

Daily Meditation 11/16/22

Let Us Praise the Air

Good morning.

Today we are meditating on praise. Praising air. Let's not take air for granted.

Air of course is invisible, so it's easy to take for granted. Unless we pay attention to our breath and recognize how sacred and necessary each breath is. Breath in, and breath out: inspiration and expiration.

Now I brought attention to this wonderful book in my essay. It's by Sam Kean, *Caesar's Last Breath, Decoding The Secrets of the Air Around Us*. He's bringing us up to date about what science has unveiled about the miracle that air is. He tells us that Mount St. Helens that erupted in 1978 was more active and more explosive during the last 4500 years than any other volcano in the United States. And great geology lessons came from learning more about

St. Helens. He says that it provided

a fascinating peek at the early days of our planet and the creation of our atmosphere. We don't usually think about air as being created. It seems like it just is, it's always there. But all planets have to manufacture their atmospheres from scratch--

...All planets have to manufacture their atmospheres from scratch.

...And despite how nasty volcanic fumes might seem, they supply the basic ingredients of Earth. Understanding our air then, requires understanding these explosions of lava and gas.

So it's just one example of how special air is. And this is why we don't find it on many planets. It has to be fine-tuned, has to be just right, where beings can breathe and grow from it.

And he concludes after he goes through the history of air and gas and planet, oxygen, carbon, silicon, iron, all these elements that make up our world.

But enough pieces had bounded, several rocky planets emerged, including Earth. everything around you then no matter how solid it seems, the floor beneath your feet, the book you're holding, even your body all started off as a gas. You are an ex-gas.

And maybe you've been called a lot of things. But I don't know if anyone's ever called you an ex-gas. But that's who we are.

He calls earth an "...erstwhile gas. It makes sense if we examine what solids and gases fundamentally are."

He puts out that "an average molecule of air at 72 degrees Fahrenheit zips around at 1000 miles per hour."

. ...An average molecule of air is really 1000 miles an hour zipping around. And that's what we're breathing. It's part of us.

So these are just a few of the wonders, the miracles that are part of our everyday life part of our everyday breath, not to be taken for granted. Let us praise air.

Thank you. We'll see you tomorrow.