**[Breath Mastery Fundamentals Day 2](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553614)**

Module 14 **Getting Caught up on the Complexity of a Practice**

Let me jump to another little bit of breath work philosophy. And it has to do with my sport, my love of disturbing Christians and irritating religious people and making fun of spiritual practices. And it's basically based on this realisation that Jesus had emotional issues.

He cursed a fig tree. Come on, a fig tree is, what else can it do but be a fig tree? And you know, he walked into church one day and it was a bingo parlour and people were selling stuff and he kicked over everybody's tables. Like hey! I'm trying to do business here. You know, like kicking over everybody's tables and swearing at them and all. So you know, he had emotional issues. The Buddha had psychological problems. Leutze had physical illnesses.

These things are part of the human experience, they don't go away. And no matter how many emotional issues you resolve, there's always going to be another one. No matter how many psychological problems you fix, there's always going to be another one. No matter how many physical illnesses we cure, there's always going to be another one. And if we run out of them, they'll just invent new ones. There's no end to that.

And so if you make that the focus of your work, your work will never end. If you think you have to somehow clear up all you psychological and emotional and physical illnesses in order to become enlightened, that's a trap.

You know *[Burjef]* was a flaming lunatic. Emotionally, psychologically, physically, you know, I mean it didn't get in his way. And it hasn't gotten in the way of many, many other people. You do not have to fix all that stuff before you find God. Before you awaken. And it's a trap because your goal is to awaken, but you spend all your time and energy in this process that you think is going to lead to awakening and you never really get to the awakening.

So that's a really useful thing in breath work.

So if I say, ok we're going to start to breathe right now, people start to prepare, they get in a special, woah woah woah woah, wait wait wait. What makes you think you have to do something before you breathe? Right where you are, right who you are, right in this position just start to breathe! You know no preparation required. You don't have to light a candle and turn the lights down and chase away the kids and put on the right music. You can get so caught up in all that stuff, when you could be just going right for the goodies right from the start. So some people get into a spiritual practice and then they get consumed by it and they forget why they got into it in the beginning.

Spiritual practice can become a trap, any technique can become a trap. And pretty soon the technique and the rituals and the spiritual teachings become more important than the one who is waiting to awaken. We make our practice more important than ourselves, when the practice is meant to serve us. So it's very easy to get caught up and lost in complicated spiritual practices. And I get very leery when people start to layout these very complicated, 14 dimensions of the astro world and 47 different complicated, I go woah woah woah. How about making it that simple?

Leonard Orr had a really great piffy little quote one time. He said that "most religions make getting to heaven so difficult, even God couldn't make it".

So the simplicity of this practice is the power of it. And the more complicated you make it, you're just entertaining your ego, you're satisfying this rottweiler that likes to chew on bones that lives inside of you as your mind.

So there are some simple things. Like quieting your mind. Like calming and quieting your body. It doesn't have to be complicated. When your mind becomes quiet and your body becomes relaxed, something emerges, something lights up, something occurs to you. And sometimes what you touch and what you experience is, it is so vast, so infinite, that you can layout the most complex map that is unending in its complexity. It's the beauty of that emptiness. It's the beauty of that space. But you don't have to go through that maze to get to that place. You just learn to drop into it. You use your breath, open and expand, relax and let go.

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