

In our practice, the breath is absolutely essential.

We are scrupulous about posture because when we sit upright and balanced, the breath is liberated.

The breath is central not because it relaxes and settles us; although it does, obviously.

It is essential because it clarifies our nature.

If we pay attention to the actual experience of breathing - not a conceptual one - we realise there is nowhere that our breath doesn't reach.

It's as if our breath is this dynamic vast moving space at our centre.

And the body is draped around it.

We are not this body in space. We are space.

There is no clear divide between the space inside and the space outside.

So to actualise this space inside us is to actualise all space; not as something abstract but as the space between us.