

you know what happens when we become stilled?

the **breath** of god

there needs to be a
hushshshing
of our outer lives

he waits until we're quiet enough to hear his thin whisper

The name of God in Hebrew is Y H V H –
four letters Yod Heh Vav Heh,
a name not pronounced because it is so sacred and mysterious.

These letters are like breathing sounds.

Is the name of God the sound of breathing?

Is it possible that with every breath we utter the name of God?

Make yourself comfortable,
focus on your breath as a means of prayer.
The word for breath is the same as the word for spirit.

When you breathe God in,
you become aware of all the things you need to leave behind...
Is there anything you need to breathe out?

God gives the spirit without limit...
Is there anything you need to breathe in?

You are a sacred creation of God
the divine breath is flowing through you
and the person next to you...
and the person next to them...

Take a breath – say the name of God

As you slow down,
become aware that it's in God that we live and move and breathe.

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