

BREATH AND CREATION

With the in-breath we breathe in a possibility. With the out-breath we manifest that possibility in a creation. The in-breath puts us in contact with higher dimensions and is the source of our inspiration. The out-breath connects us to the world of materiality. Success in the material world requires both our inspiration and our perspiration. As successful healthcare leaders we live in two worlds and operate on the interface between them. We must be people of ideas as well as people of action.

Deep breathing permits us to access more subtle dimensions of awareness. It relaxes us and lowers our stress level. Shallow breathing reduces the scope of our awareness and raises our anxiety level. Our state of consciousness is always reflected in our pattern of breathing. To increase your creative capacity, you must be aware of and in control of your inspiration and expiration. Deep breathing also accompanies more profound levels of reflection and meditation.

Successful medicine and healthcare management in the past century were oriented primarily toward the material world. In our new century, success will be oriented toward the spiritual world as well. The reason is simple. In the past century, reality was viewed as fixed and independent of the observer. To be successful, you adapted to the inevitable. In our new century, reality is viewed as mutable – dependent upon the consciousness of the observer.

To be successful, in our new century, you must create your preferred reality from among a vast number of alternative realities. In other words, management success is no longer just a matter of adaptation, but is also an issue of creation.

These two very different styles of “being-in-the-world” demand different professional skills and engage different brain functions.

You might say, through respiration you create the world you live in. Breathe deeply and change your world.