

# Yogī Da

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- Daniel Young ([Yogī Da](#))
- Founder, [Hansa Yoga Society](#) (2009)
- Initiated into [Maharishi Mahesh Yogi's TM<sup>®</sup>](#), 1971.
- Received [Gurū Mahārāji's Knowledge](#), 1973.
- Breath Mantrā

Although I have actually perused only a tiny fragment of it, kudos for the amazing web site re. all things spiritual/religious etc. There are a finite number of souls on the planet who can truly comprehend these matters, even with your outstanding analyses and explanations. I, too, am an “explainer.” Without going into a ridiculously long personal bio describing my spiritual journey, let's just say that I am, for whatever reason God has (ultimately beyond human comprehension anyway), God has chosen to reveal to me many things, over the last fifty years. One of those things is my reason for contacting you. I have a piece of information for you, something I did not find on your page about God's Sacred Name, YHWH.

This particular item is central to my journey and my life as a yogi. In 1973, one of the Sacred Names of God was revealed to me in a couple of different ways, within a two day period. One was by instruction in Meditation by an Indian Mahatma, as proxy for my Sat-guru [Gurū Mahārāji a.k.a. Prem Rawāt], the Golden Child I had learned of fifteen years earlier, in a prophecy by famed psychic Jean Dixon in 1958. The Knowledge

he revealed was a profoundly powerful, four-technique meditation method distilled from the traditions of the yoga masters. One of those techniques was this “Holy Name” technique.

The other way I received this knowledge from God was by what I have experienced many times as “divine coincidence.” One day before receiving Knowledge from Satguru, and anticipating it with great joy, I was sitting in a friend's apartment and noticed a book on the coffee table in front of me that was titled, “Spiritual Dictionary.” I picked up the book and opened it randomly in the middle. The first word my eyes fell upon was this: “Hansa.” It explained that this is the name of the white swan, often depicted as the swan-in-the-lotus, a symbol of The Divine. It is also (drumroll!!!!) the breath mantra.

Today, I am a “master breather,” and a practitioner of “Hansa Yoga,” wherein the use of the breath mantra for constantly focused breath meditation brings about mental clarity and spiritual realization. In recent years I have experienced many new levels of experience and understanding of, for example, the chakras, prana, kundalini, Living Water, the Light of God, and the Lotus in the Heart.

In this yoga practice, also known as the Soaham Sadhana, the breath mantra is synchronized to the breath cycle, so that “Sahhh...” is the silent syllable for inhalation (slow and deep), and “Hannn...” is the silent syllable for exhalation (again, slow and deep). Part of the technique is to trace with awareness the conscious energy as it rises through the body with inhaling and drops back down upon exhaling. Though the cycle is continuous, paradoxically, there are gentle pauses at the top and bottom where the breath “turns around.” In those pauses is silence and stillness, and awareness of the True Self. How is this

**relevant, you ask, to YHWH? Here's how: It's exactly the same thing.**

**It was explained to me many years ago by a young Jewish man who also followed my guru. Written Hebrew has no vowels. The letters that would be equivalent to our Y and W are consonants. Try making a Y or a W without a consonant following it: it's SILENT! The sound is only in the mind. With H added to each one, it indicates the movement of breath. So calling God's Holy Name in the Judaeo-Christian tradition would be: "Yahh..." (inhaled) / "Wehhh..." (exhaled).**

**"Whoever will CALL WITH THE NAME OF YAHWEH will be delivered..." How does one call to God? By calling his Name, in the secret, mystic, sacred way. True prayer is made THROUGH THE BREATH. What is more fundamental to our existence than breath? The Breath of Life! Our connection to the true God, who breathes life into our bodies every instant we are alive. By practicing breath meditation using His Sacred Name (in any of several variants), we commune directly with our Creator.**

