

Breathe...These Feelings Of Control Are Only An Illusion

[BY REBECCA ESCHENROEDER](#)

Inhale...

These feelings of control are only an illusion. Notice the steady and ever-present reminder of breath; how it flows freely in and out.

No need to remind this loyal miracle that is constantly whispering to us, "You are free...if you allow yourself to be..."

These feelings of control are only an illusion. No one has tomorrow guaranteed, so why must we fight against the gift of now? Are you alive? Are you breathing? This is in and of itself a miracle.

These feelings of control are only an illusion.

With gratitude INHALE in life! Release the grip of these reins which you have created with your mind.

Courageously EXHALE as you flow into your honest and most present state of being.

Now...

And now...

And now...

Photo by [Oleksandr Pidvalnyi](#) from [Pexels](#)

For more self-study, [The Urban Howl](#) recommends [Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment](#)

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Sip a little more:

*I Release Myself & Courageously Flow Into
Clarity*

*Emerge From Your Comfort Zone – It's Time To
Fly!*

*Love Is The Definition Of Her – In Every
Language*

"I whole-heartedly believe in
being a full spectrum human.
Embracing the rage, grace, love,
and heartache with hands
always extended whispering,
"More!"

SHANNON CROSSMAN

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