

YHWH
(It appears over 6,800 times in the Hebrew Bible)

The idea that the very name of God—YHWH—is a breath, a rhythm, a living pulse of divine intimacy, is both ancient and it deeply resonant.

"In many traditions, the name YHWH is considered so sacred it is never spoken aloud. But what if it was never meant to be spoken—only breathed?"

- YH mirror the sound of inhaling
- WH- mirrors the sound of exhaling. YH...WH...
- The breath itself is divine.

When we look at it this way it becomes prayer

- Breath becomes prayer. Every inhale and exhale is a moment with God.
- It empowers our sacredness, regardless of belief,
- The breathes IS the name of God.
- It invites mindfulness: to breathe is to be in communion.

YHWH is the covenant, the breath is our covenant

When we enter this world with a breath, we are drawing in God, the divine force within us .

When we depart with a breath returned into God's eternal embrace.

Let's be mindful of the name of God, as we breath in

YHWH