



*This Baby's Breath essence opens up our concepts of Time and Space  
and helps to release some of the tensions of our relationship with linear time and schedules.*



# Baby's Breath

return of rhythmic, gentle breath that helps one be present in the moment  
while opening to a softer, more spacious mental perspective

My first child was, by some estimates, six weeks late. This does not surprise me now, as he has grown to be a wise, introspective young man who considers things from all angles before making a move. He was simply thinking about it. To his young, uncomfortable mother the wait seemed an eternity, as I learned to let go and totally submit to the Divine dance in which I was engaged. Daily conversations with my midwife were a comfort to me during this wait, as well as my daily prayers in which I always received the message that all was well.

Spring was late that year, with snows well into April. Mothers' Day came and went. I returned to work, large and a little grumpy when asked if this baby was ever going to be born. With a warm spell in mid-May, the Spring flowers all seemed to be blossoming at once, and my midwife arrived at my home with a large bouquet of Baby's Breath. I will never forget how amazingly touched I was by this gift and how comforted I was by their lovely gentle presence. As my son was being born the next day, my midwife commented that the Baby's Breath always works!



A newborn baby's pulse and breath  
are much quicker than an adult's,  
yet there is nothing rapid about a little one.  
There is profound Peace  
in those quiet little breaths of a sleeping infant.  
A listening mother  
will recognize her own life coming into a new harmony,  
as she becomes lost in the sacred time and space of caring for a newborn.  
These are hours uncounted and schedules released,  
as Divine timing incorporates our Ancestral Clock,  
which marks baths, burps, and first smiles as hours on its clock.....  
and days and nights lose themselves  
in endless feeding, rocking, and gentle contemplation.

Baby's Breath essence opens up our concepts of Time and Space  
and helps to release some of the tensions  
of our relationship with linear time and schedules.  
This plant stands almost five feet tall  
from thick woody stems  
that are lost in the clouds of tiny white flowers  
that spread wide in dainty beauty.

Baby's Breath essence

offers the gift of the return of rhythmic gentle breath,  
sacred breath  
that helps us be present in the moment  
and helps us open to a softer more spacious mental perspective.

This essence

offers us the amazing strength  
that comes from a balanced relationship with Time  
and a respect for Divine unfoldment of events.

As we learn to let go of our need for control  
and meeting overly ambitious schedules,  
as we release the negative clouds of worry and fear,  
we are then able to open to the joy of simply being here,  
of contemplation and dreams.

Ultimately,

Baby's Breath essence  
helps us to release the tensions  
that have been programmed into our mind by an unhealthy society  
and transforms our perceptions  
so that we may experience  
the true grace and beauty of existence in this realm.

Then,

as we begin to experience our lives less tensely and more spaciously,  
our hearts become more open,  
and we can float on the clouds of sweetness  
and experience Harmony within and without,  
as our reverence for stillness is restored.

