The Ultimate Recycle

You may not have realised it, but the ultimate recycling process is life itself!

It is a fact that not only do each and every one of us have hundreds of billions of molecules inside us that were once part of other peoples bodies, but we have about one atom in our body from every breath that every human has ever taken.

Just let your mind dwell on that for a moment or two… it means that your body quite possibly contains atoms and molecules that were once part of Albert Einstein, or Julius Caesar. Perhaps Marie Antoinette or Boudica. But then again, it could just as easily be a marauding invader or a ‘lady of the night’.

You don’t get to choose – nobody does. It’s a great leveller.

Now, it is also a fact that every breath you take contains molecules that have been breathed many times before, maybe by some of the great figures of history, or by a hermit who lived a solitary life, perhaps in a makeshift shack in a forest. And that might have even been a totally carefree life, not one of misery, but of contemplation.

As you’ve been reading this, you will have visualised some of the individuals mentioned – you can’t not, because that’s the way the brain works, imagining that which we think about. And it’s easy to use that power of imagination to give yourself a lift or get you in the mood for… well, whatever you want to get in the mood for.

First, get an image in your mind of someone from the past who you believe had the very essence of whatever you are seeking.

Now take a slow deep breath while holding that image in your mind, then hold that breath for a moment savouring the knowledge that you might well be holding molecules of the very same air that they breathed.

As you breathe out, imagine that molecule has remained with you to become a part of you, and is even now circulating in your bloodstream, activating the exact part of your psyche to let you feel whatever it is you want to feel.

It might even feel as if you were somehow connecting directly with that person – and if that’s how it feels, don’t push it away. Just enjoy it and accept that’s just how it feels.

But whether you did or did not feel a connection, it’s almost inevitable that you were thinking and feeling exactly what they did once!