



*Selah is a welcoming community that **pauses**,  
**encounters** the Spirit through contemplative practices,  
and **grows together** toward wholeness and loving others.*

January 20, 2023

**The Lord's Prayer:  
Nethqadash shmakh  
(Hallowed be thy name)**



*Focus your light within us—make it useful:  
as the rays of a beacon  
show the way. Help us breathe one holy breath  
feeling only you—this creates a shrine  
inside, in wholeness.*

*Help us let go, clear the space inside  
of busy forgetfulness: so the  
Name comes to live. Your name, your sound can move us if  
we tune our hearts as instruments  
for its tone. Hear the one Sound that created all others,  
in this way the Name is hallowed  
in silence. In peace the Name resides:  
a “room of one’s own,” a holy of holies  
open, giving light, to all. We all look elsewhere for this light—  
it draws us out of ourselves—*

Douglas-Klotz, Neil. *Prayers of the Cosmos* (p. 16). HarperCollins. Kindle Edition.

**Clearing space** to let go and release – to cultivate a place to hear the “still, small voice” of God

The **Inner Temple** – the “feeling” heart – setting time apart to acknowledge sacredness

**All-Embracing** – the place where we meet God

Kairos Morning  
@Selah Center 2023

Practice: Breath Prayer

### The “Selah Way”

Turn to wonder, speak only if you want, confidential, pause, deep & generous listening, mutual invitation

**Questions:** What is your experience of the Breath Prayer?



O Infinite, Intimate One,  
Source of our being,  
**Whose presence is heaven,**  
**All Creation sings of you, “Holy!”**  
May your Realm unfold among us;  
May our own story be the story of your grace,  
This world blossoming out of your delight.  
Give us the breath of life, one breath at a time.  
Accept our brokenness;  
Give us acceptance of others who are broken.  
Lead us beyond our desires  
and save us from cooperating with evil.  
For the world is within you;  
All power is from you,  
And all glory is about you,  
In eternity, which is in the present moment.  
Amen.

Steve Garnaas-Holmes

<https://unfoldinglight.net/2022/05/19/the-lords-prayer-nine-paraphrases/>

Another resource:

Pronunciation of *Nethqadash shmakb*: <https://youtu.be/BasKDcw3OU>