

SOUL AND BREATH MEDITATION

In this meditation, we remember that each one of us has a soul and though each of us has and is a soul, all of our souls are really connected through the SUPREME UNITY and LOWER UNITY. We are all connected to one another, and we are reminded that each one of us has a soul when we **BREATHE**.

The Hebrew word for soul is NESHOMA, and the Hebrew word for **BREATH** is NESHIMA. NESHIMA and NESHOMA are spelled the same way—except for a vowel change in each word.

When we all **BREATHE**, as we do to stay alive, we are all recognizing that we are part of the same soul that gives us this **BREATH—GOD**.

MEDITATION

In this meditation, your eyes are either open or closed. It's up to you. CENTER your attention on the feeling of the “in” and “out” **BREATH**—as it enters your nostrils and as it leaves your nostrils.

As you feel the sensations of the **BREATH when you are breathing in or breathing out**, make a quiet mental notation of **BREATH, BREATH**, with both the IN **BREATH** and the OUT **BREATH**.

When a thought arises, that is strong enough to take your attention away from the **BREATH**, simply note it as “NOT **BREATH**.” This may be the most beautiful thought in the world. Or the most terrible thought. Whether it's the most beautiful thought or the most terrible thought, it's simply - NOT **BREATH**. Make a mental note of that.

Some of your thoughts may be tender and caring, some may be evil and hurtful—what matters is that they ARE

NOT **BREATH**. All you need to do is recognize them. Very gently, let them go, and bring your attention back to the feeling of **BREATH**. Knowing that each **BREATH** is your soul and each soul is part of the one soul of which we are all part.

This is what Kabbalah teaches.

I know our tendency might be to grab hold of one of our thoughts—maybe build a scenario around it, or fight it. But in this Kabbalistic meditation, we simply recognize, it's not **BREATH**, and then very gently let the thought go—returning our attention to what is **BREATH**, or **ENERGY**. And we remember what our Kabbalah teaches—***ENERGY FLOWS where ATTENTION GOES.***

And when we are all focused on our soul's **ENERGY by BREATHING**, we become closer and closer to God and one another. ***ENERGY FLOWS WHERE ATTENTION GOES.***

So when we BREATHE in and BREATHE OUT, completely focused on our BREATH, not letting outside thoughts interfere with our Mindful focusing on our breath, we are becoming more and more close to God, because the word BREATH and the word SOUL are the same word. And the more we focus on soul, the more we focus on God.

Remember, ***ENERGY FLOWS WHERE ATTENTION GOES.***

Now BREATHE in gently through your nostrils.
Now BREATHE out through your nostrils.

BREATHE IN AND BREATHE OUT. As you breathe in, when a thought—either beautiful or ugly occurs to you, think:

“NOT BREATH”—and gently let go of that thought. And, **BREATHE OUT.**

Every time we **BREATHE IN**, we are breathing in the Presence of God, because the words for **BREATH, SOUL** and **GOD** are **ONE**> Because God is soul.

The more we breathe in, letting go of beautiful or ugly thoughts, the more we are becoming one with God. This meditation is an excellent way to become one with God before you do your morning prayers. Or before you go out into the workaday world. And throughout the day, you recognize you and God are one.