

Yahweh Prayer

This is a meditation shared by a Rabbi friend to Richard Rohr who then shared it from his on line meditations:

The Jewish people do not speak God's name, but breathe it:

Inhale -*Yah*; exhale- *weh*

God's name was the first and last word to pass their lips. By your very breathing you are praying and participating in God's grace. You are who you are- living God's presence –in the simplicity and persistence of breath.

Breathe the syllables with open mouth and lips, relaxed tongue:

Inhale—*Yah*

Exhale—*weh*

During a period of meditation, perhaps twenty minutes, use this breath as a touchstone. Begin by connecting with your intention, your desire to be present to God. Breathe naturally, slowly, and deeply, inhaling and exhaling *Yah-weh*. Let your focus on the syllables soften and fall away into silence. If a thought, emotion, or sensation arises, observe but don't latch on to it. Simply return to breathing.

You may be distracted numerous times. And perhaps your entire practice will be full of sensations clamoring for attention. Contemplation is truly an exercise in humility! But each interruption is yet another opportunity to return to Presence, to conscious participation in God's life.