother Earth is inhaling our exhale.

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Through breathing, we are connected
to this physical planet
in wondrous and empowering ways.
This loving exchange with nature

happens
naturally, effortlessly
from the moment of birth,
through each and every
thought, emotion, activity.

Rest for a moment
in this flowing mysterious exchange.

Now turn your focus inward
and feel what happens
in your own body
with each breath.
As you are inhaling,
feel the richness
and fullness of receiving...
How each cell of the body
receives the mystery...
this lovingness
from an unlimited source.

Then as you are exhaling,
feel the release
of this loving power
penetrate into the space
between the cells.
There is no control
of this penetration, no direction...
only willingness, surrender, trust.

This exchange just happens.
This exchange is a flow
which sustains and nurtures
every part of us,
physically, mentally,
emotionally and spiritually...

Lovingly.

A living mystery.

Nobody knows what love really is
or how it came to be.

Nor how breathing really is
or how it came to be.

Mysteries.

Yet, as long as we go on
simply...feeling...

the expression of this mystery,
we feel free... and full... and happy,
and, we feel free... and full... and happy
to others.

The breath is Love manifest.

Breathing is Loving -
a magical mystery.

If we remember, every day,
to feel this mystery
through awareness of the breath flow,
and if we remember
to be the mystery itself,
then we will be...
happy...
every...
day.

Namasté