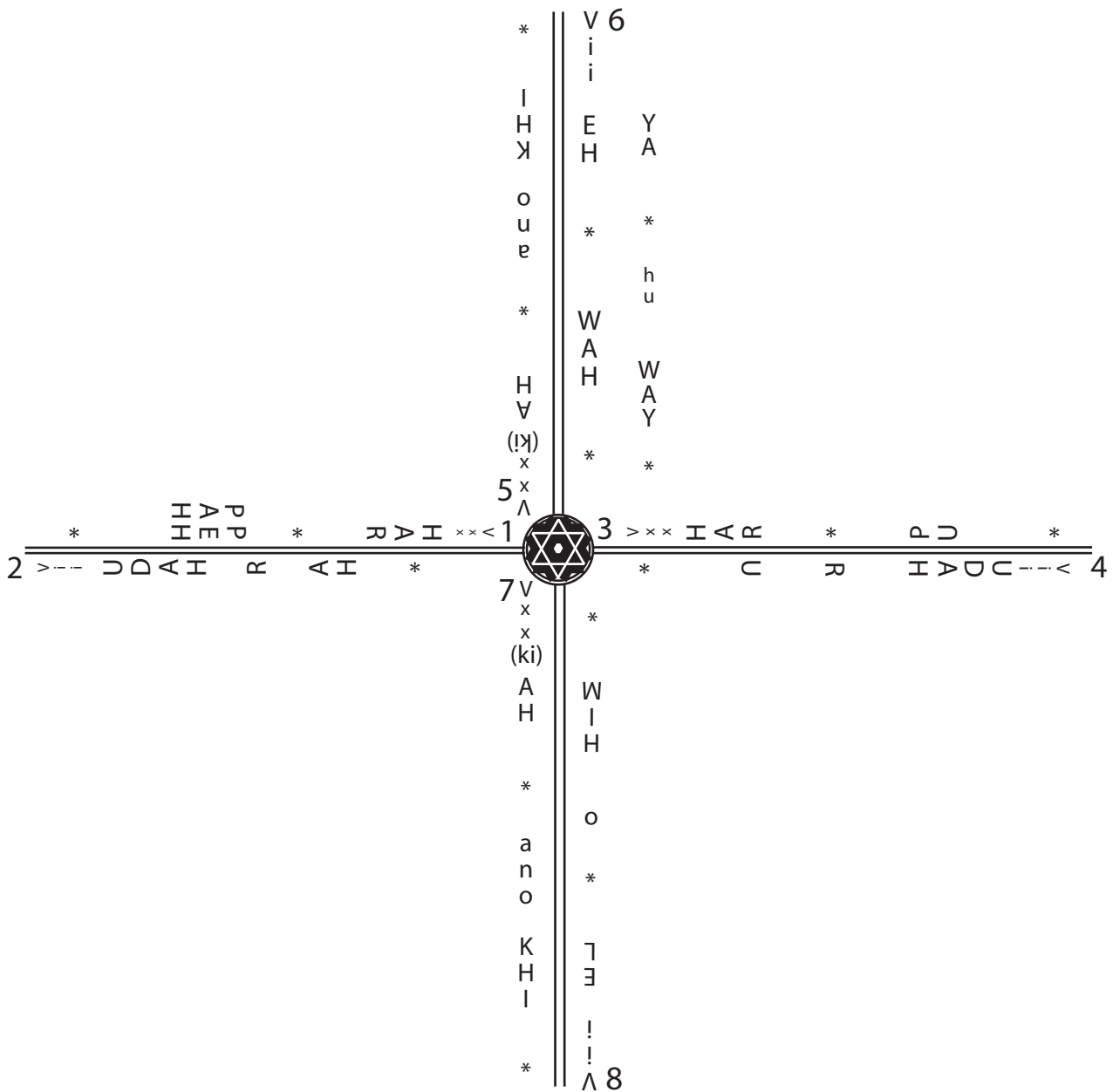


## Zero Commandment Breathing Cross



This is a breathing practice based on part of Psalm 46 usually translated as, "Be still and know that I am God". The syllabled transliterations (expanding and contracting from the center) in each of the four directions are differently conjugated repetitions of the imperative commandment, "Let go, and know"; 1-2 are the male/female singular, 3-4 is the plural. 5-6 translates as, "I am I AM", or Yahweh, one vocalization of the Tetragrammaton YHWH, the One within and without naming itself for us, renewing our covenant. 7-8 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, (ki) is an optional conjunction here; 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.) One complete prayer cycle (1-8) comprises four expansion/contraction breath cycles, each starting with an exhalation. 1-2-5-6 and 3-4-7-8 combinations are also very effective. Phonetics: R is rolled, alone, back of throat; U is oo, I (or i) is ee, KH is guttural. Grammar: HARPU UDAH RU is the plural imperative and HARPEH UDAHRAH and HARPAH UDAHRAH are the singular male and female imperatives, respectively.

There are simple hand/arm movements that can be added: 1. R hand on heart; L relaxed at waist, palm down. 2. R taps 4 beat rhythm on heart, L slowly turns palm up as it moves toward heart. 3. and 4. same as 1. and 2. except switch hands. 5. palms/forearms open slowly, and slightly, up and out 6. upturned palms slowly approach and bless head. 7. palms/forearms follow downward bowing head. 8. palms/forearms follow rising head.