

Breathing in the Divine Name YHVH

1. Breathe in and out several times. After an exhalation, when there is no breath left in your lungs, imagine the letter Yod י of the Divine Name YHVH יהוה in the place of your head.
2. When you inhale and expand the lungs, imagine the upper Hey ה of the Divine Name in your shoulders and arms.
3. Now hold the breath in your lungs for a moment and imagine the letter Vav ו in your spine.
4. When you exhale and deflate the lungs, imagine the lower ה in your pelvis and legs.
5. With the last exhalation, your lungs are empty and you now imagine the letter Yod י in the place of your head again. Continue this breathing pattern/visualization three more times.

This powerful practice gives us a rhythmic awareness of YHVH in our very body and breath. This meditation helps us become aware of our own Inner Divinity.