

# KISSING THE DIVINITY “RECIPE”

This is the only one *recipe* that we do not have to prepare because it is already prepared for us on a regular basis, every day and night, every single moment. This *recipe* is our natural way of breathing. We are alive not only because we drink water, eat and get nutrients from the food, but also because our Soul is inside us, literally keeping our body together. What or who keeps our Soul alive then? Our Soul is kept alive thanks to the One; the One Universal Soul, the Divinity, God *itself*.

With every inhalation, the Divinity is entering us. The Divinity wants to circulate through our body, but we stop our natural way of breathing and hold our breath, not letting *It* circulate.

The reason why we do not let the Divinity circulate through us is because our highly developed rational mind got independence from the divine wisdom a long time ago. Now, the mind is buried in all kind of problems, worries, ailments, and suffering, trying unsuccessfully to solve them (to see how the rational mind operates, please see the subtitle: “Medical malpractice and the lack of common sense” appearing earlier in this book and the title: “Possible Tricks of Your Mind that Might Sabotage Healing,” under the section: “Curing the ‘Incurable’”).

Once we have ingested food and water, it takes a few hours to circulate and feed every single cell with oxygen and nutrients. On the other hand, when we inhale air, the Divinity is inside us instantly, and takes as few as 5 seconds to circulate fully and reach all the cells of our body, showering them with refreshing divine Light.

Letting the Divinity circulate freely within us and not blocking *It*, doesn’t require us to do anything; we simply *observe* the Divinity “in action” and enjoy the infinite benefits from that divine circulation.

This is too easy and too delicious; whatever you are doing, and if you are doing nothing in particular, you will observe how naturally your inhalation is occurring, then how your exhalation is occurring naturally as well. Every time you observe your inhalation, know that you are witnessing the Divinity kissing you. Every time you observe your exhalation, you are kissing the Divinity back. Ideally, we should observe our natural inhalation and exhalation for a period of time

(or preferable all the time) without stopping. Being able to observe our breathing for even just a few consecutive minutes during the day is already a huge advantage.

This is a very important topic that will be discussed in each one of my further books and in my website: [www.HealingWithZeljana.com](http://www.HealingWithZeljana.com). By the moment, it is enough to know that with this simple everyday observation of our breathing, we are letting God fully imbue us. In the context of healing, letting God circulate through our every cell obviously means the prevention and complete curing of our ailments, as well as the end of our emotional suffering. (Note that only a partial curing will happen to those who already have been born with multiple disabilities, however, while letting God imbuing the physical body, the Soul is blissfully flying inside that body).

After reading the above, please don't rush to enroll into yoga and meditation classes where a person is supposed to "teach" you how to breathe. That would be the same ridiculous nonsense as if a pregnant woman would try to teach the baby she is carrying in her womb, how to breathe through its nose to get prepared for the moment when the umbilical cord is cut. Nobody can teach you to breathe, nor should you waste your time listening to someone explain how to breathe if you are already breathing.

Breathing is already made for us by the Divinity. The only thing left for us to do is to observe it, and to enjoy its subtle pampering.

We have already seen in this book that common sense is the language between God and us, now, the natural way of breathing, is the very same gentle touch of God.

When, in adverse situations, we must choose the least negative option from among several, we naturally would like to hear our common sense's advice. But God's gentle whispering is constantly interrupted by the confused thoughts inside our head (please see the subtitle: "Life and Death Decisions and Common Sense" appearing earlier in this book). An unmistakable indicator that what we are listening to is the divine truth, is when in those moments, we are completely aware of our natural rhythm of breathing.

When God is talking to us, using the language of common sense, **It** (God) is always doing so with a gentle touch as well, directly *touching* us with the air we breathe.

If you are not aware of your own breath while forced to take an important decision, then **do not** take the decision until the moment when your inhalation and exhalation are fully perceived (fully observed) **only** by you! If you are inhaling and exhaling so heavily that another person can hear

you breathing, then you are not perceiving your breath, thus not listening to your common sense, you are just being afraid, tense and confused.

Just as how it will become part of your everyday routine to drink enough water for proper water circulation inside your body (in order to prevent or stop the progression of any ailment), you will also get used to regularly observing your natural inhalation and exhalation for proper air-ether and divine Light-circulation inside you (for more about this divine circulation, see the titles: “Stopping the Progression of Any Kind of Ailment Right Now,” Chapter I, and “Corrosion of the Springs,” Chapter II).

The rational mind’s nature is one of the constant tricks. Our own mind often tricks us on a daily basis. Once we are willing to observe our breathing regularly, our mind will rush to trick us by “thinking” about the breath observation. If we fall into the mind’s trick, we will be thinking the entire day about breathing and the Divinity’s circulation. We might conclude that we are observing our natural way of breathing when, in fact, we are only thinking about it, not doing it.

Thinking about an action is not the same thing as carrying out the action. If we are homeless and hungry, spending all day thinking about eating and actually eating food are two very different things. It is too obvious that we will not get any benefit just from thinking about food ingestion.

You will know the difference between a real observation of the action and only thinking that you are doing this, depending on whether or not you are aware of your *exhalation*.

