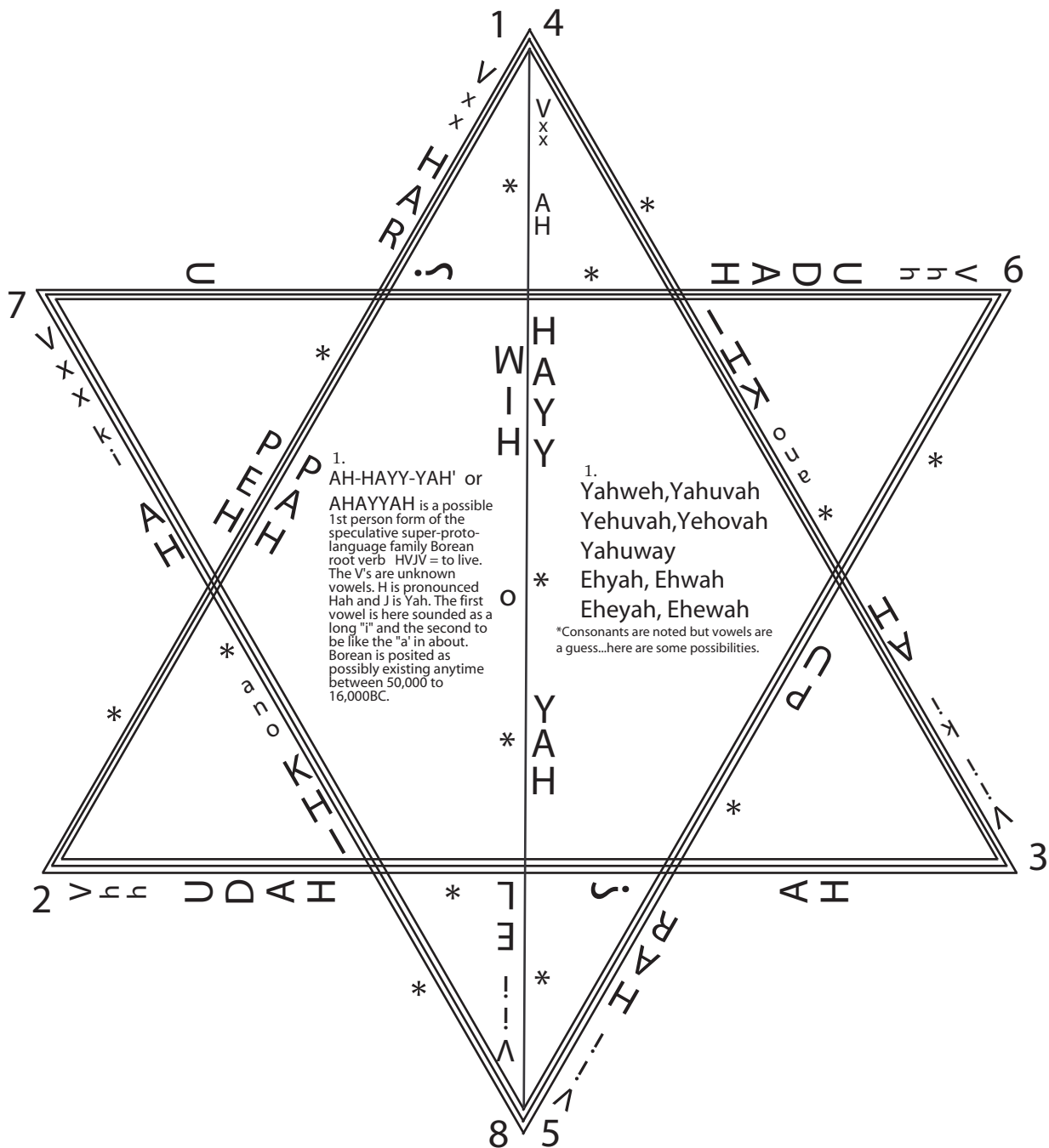


Zero Commandment Breathing Star



This is a breathing practice based on part of Psalm 46 usually translated as, "Be still and know that I am God". The syllabled transliteration flowing around the two equilateral triangles that comprise the Star of David, as well as down and up the vertical axis are two slightly different repetitions of the commandment; 1-4 is either male or female singular imperative and ends with one possible vocalization of the Tetragrammaton YHWH, the One within and without naming itself for us, renewing our covenant.¹ 5-8 is a phonetically accurate transliteration of the original plural imperative commandment. The V denotes the head direction movement (slight, or just visualized); xx = exhalation, ii = inhalation, hh = hold (either empty or full); large capitalized syllables are 1st or 3rd downbeats; smaller, lower case syllables (ki, 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.

One complete prayer cycle (1-8) comprises three breath cycles (with two holds), starting with an exhalation. Phonetics: R is rolled; ʕ is R in back of throat; U is oo, I (or i) is ee, KH is guttural. Grammar: HARPU UDAHʕU is the plural imperative and HARPEH UDAHʕAH and HARPAH UDAHʕAH are the singular male and female imperatives, respectively.