**How is it that in all the knowledge and wisdom and inquiry into the mystical meanings of key words in ancient, sacred texts, this vital, crucial, essential and inestimably important TRUTH is so widely overlooked? It's pointless to discuss how YHWH is correctly pronounced, as if it were an ordinary word, spoken entirely on exhalation using the voice. Spoken silently in the mind, one syllable at a time, synchronized to the breath cycle, is the only correct and proper way.**

**Explaining this matter is, apparently, my "assignment" from God while I'm here. It certainly gives me a sense of purpose and fulfillment to do so. Whether others, from various religious traditions or none at all, may disagree with me, it doesn't matter. It's still true.**

PEACE & BLESSINGS,

yogi da (realmystic)

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- Daniel Young ([danieldreamwalker](#))

I just found this posting and I want to tell you, good job! I'm an old yogi, a conscious breather, and I teach meditation very much the same way as you have described, with minor variations. The word Spirit originates with a word for breath, and it is through the breath that spiritual experience begins. So few people are aware of this, today; religions used to teach it but they've lost it somehow. Anyway, you've omitted one essential element -- the breath MANTRA. Names of God like Yah-Weh, Allah, and others (my favorite is Hansa, or Sah-Han) are breath mantras, two syllables to be chanted only in the mind, synchronized with the breath cycle, one syllable with inhaling, and the other while exhaling. In -- (sahhh...) / Out (hahnn...). You are so right about the silence and stillness at the bottom and top of the cycle! That's really one of the most crucial things. The movement up and down, following it with your awareness, your attention, that's IT. Yogis learn to be aware of the chakras and the metaphysical column that links them, the sushumna, that runs vertically through the center of the body, a conscious energy flowing up and down, with the breath cycle.

The breath mantra is employed to allow the mind, the thinking-in-words inner voice, to be stilled and controlled and made quiet, by linking it to the fundamental engine of life: the breath. When people say their minds won't let them meditate, you can be pretty sure they're not using a breath mantra. It's the very

essence of a “magic word,” one that opens up perception of the realm of Spirit, within Consciousness (so much more than “mind”). It leads to the vibrant, expansive field of Consciousness that can turn the lights on in the head, when the Prana is flowing and the talkative inner voice is contained in the whispery “sahhh...hahnn...” or “Yahhh...Wehhh...” or “Ahhh... Lahhh...” until the silence is louder than our thought-words. So many meditators miss out on this crucial element and don’t quite catch on, because they don’t know, or don’t sufficiently value, this ancient “secret.” If you can meditate on the breath without it and find silence, you’re way ahead of the rest of us. But if your mind won’t be quiet for you, use it. It really works.

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- Daniel Young ([RealMystic](#))

Sit in a quiet place, a darkened room, if you can. Cross-legged on a cushion on the floor is pretty standard, if you can manage that, or just sit up straight in a comfortable chair. Place your hands together in front of your face, in a prayerful gesture. Ask sincerely for God (or the Universe, either way) to help you focus your attention on “The Kingdom of heaven Within.” Take a deep breath in, and stretch your spine gently upward. As you breathe in, bring your focus of awareness up from your tailbone, up through the spine and the center of the body, up into the head. When your lungs are full, feel the stillness as you pause with your focus on the center of the forehead, then release the air in your lungs and contract your belly. With your focused attention, feel the awareness collapse down deep into your belly just below the navel. Pause briefly, wait for the urge to refill your lungs. Breathe in again, deeply, slowly, repeating the cycle.

**“The Breath Mantra” has two whispered syllables, “Sah” when you inhale, “Han” when you exhale. As you breathe in, form an “S” with your tongue, so you hear a little hiss at the beginning, and then let it become “Sah...” When you exhale, the syllable is “Han...” When you get used to those syllables with each breath, stop making the sounds and just whisper them to yourself in your mind. This gives your mind something to SAY that helps keep you focused on the rise and fall of the breath.**

**Of course, your mind will wander, you’ll hear yourself thinking all sorts of unrelated stuff, but it doesn’t matter. When you notice that happening, don’t even bother to chide yourself or be frustrated. It’s very easy to simply return to “Sah...Han...Sah...Han...”**