

The Delicate Art of Breathing

by David Little



You have come to this point in your life experiencing everything you have done or learned in order to prepare yourself for the good things that are about to come into your life. If you changed any of these experiences then you wouldn't be you!

Gratitude is the key to connecting to the infinite.

What are the signposts that lead me to where I am today? How did I arrive here and where will it lead?

I am going to examine my journey to illustrate how my path unfolded to me. When I was young, around four, I had an invisible friend named Bool who showed me my intuitive side of myself. I was connected to Source without question or confusion. As I became older, around eight, I began to question my connection. I was taught in school about the "real" world and how things are. This is where we start to lose our ability to trust our intuition and start doing as we are "told".

I can remember running away with my friend Kenny around age ten. We had a plan to stay overnight in the Ontario Science Centre and rob the concessions then make off with the loot to who knows where. As we huddled behind a mockup of the lunar landing

module waiting for the place to close for the night, I had a feeling this was a bad idea. I said to myself, *“God please get us out of here & I will never do wrong again!”*. Long story short, we got out of the museum and made our way home with some explaining to do.

I'm not saying I never got in trouble again, far from it. There were some trying times as a teenager, my parents would attest to that! I was always aware that there was a connection to something higher than myself even then, Source, God, Infinite Consciousness... whatever you chose to call it.

I'm not going to bore you with the gory details of the selfish (me); years where I ignored the signs and hints that presented themselves along the way. What I will tell you is how I became aware of signs from my intuitive self and how my life began to change. I was in my mid 30s when I began to feel something lacking in my life. I had a house, family, good job, and moderate success in a material sense. What I did not have was happiness, a spiritual path, connection to God. This had an effect on my physical well being as all things are connected. I began to look into meditation & other alternatives to enhance my Well Being. As a result of this I met a wonderful person named Elena Crippen who is a five element acupuncturist. She began treating me for the physical symptoms with acupuncture. There is a counseling element to these treatment sessions that has you looking at different aspects of your life. They all fit together like pieces in a puzzle.



This led me to explore my spiritual side as well as my emotional and physical experience. Here I was being directed to explore new areas and possibilities in my life. I would learn about spiritual paths, art, music & other realms of existence to name a few.

Elena became and still is my mentor today. I am grateful to have her insight to guide me.

As I continue to learn and grow my journey becomes more exciting & challenging everyday. I am

connected to “the source” and I attract all kinds of new experiences that lead to the next step on the path we call “life”. If I could say one thing, it would be keep an eye open for the signs as they appear then follow them to see what is infinitely possible. I say this with reverence and gratitude for my own path and yours as well.

We are all connected through the “infinite” and having gratitude is one of the ways we can become aware of this gift.



[Who is David Little Anyway?](#)