

Reprinted from Daily Lift, June 5, 2013.  
Republished with permission of the Christian Science Publishing  
Society. All rights reserved.

## The breath of God

By Elise L. Moore, C.S.B.

I heard a whale breathe! It was this incredible sound. My husband and I were in Antarctica. It was 10:30 at night in the deep twilight of an austral summer evening and we were out on our balcony as the ship slipped noiselessly through waters as still as glass. And right in front of us, this humpback whale surfaced and blew. But then she glided, and in a profound stillness, you could hear her breathe.

I thought of the profound stillness of being with God. There might be a sign of divine intervention that attracts our attention to things spiritual, but then, if we keep watching, we hear the breath of God.

Divine Spirit is called in the Bible, “the breath of God.” It’s inspiration. It’s guidance. It’s healing and salvation. You feel the presence of God with you. And you feel it most in that profound stillness when the engines of human thought have stopped churning, and the tabloid of human life has ceased parading. And we’re mentally still.

Today, you can hear God breathe. You can hear the quiet hope and guidance, the health and holiness that you need. In the stillness of spiritual sense, you can see and feel God’s profound presence and healing power.