

| Word | Origin | Meaning | Breath Application |
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| Sabali | Bambara | Patience | Inhale: Sa-ba / Exhale: li |
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| Shalom | Hebrew | Peace, wholeness | Inhale: Sha / Exhale: lom |
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| Aloha | Hawaiian | Love, breath of life | Inhale: A-lo / Exhale: ha |
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| Sattva | Sanskrit | Pure being, clarity | Inhale: Sat / Exhale: tva |
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