

The Breath that is You

Allow your tongue to gently touch the roof of your mouth as far back as it will comfortably go .. on the soft palate if possible.

The breath may start to sound like (and you can start by pronouncing)

YH..WH .. Bud..Da .. So..Ham .. Yes..us .. Za..Zen .. Al..Lah .. Ain..Soph .. and all of these "words" are the phonetic for the sound of the breath. Each Breath Cycle is "timed" on the ratio of 7 (in) > 1 (full) > 7 (out) > 7 (empty) > 7 (in etc) ..

in on "YH" .. for 7

a space of 1

out on "WH" .. for 7

a space of 1

in on "YH" .. for 7

a space of 1

out on "WH" .. for 7

a space of 1