

HOW TO FILL YOURSELF UP WITH THE BREATH OF THE LIVING GOD

1. Sit in a comfortable place, in a comfortable chair, with your back upright. If possible, unbuckle your pants or loosen your belt.
2. Recognize and be aware that the breath of the Living God is everywhere. Indeed, God is as close to you as the air you breathe. God is Breath.
3. Remember that *Yod Hey* has the numerical worth of 15. So, inhale gently the Breath of God through the Crown (*Keter*) of your head, while mentally speaking *Ruach* and silently counting, 1, 2, 3, 4, 5, 6.
4. Hold your breath and feel the Breath of God in your head area to a count of 1, 2, 3, while thinking the word *Elohim*..
5. Gently exhale through your nostrils, while you send God's Breath throughout your body, to a count of 1, 2, 3, 4, 5, 6. As you send God's breath throughout your body, you mentally speak the word *Chayim* as you feel all your organs and limbs filled with God's Breath, so that you and God are one.

After you have mastered this meditative technique, inhaling and sending God's Breath throughout your body, on the count of 6-3-6, you are ready to do the advanced form of this meditative practice.

By this time, you need not literally mentally count 1, 2, 3, 4, 5, 6,---1, 2, 3,---1, 2, 3, 4, 5, 6/ By this time you are proficient with the meditation and instead of counting, 1, 2, 3, 4, 5, 6,---1, 2, 3,---1, 2, 3, 4, 5, 6, you can intuit the count.