

# The Breathing of Reality

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coherix.ca · 2026

## Chapter 1

### — Where reality begins to breathe

There are moments when the real ceases to be a surface we traverse without thinking. It becomes a presence. A density. A breathing.

This book begins exactly there: at the point where something in us begins to listen differently.

Nothing is added. Nothing is taken away. Everything is already there, but seen from an angle that forces nothing.

What you are about to read is not a theory. It is a passage. A space where the world, attention, and body realign.

The breathing of the real is not a concept. It is a movement. And this movement begins now.

## Chapter 2

### — The listening point

Before something can transform in us, a point of listening must form. Not a forced attention. Not a tense concentration. Rather an inner space that opens, almost despite ourselves.

The listening point is not an effort. It is an availability.

It appears when we stop wanting to understand too quickly. When we accept not grasping immediately. When we let the real come to us, without rushing it, without reducing it.

In this state, the world is no longer a backdrop. It becomes a partner. A silent interlocutor.

The listening point is that place where we begin to perceive what usually passes under the radar: the micro-variations.

## Chapter 3

### — The density of the world

When listening deepens, the world changes texture. What seemed flat becomes thick. What seemed distant becomes near. What seemed neutral becomes charged with intention.

The density of the world is not a weight. It is an intensity.

It appears when we stop traversing reality on autopilot. When we slow enough to feel the layers, the nuances, the resonances.

In this density, each thing possesses its own presence. A tree is no longer a tree. A voice is no longer a voice. A silence is no longer a silence.

Everything becomes meaningful. Everything becomes alive. Everything becomes relation.

## Chapter 4

### — Attention as threshold

Attention is not a spotlight. It is a threshold. A passage between what we believe we perceive and what is really there.

When attention contracts, the world shrinks. When attention opens, the world expands.

This threshold is fragile. It shifts according to our inner state, our fatigue, our fears, our expectations.

But when attention becomes stable, gentle, non-judgmental, it reveals what was hidden: the subtle movements, the invisible tensions, the invitations of the real.

Attention is not a tool. It is a way of inhabiting the world.

## Chapter 5

### — The inner movement

Each perception triggers a movement in us. A contraction. An opening. A hesitation. An impulse.

This inner movement is often ignored, yet it guides all our decisions. It is the silent compass of our navigation.

When we learn to feel it, to recognize it, to follow it, something aligns. The outer world ceases to be a constraint. It becomes terrain for resonance.

The inner movement is not psychological. It is physiological, perceptual, energetic. It is the body's first response to the real.

To listen to it is to find oneself.

## Chapter 6

### — The silent attunement

There exists a moment when you cease wanting to influence the world. When you cease wanting to understand, control, anticipate.

In this moment, something attunes itself. Without sound. Without effort. Without intention.

This silent attunement is the foundation of all coherence. It does not arise through will, but through availability.

When you attune yourself this way, reality becomes more legible. Tensions ease. Signals become clear. Decisions simplify.

Silent attunement is a return to rightness.

## Chapter 7

### — Presence as navigation

Presence is not a fixed state. It is a way of moving through the world.

To be present is not to be still. It is to be adjusted.

Presence allows you to sense the micro-deviations, the subtle shifts, the invitations of reality. It transforms each gesture into orientation. Each breath into direction.

Presence is not a spiritual posture. It is a perceptive skill. A way of navigating with precision, without rigidity, without scatter.

Presence is a rudder.

## Chapter 8

### — The expanded real

When listening, attention, and presence unite, reality expands. It ceases to be limited to what you see, hear, or understand.

Expanded reality includes weak signals, intuitions, tensions, resonances. It includes what is not yet formulated, but already perceptible.

In this space, decisions become more fluid. Relations simpler. Actions more just.

Expanded reality is not a parallel world. It is the same world, but perceived with greater depth.

## Chapter 9

### — The return to center

After expansion comes recentering. Not a retreat, but a return to source.

The center is not a fixed point. It is an axis. An alignment between body, attention, and world.

When you return to this center, everything becomes simpler. Tensions dissolve. Decisions clarify. Gestures stabilize.

To return to center is to return to yourself. But a self enlarged, attuned, breathing.

## Chapter 10

### — The breathing of the world

When you have passed through listening, density, attention, inner movement, and presence, something becomes evident: the world breathes with us.

Each tension we release shifts our perception. Each inner opening changes our relation to reality. Each adjustment creates new space.

The breathing of the world is not metaphorical. It is a perceptive dynamic. A constant exchange between what we are and what surrounds us.

When we breathe with the world, we cease to struggle. We begin to live.