

# **Richard Rohr**

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The Jewish name for God – Yahweh – was not spoken, but breathed. Its correct pronunciation is an attempt to imitate the sound of inhalation and exhalation. We do that every moment: our first and last word as we enter and leave the world.

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<http://www.ehillschurch.com/tag/yahweh-prayer/>

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This unspeakability has long been recognised, but we now know it goes even deeper: formally the word was not spoken at all, but breathed! Many are convinced that it's correct pronunciation is an attempt to replicate and imitate the very sound of inhalation and exhalation. The one thing we do every moment of our lives is therefore to speak the name of God. This makes it our first and our last word as we enter and leave the world....When considered in this way, God is suddenly as available and accessible as the very thing we all do constantly - breathe. Exactly as some teachers of prayer always said, "Stay with the breath, attend to your breath": the same breath that was breathed into Adam's nostrils by this Yahweh (Genesis 2:7); the very breath that Jesus handed over with trust on the cross (John 19:30) and then breathed on us as shalom, forgiveness, and the Holy Spirit all at once (John 20:21-23). And isn't it wonderful that breath, wind, spirit, and air are precisely nothing - and yet everything?

Just keep breathing conciously in this way and you will know that you are connected to humanity from cavemen to cosmonauts, to the

entire animal world, and even to the trees and plants. And we are now told that the atoms we breathe are physically the same as the stardust from the original Big Bang. Oneness is no longer merely a vague mystical notion, but a scientific fact.

Richard Rohr (2009) *The naked now: learning to see as the mystics see*, New York: Crossroad Publishing Company, pp. 25-26

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