

A meditation on the “unpronounceable” name of God.

יהוה

The initial yod י represents our bodies at the moment of exhalation.

The first heh ה represents an inhalation.

The vav ו represents our bodies at the moment they are filled with breath.

The final heh ה represents an exhalation.

The process never ends.

All living things breathe

Psalm 150:6

Every living thing praises God; Hallelujah

(and of course the word Hallelujah (הַלְלוּיָהּ) means “Praise God!”)

a more literal translation of that psalm would go:

“Every spirit will praise God; All praise God!”

in which the word spirit נשמה has the same root as the word for breath נשימה.

So in Hebrew, the phrase from the Psalm reads:

כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה; הַלְלוּיָהּ הַלְלוּיָהּ.

So... with the appropriate awareness, every breathing thing continuously speaks (“meditates on/praises”) God’s name.

Think of the entire universe as a living breathing entity.

It also breathes, pulsates with an awareness of the divine.

