

This is a simple breathing practice based on part of Psalm 46 usually translated as, "Be still and know that I am God". The horizontal syllabled transliterations a. and b. are differently conjugated repetitions of the imperative commandment, "Let go...and know..."; a. is the male/female singular, b. is the plural. c. translates as, "I am Yahweh", one possible vocalization of the Tetragrammaton YHWH, the One within and without naming itself for us, renewing our covenant. d. translates as, "I am God", or "I am the Divine Us".

The V denotes the head direction movement (slight, or just visualized); x x = exhalation, i i = inhalation; large capitalized syllables are 1st or 3rd downbeats; smaller, lower case syllables (ano, hu, o) are on the upbeat; the * denotes beats 2, 3 or 4 and are continuations of the preceding syllable sound in this 4 beat breathing rhythm. (A slow 2 beat rhythm also works.) All breathing cycles here start with an exhalation/expansion and finish with an inhalation/contraction. Any one of the four can be cycled exclusively, for any number of repetitions; a.b. and c.d. combinations are particularly efficacious, and preparatory for the next practice, the Breathing Cross.

Phonetics: R is rolled, U is oo, I (or i) is ee, KH is guttural. Grammar: HARPU UDEH'U is the plural imperative, HARPEH UDAH and HARPAH UDEH'AH are singular imperative male and female respectively.