

February Labyrinth Walk

Breathing

Before you begin your walk to the center of the labyrinth and back, read the following story shared by Franciscan priest and theologian, Richard Rohr.

A Jewish friend once helped Father Rohr understand the significance of the name of YAHWEH.

The two syllables create the sound of breathing in and the sound of breathing out.

Try it now. Become so still and quiet you are only aware of your breath.

In your breathing you are repeating the most holy name of God.

Yah (as you inhale)

Weh (as you exhale)

His name is the first word you utter at birth and it will be the last just before you die.



As you walk, try speaking the name of Yahweh as a breath prayer

More Breath Prayers

By Sarah Bessey

Inhale: You are good

Exhale: You are here

Inhale: Blessed

Exhale: are the peacemakers
(Sermon on the Mount)

Inhale: You give us peace

Exhale: My heart is not troubled

Inhale: In darkness

Exhale: illuminate truth

Inhale: Your love is steadfast

Exhale: You are our comfort and our hope

Inhale: Anger is a holy response

Exhale: break my heart for what breaks Yours

Inhale: Compassion and mercy

Exhale: is never the wrong choice

Inhale: All will be well

Exhale: and all manner of things shall be well (Julian of Norwich)

Inhale: Open the doorway into thanks

Exhale: Gratitude and peace