

BREATHE

This Week in Asia:

Each day we breathe, and smell, about 23,000 times:

2 seconds in, 3 seconds out. Repeat.

How and what we breathe determines: how much we feel, how mindful or anxious we are, and eventually how many breaths we will take.

When I breathe in your unique fragrance, that distilled liquid memory makes words weak.

One smell, one breath, of plowed earth fires five million receptor cell impulses to my brain's olfactory bulb--and I'm five years old once again with the fresh fragrance of farmland drumming through my whole body. Smell is the most direct sense we have--a straight shot from nose to brain. Kipling was right: "Smells are surer than sights and sounds to make your heart-strings crack."

This month, at the place where we work, www.dawenchina.com, six of us celebrate birthdays. We had a brand new baby born. And then there were a few of us in the geezer brigade. Saturday night was a group party: it was very Chinese, celebrating collectively with pleasure and a sense of belonging.

We all met on our roof garden area, ate and drank, breathed in relationship; exhaled forgiveness & gratitude. We were glad to smell the fragrance of life, another year gone by, with the best yet to be.

When God lives and breathes in you ... your body will be as alive as Christ's!--Rom 8:11

We enjoy the breath and smell of Jesus' victory. The older we get, the better resurrection looks to us. Easter! Oh yes!

Kunming, the city of eternal spring, has been withering into summer this week. Right now it's as dry as the Sahara--less than 20% humidity.

Forest fires, construction all around us, and 1000s of new cars on the street every day dirty the air. Many of the 7 million folks who live here in Kunming are masking up to breathe well.

Cactus blossoms, bougainvillea, iris, tulips, and jacaranda blend with smoke and smog in a pungent, heady mix.

she took a deep breath & let it go

