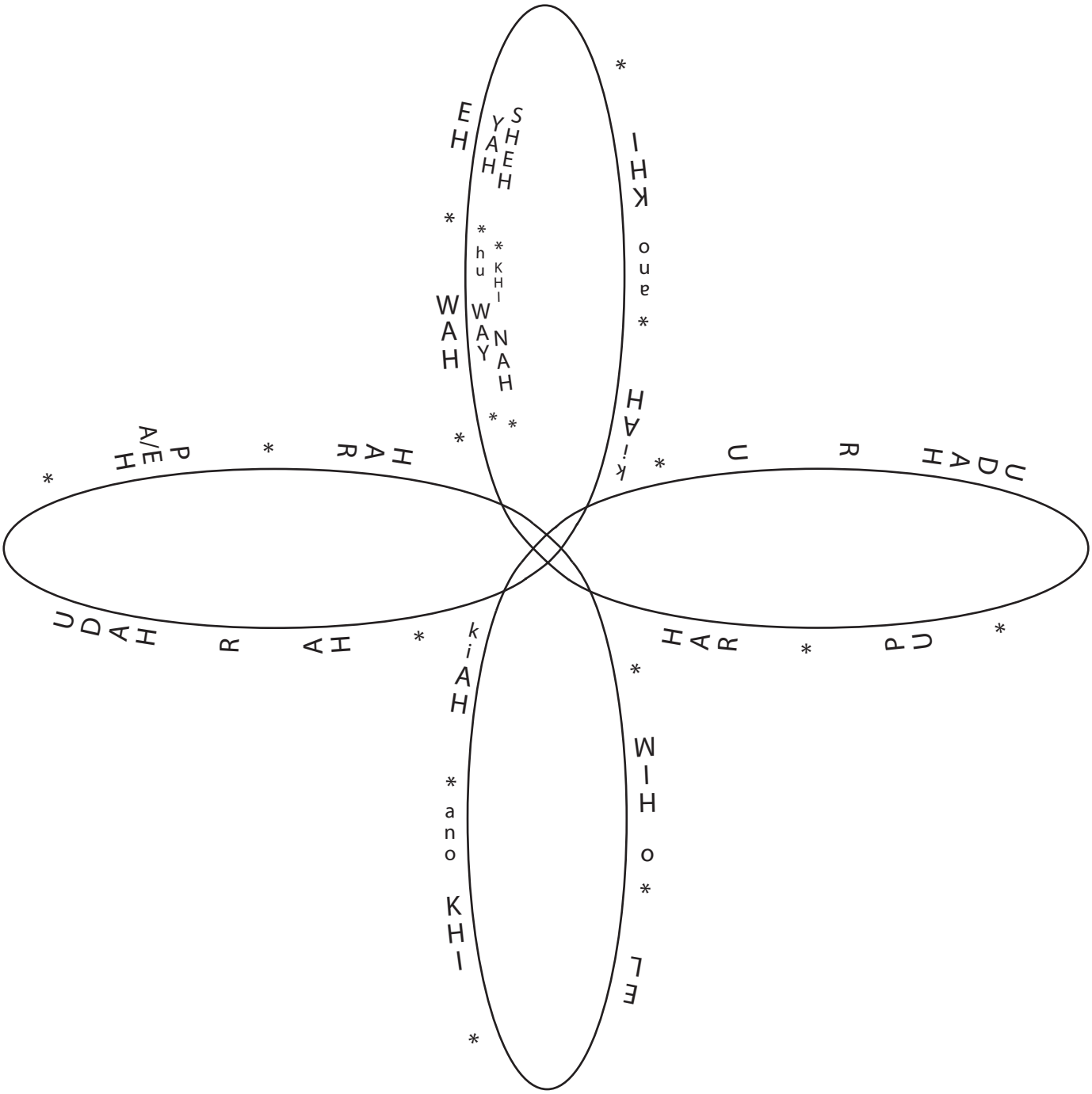
Zeroeth Commandment Breathing LoopCross



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/to the center) in each of the four directions are differently conjugated repetitions of the imperative commandment, "Let go, and know"; L are the male/female singular, R is the plural. Up 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. Down translates as, "I am God", or "I am the Divine Us".

Start with an exhalation on HARPEH/HARPAH and inhale UDAHRAH. Continue in that fashion around the cross, following the looping line, exhaling and inhaling, expanding and contracting. Timing ; 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 comprises four expansion/contraction breath cycles, each starting with an exhalation. L/R and Up/Dw 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 UDAHRU is the plural imperative and HARPEH UDAHRAH and HARPAH UDAHRAH are the singular male and female imperatives, respectively.