



BREATHING IN AND BREATHING OUT

D Em A D G A D




Breath- ing in and breath- ing out, that's what life is all - a- bout

D Em A D G A D



Breath- ing mind- ful- ly with- out stress, is the best way to - suc- cess

D Em A D



IN (breathing in) OUT (breathing out) IN (breathing in) OUT (breathing out)

Music Guin Miller, arr. W & A van der Zwan
 Words Joe Miller and W & A van der Zwan



This melody comes from Joe and Guin Miller. Joe (1904 – 1992), was an original American mystic and former vaudeville artist. On his deathbed, Murshid SAM (1896 – 1971) asked Joe to be the godfather of his students.

Joe used to walk every Thursday morning in the park, together with his wife. Hundreds of people would follow him, waiting for his famous raps. Here's one: '*Realization can't be taught, it can only be caught.*' Pir Shabda, the present Pir (leader) and successor of Murshid SAM, remembers he would roar at his audience: '*There are three things one needs for the spiritual path—common sense, a sense of humor, and more common sense!*'

At the funeral of Murshid SAM he famously said: '*You can get more stinking from thinking than from drinking, for only the FEEL is for REAL,*' after which he added: '*And I mean FEEL, REALLY FEEL. Not sentimentality!*'

He would talk about at-one-ment, rather than atonement.

His motto was the four C's: don't compare, don't criticize, don't condemn, don't complain.

For more on Joe, see www.ruhaniat.org/index.php/lineage/godparents/joe-and-guin-miller

Joe's original song goes:

*Breathing in and breathing out
 That's what life is all about
 You have lots of time to spend,
 Breathing out and breathing in*

June 2013, we were invited to lead the Dances of Universal Peace during the annual retreat with the Vietnamese Zen Master Thich Nhat Hanh. As it happens, we live very close to his European Institute for Applied Buddhism (EIAB) in Waldbröl. His teachings on breath and mindfulness inspired us to this version. And we're sure Joe also whispered something in our ears!