If you have the impression that you are aware of your inhalation but not of your *exhalation*, then your mind is tricking you. On the other hand, if you are aware of your *exhalation*, it means that you were, in fact, aware of the inhalation of this same breath. The awareness of your *exhalation* is the testimony that you have been aware (observing) of the Divinity’s kiss (your inhalation). That’s why you are willingly kissing back the Divinity with your *exhalation*.

We can’t live without our breath but our breath can live without us. How come? Our breath *is* our Soul (in its terrestrial form). As soon as we are born, the breath enters our body and gives the life to the body. Without Soul (breath), the body is dead. When we reach old age and our heart stops beating, our breath goes out of the body and continues to live in the vastness of divine Light (that we usually call the Universe or God).

What happens in the meantime is that the first few months of our lives on the Earth, we are fully aware of our breath twenty-four hours a day. God (the Divinity) is kissing us and we are kissing

the Divinity back. Thanks to that, as newborn babies, we are fully alive inside the bliss twenty-four hours a day. It is so simple and so marvelous. It is so gentle and at the same time so powerful.

In adulthood, we become so busy that we often forget why our breath entered our body at the first place. With every inhalation, the Divinity is still *landing* kisses to our *lips*, but we are not aware of it, therefore we are not kissing the Divinity back. Now all those hours while not aware of our gentle breath, we feel we are not fully alive, and it hurts emotionally. ***A breath that is not felt is a neglected breath (Soul). The body wherein the Soul has been constantly neglected becomes an aggressive body.*** (Also, see the last title in this book: “Important Lessons”).

Nothing in this world is gentler than a peaceful breath. This same gentleness that is present inside the human breath also holds up our—and every other—planet. ***Gentleness is obviously omnipotent.*** The Divinity can’t be seen with the physical eyes, but it can be felt as a delightful gentleness we breathe.

As simple as water, air, and Love are, and as simple as God is, you will simply ***exchange kisses*** with the Divinity every single day, starting from now. That was the main reason why the breath entered our body upon our arrival to this world—to keep this same pristine *tradition* of enjoying divine kisses while having the body as when the body is not present anymore (in the latter case, kisses are exchanged between our Soul (breath) and the Divinity). In summary, while we are on the Earth, this divine joy of exchanging kisses happens ***inside our*** body, and when we pass away, the same joy continues ***inside our*** vast universal Light—the Divinity.

“But where is my mind while I am observing myself breathing?” my friends keep asking me. Your mind is on *vacation*, it exists but is not working (especially not working obsessively—“over hours”). If someone serves your favorite dessert to you, you will naturally enjoy it without talking. It is not that you forgot how to speak your language, it is simply that you want enjoy the dessert at its maximum. The same situation is when the Divinity is kissing you, our most natural way of enjoying it, is keeping the silence of the mind. After a few minutes, when the mind comes back from the *vacations*, it will not be compulsive or obsessive anymore, but well rested, and thus useful. Still, the most important benefit is that you will know who you are—the God’s love.

“How I can focus on my breathing if people in my surrounding are displaying harsh behaviour,” many of you will think. In such cases, there is more reason for you to be gentle toward yourself by kissing the Divinity. Be gentle with yourself like a newborn baby. Babies don’t need any focus; they just enjoy the breathing.

Vacuum invaded my breath several minutes before guns' fire had been opened toward me and other civilians around me when I was trapped in the war in the city of Sarajevo. We were hungry and were running behind a truck from which a person (an angel to us) was throwing bread. The reason why the truck was moving in a constant zig-zag, was because we were all under the fire from snipers, shooting us from the buildings' attics.

Every time the blood was about to be spilled around me, and even before these criminals shot the first bullet, I smelled and breathed something that I describe as a vacuum—something that seems to be lacking oxygen and lacking life—death. When I arrived back to my apartment building, alive, with bread in my hand, I did not feel hunger anymore . . . I felt I was already dead. “Well, anyone would be dead from fear,” you probably think now. Yes, I was fearful, but more than that, I was concerned about what came first. Does death first invade the atmosphere and disturb the mind of criminals, or the mind of criminals first disturb the atmosphere and start to sow death? The answer to this, you will find under the topic: “Important Lessons,” Chapter II, as well as in my future books.

Meanwhile, the most important thing for you to know is that a painful death exists only inside the violence, and the violence is fed only inside the human mind. That's why it is crucial to *send* the mind on vacations (as often as possible), so that we can stay here and enjoy God's kisses. The pain, nor death can exist in something so gentle such as God's kiss. (This theme is closely related to the last topic of the book: “Important Lessons,” therefore, it is recommended to read both of them consequently).

What would you give to have an opportunity to hug and kiss your deceased child? Your answer is—everything . . . you would give everything to have such an opportunity. Then, give *everything* you have inside your mind to the Creator of the Universe, and you will be delighted to realize that your child who passed away, had been hugging and kissing you all the time with the breath you are breathing. You couldn't notice it before because you couldn't notice your peaceful breath either. If we are not able to notice our breath and the kisses from our loved ones (who left their body and fused into the infinite life), they perceive us as those who are deceased indeed (which causes to them melancholy and the reduction of their joy). Our breath is always alive. Thanks to the breath of each one of us, God is blissful—as blissful as our loved ones inside God's hug are. This divine bliss is available to us inside our breath every time we wish to feel it.