

*From the book & 2 CD's*

## ***The Joy Of Being with One Global Breath***

*You Are Invited to a Breath-Taking Love Affair with your Life*

*Make it your J.O.B. to Access the JoyOfBeing - with  
One Global Breath,*

*Join us on this life-transforming journey:*

# ***“21-days of Calming Your World “***

*Restoring Presence, Cultivating Authenticity & Self-Honoring*

*Global Breathing, Unconditional LoveOfLife, JoyOfBeing,  
Dancing & Celebrating, Co-creating your life from its presence*

*Personally, I feel that accessing the JoyOfBeing, keeps me from taking anything, and especially myself too seriously. Not in a way of squandering my life or dishonoring the truth, but in a way of intercepting the “getting caught up in my head”. This allows me to transform suffering into just useful information upon which I can act in calm and joyful ways.*

*I have made it my life style, responsibility and commitment to express gratitude for being alive by practicing the JoyOfBeing, and demonstrating that at every opportunity*

*that presents itself, and as frequently as I can.*

**Why not take a break...  
and have breathtaking love affair with life in this moment,  
and for the next 21 – days?**

*(It takes 21 days to change an old habit and establish a new  
one...)*

### **Become a L.O.L. (A Lover Of Life)**

*Can you Laugh Out Loud ... at the piece of work that you are?*

*Even when your E.F.M. says that you should be ashamed of  
yourself, should isolate and hide in the dark. Because the whole  
world, including G---d and Larry King, can see what a jerk you  
are, how imperfect and how wrong you are at this business of  
living life?*

*Can you stop in the middle of a busy day, while running and  
trying to make a living -- in your head?*

*Can you slow down, take a long deep breath, listening  
to your body giving you signs that it needs your attention  
through the pain in your lower back?*

*Can you feel your body inviting you to smell and appreciate  
the crisp winter air, breathing rather than freaking out about  
winter being here, and that another year has gone by, and  
you're still imperfect, and alone, and everything is the “same ole  
same ole?”*

*Can you no matter what your age -- resist the temptation to define yourself as falling short by comparing your self image to others, who are 'more beautiful' than you, 'richer, more popular, and much more accomplished?'*

*Can you be grateful to being you, loving being alive in this moment, and savoring it, by realizing that you wouldn't fit into anyone else's life, or their shoes, and just say "WOW. How crazy is that..." and dare to sing a little song, even if you're a little off key?*

*Can you take responsibility for being an expression of life creating itself newly through you - with every breath you take? Realizing that there is some order to the madness that you call- "you".*

*And that perhaps, you don't need to work so hard at trying to be like anyone else.... And that breathing now in this moment, you are sourcing And co-creating life from its presence.*

*And it's not only enough - but it is the gift of the present awakening you from delusions of "if I only did that" in the dead past or the unreal imagined future...*

*Can you see how amazing life and you being part of it – are? And what a privilege it is to be living now, at this very moment, accepting that maybe everything is as it should be, and that there is no way in the world that it can be any other way, and that life being any other way -- is a figment of your imagination. And when you entertain this figment, inviting it in, the result is suffering the biggest pain of them all: "Why is this happening,*

*or not happening to ME?" And rather than being the victim and the judge, choosing to be the participator and co-creator, letting life happening through you...*

*Can't you see how crazy it is to hate your life, beat yourself up, and waste all this precious energy? Thinking, thinking, and more thinking about life... rather than living in the breath of it, Being?*

*You can be living life fully right now - simply by being present to your breath, enjoying being alive, making it your J.O.B. to give back only one thing -- the inarguable, incomparable JoyOfBeing you.*

*“Waking up at 4:00AM, feeling a little ache in my lower back... Noticing that although my bed is empty, I don't feel lonely... Noticing how very quiet it is, and how calm I feel. There is a chill in the air, which I feel on my skin, as I'm putting on my blue caftan, making a warm cup of tea. While sipping my tea I am breathing in thanks – welcoming the new morning of my monogamous, yet inclusive relationship with my intimate partner in this precious moment, my sweet love affair with life. I play “Celebrate our love” by Howard Jones, and dance with abandon, as I breathe One Global Breath, allowing it to fill my lower back with loving calmness and compassion...”*

**Now, here is my invitation. For the next 21 days, no matter what goes on in your life - I invite you to daily**

*honor yourself, restore your Presence, celebrate your life,  
and “breathe & dance” for the JoyOfBeing.*

**For the next 21- days, we will be:**

1. **Noticing** *an instance when we are jolted out of Presence.  
When fear, anxiety or depression are rising.  
When we are abandoning ourselves - giving our breath-power  
away.*
2. **Stopping** *what we usually do, noticing the story in our head,  
and taking a self-caring-breath-break to restore our Presence.*
3. **Breathing** *deep abdominal breaths from the core;  
inviting the OneGlobalBreath into our bodies; filling us  
with loving, calming energy; surrendering our stress to the  
O.G.B., and allowing it to fill and permeate areas in  
our bodies that are tight. (You can do it with thoughts,  
feelings, people, places and things as well.)*
4. **Celebrating** *being alive now; honoring our Presence and  
those who are here with us. Dancing for the JoyOfBeing.*
5. **Journaling** *what have we learned about restoring our  
Presence today?  
How did we co-create our lives from its restored Presence?*

**The Calming Your World Journal:**

**Each day during the next 21-days,**

*Take some time practicing restoring your presence;  
(use the Daily Practices chapter)  
listening to the whispering of your breath, co-creating your life  
from its presence,  
writing in your Journal:*

- *An instance, or instances, where you noticed you were not fully present in a situation.*
- *What you did to restore yourself to full Presence in the present moment and in a bodily way?*
- *What you did do to celebrate your restored Presence in this day?*
  - *What have you learned about your authentic Self today?*
  - *How did you co-create your life from its Presence today?*

*Namnaste. “I bow to, and acknowledge, your spirit, with the spirit within me.”*

*Thank you for your presence on this journey of calming ourselves and our world.*



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