

# Homage to Breath

(A paraphrase of *Atharva-Veda* 11.4.1-26)

Translated by Georg Feuerstein, Ph.D.

1. Homage to Breath, which controls everything and is the lord of everything and in which everything is anchored firmly.
2. Homage, O Breath, to your roar, your thunder, your lightning, your rain.
3. When Breath roars with thunder at herbs, they become impregnated and bear fruit.
4. In the right season, when Breath roars at herbs, everyone is delighted.
5. When Breath has rained upon the Earth, cattle are delighted.
6. After soaking up the rain, the herbs said to Breath: "You have extended our life span; you have made us fragrant."
7. Homage to you as you come; homage to you as you exit. Homage to you, O Breath, standing still.
8. Homage to your inspiration, O Breath. Homage to you causing expiration. Homage to you turned away. Homage to you turned toward us. Homage to all of you.
9. Whatever remedy is yours, O Breath, kindly assign it to us so that we may live.
10. Breath clothes creatures, as a father clothes a dear child. Breath is the lord of that which breathes and that which does not breathe.
11. Breath is death. Breath is wondrous. Breath is worshiped on high. Breath establishes whoever speaks the truth in the highest world.
12. Breath is resplendent. Breath directs. Breath is worship. Breath is the Sun and the Moon. Breath they call Creator.
13. Inspiration and expiration are like rice and barley. The Inspiration is barley. The expiration is rice. Breath is also called the draft ox.
14. Within the womb, a person breathes in and breathes out. When you quicken, O Breath, then birth occurs.
15. Breath is fire. Breath is air. Breath is what has been and what will be. In Breath everything is established.

. . . (omitted) . . .

26. O Breath, don't turn away from me! Don't be other than me! O Breath, in order to live, I hold you close to me, as an embryo is held by the waters of a womb.

Original © 2002 by Georg Feuerstein

Copyright ©2006 by Georg Feuerstein. All rights reserved.  
Reproduction in any form requires prior permission from Traditional Yoga Studies.