



## Our Daily Breathing Routine

The action of breathing is an involuntary action that we do every second and most of the time we are not aware of it. It is something that we take for granted but if we lose the breathing action we die.

There some opinions about the breathing action and how this one is linked to the Ruaj (Life's breathing) or nefesh (soul) and there are some verses that can support this opinions and fact. Some of those examples about how the body belongs to the eretz (earth) and the ruaj belongs to YaHWÉH can be found on the Torá on KOHELET (Ecclesiastes) 12:7 Then the dust will return to the

ertz as it was, And the ruaj will return to Yahweh who gave it. We can also read on **BERESHIT (Genesis) 3:19** *In the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return.* Some other verses that we need to take into consideration that talk about our position towards YaHWÉH as ben (sons) and benot (daughters) are on **TEHILIM (Psalm) 150: Praise YaHWÉH! Praise YaHWÉH in His sanctuary; Praise Him in His mighty firmament! 2 Praise Him for His mighty acts; Praise Him according to His excellent greatness! 3 Praise Him with the sound of the shofar; Praise Him with the lute and harp! 4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! 5 Praise Him with loud cymbals; Praise Him with clashing cymbals! 6 Let everything that has breath praise YaHWÉH. Praise YaHWÉH Halelu-Yah!**

There are so many different reasons to praise YaHWÉH according to this Tehilim:

- A- It tells us about the place where we can do it.
- B- That we must praise YaHWÉH for creating us and creating the Universe.
- C- That we must praise YaHWÉH for being the creator.
- D- That we must praise YaHWÉH for His excellent greatness.
- E- That we must praise YaHWÉH with all kind of instruments.
- F- That we must praise YaHWÉH with joy and this due to the knowledge about his sovereignty.
- G- Only the one that knows YaHWÉH through the Ruaj HaKodesh is able to praise Him and understand the implication of it.

It is really important for us to focus on the verse 6 in which we can find the perfect unity about the context and the Sod (check on the four levels of interpretation the Hebrew language for the Torá on the web for interpretation of it). Based on this verse I will like to ask you the following questions:

1. Is it a commandment?
2. Is it dependence?
3. Is it a warning that if we do not do it that we will die?
4. That the action of breathing is the one that determine all the functions of our organism?

5. What will be your opinion about this verse?

Let's do an exercise that will create a positive conciseness about doing the right things and stop doing the wrong things due to the importance of the verse 6 and what is implicit on it. It will give you a limitation about doing the wrong things and to give YaHWÉH the respect that he deserves but at the same time it will be a great way to understand the almighty power of YaHWÉH and the power of His Name. The Hebrew language is a guttural language that means that the sounds came directly from your throat and your vocal cords. Now, the exercise consists on you doing some body movement, you can run, jump or any other body action that will increase your breathing. Now, stop and pay close attention to your breathing and you will listen loud and clear: YaH (when you inhale) and WÉH (when you exhale). Again, YaH – WÉH, YaH – WÉH, YaH – WÉH, YaH – WÉH. Every time that we breathe unconsciously we pronounce the name of YaHWÉH. That is the reason why the verse 6 says **6 Let everything that has breath praise YaHWÉH. Praise YaHWÉH Halelu-Yah!**

- ***Do not you think this is extraordinary?***
- ***What will be your behavior from now on as ben or bat YaHWÉH?***
- ***Do you believe that what you experimented today when breathing about YaHWÉH's name is just a coincidence?***
- ***Everything you breathe from now on you will be able to listen to the name of YaHWÉH because the ruah in each one of us belongs to him that gave it to us.***

Finally, we will like to mention on the Hebrew people that go to the synagogue and that have all their celebrations waiting for the Mashiah. They do not pronounce the name of YaHWÉH because they are afraid of dying or being cursed. What they do not know is that they pronounce the Real Name of the Creator of the Universe every time they breathe, they pronounce the name of YaH – WÉH, YaHWÉH.

***Shalom in YaHWÉH. I give todá to the Ruaj HaKodesh for using me on the eternal plan of restoration. (Written by J.CHAV.D) 04/02/2011.***

### ***Levels of interpretation***

The texts of the Torah can be study on any of the four levels as described in the Zohar:

- ***Peshat***, the plain (simple) or literal reading;
- ***Remez***, the allegorical reading through text's hint or allusion
- ***Derash***, the metaphorical reading through a (rabbinic sermon's) comparison/illustration (midrash)
- ***Sod***, the hidden meaning reading through text's secret or mystery (Kabbalah).

The information about the Levels of interpretation was taken from [http://en.wikipedia.org/wiki/Torah\\_study](http://en.wikipedia.org/wiki/Torah_study)