

***Breathing Yeshua by William Ryan: Brief
Extract
Pages 9-10***

The Guidelines of Formal Prayer of the Heart Practice:

- 1. Setting-** Set aside a sacred space where you are not likely to be interrupted, a place consecrated to your desire for communion with Christ.
- 2. Time-** Choose a time which is most conducive to silent prayer, when you are alert and not likely to be interrupted. For most that is early morning and early evening.
- 3. Body Posture-** Sit with a straight back, where minimal effort is required to sit straight and be alert. For some a chair is best, for others, a prayer bench or cushion. Let the hands be folded in your lap, or resting on the thighs upward or facing down.
- 4. Breath-** Breathing should be relaxed not forced. We should let it be deep and abdominal, relaxing the tensions in the chest and abdomen. Let the out-breath be released slowly.
- 5. Preparation-** Choose a short prayer phrase of consecration to prepare for your entry into silence: "O Christ, I give myself completely to you." "O Yeshua, You are my Refuge."
- 6. Length of Prayer Session-** 25-30 minutes is best with walking contemplation in between more than one session. Allow for a gentle

transition from the prayer session, usually with a spoken vow of practice and devotional prayers or lectio divina.

The Method:

1. Prayer Word- Choose a word, which touches you and which expresses best your desire to be one with Christ. It may be a word or phrase. For many the fitting prayer word is the name of *Jesus, Yeshua*, or a form of the Jesus prayer ("Lord Jesus, have mercy"). Repeat it continuously, returning to the prayer word synchronized with your breath. If it is more than one syllable or word, then synchronize the repeating of the word or phrase with the in-breath and out-breath. Let this prayer word or phrase be the anchor of returning to your single desire for communion with Christ.

2. Observing the Mind- Abiding in the Heart of Christ- Observe the arising of thoughts, and release from all the traffic of the mind, thoughts, desires, commentaries, judgments. Observe them arise and release them while you return to abiding in the Heart in your prayer word and breath. Continually release from involvement with thoughts and return to your holy word. Continually "release and return," to be present to Yeshua in loving attention and self-offering, through the anchor of your word or phrase. It is an ongoing process of "release and return" in the natural rhythm of your breathing. In this process we become increasingly absorbed in the Heart of Christ in our own heart, in the interior movements of presence/adoration and in our selfoffering in love.