The atmosphere of our Earth, of planets of our solar system and of exoplanets

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9. Breathing in Psychology, Philosophy and in World Religions
9.1 Breathing in Psychology

Physiological and Psychological Aspects of Breathing

The notion «Psychology» is composed on the words «Psycho» and «logos». The Greek word «logos» means science, word or doctrin. The word «Psycho» also derives from Greek and signifies «Life», «Soal», «Breath» or «Respiration».

The breathing rhythm and the heart rhythm are coupled together. At rest and during sleep, the ratio of respiration and heart rhythm is 1:4: for 15 to 20 breaths per minute there are about 60 – 80 heartbeats. During physical stress, the number of breaths increases while during physical relaxation it decreases. More rapid breathing accelerates the heartbeat because more oxygen must be transported to the organs. Conversely, the heartbeat slows down at slower breathing. A higher heartbeat at rest, coupled with fears can cause a panic attack. The shallower the breathing, the faster is the breathing rhythm, and as a rule, the higher is the heart rate.

Spirit and breathing are often regarded as similar notions. But while spirit and consciousness are abstract concepts, respiration as well as heartbeat are physiologically real; they are the physiological counterpart to spirit and consciousness.

Picture: «Square» Respiration:

Respiration is divided into 4 equal phases:

1) Inspiration
2) Holding one’s breath with the lungs fully filled
3) Expiration
4) Holding one’s breath with the empty lungs
Animus, Anima and Breath

Animus and Anima are concepts of the analytical psychology of Carl Gustav Jung (1875 - 1961). Animus and Anima are two basic Archetypes residing in the collective unconscious. Archetypes are prototypes of the soal which are independent on individual experiences. The notions animus and anima are derived from the Latin. «Animus» has a variety of meanings such as soal, spirit, memory, courage, high spirit, temper, passion, etc. On the other hand, «Anima» is assigned to Air as an element, to breath of air, to wind, to soal, breath, etc. Both concepts, animus and anima, are summarized by Jung by the generic term soal. For Jung, soal is the archetypical internal and unconscious personality.

According to Jung, breath does not belong to the personal unconscious but rather to the collective unconscious. For Jung, the collective unconscious comprises in itself the psychic life of our ancestors right back to the earliest beginnings. Similar to the biological body, the collective unconscious has developed throughout the evolution and has been shaped by different experiences.

The Breath Soul

In many cultures the perception exists that the breath is the life force and the breath is identified with the «breath soul». Therefore, the breath is also called the «breath of life» which reflects the spiritual state and is even identical with it.

In many cultures, the notion of the breath soal is only one aspect of the soal, the other being the «free soal» which corresponds to the shade.

There is the perception that the last breath or dying breath, corresponds to the escape of the life force or of the soal from the body and signifies the end of life. On the other hand, life begins with the «first breath», the first inhalation.

As mentioned above, the perception of «breath soal» is intimately related to the notion of the breath of life (in Old High German: «Odem»). In Latin, «anima» has a dual meaning, namely «soal» and «breath».

The ancient Greek word for «butterfly» was «Psyche», which is equivalent to «breath», «whiff» or «soal».
9.2 Respiration in Philosophy

In philosophy, the aspiration of human reasoning concerning the «existential» questions have priority. In particular, the question of the role of humans in the world is of prime importance.

In Indian philosophy, respiration plays a central role, especially in the Yoga-philosophy, one of the six orthodox Indian philosophical systems.

The Yoga philosophy declares: «Life is Respiration and Respiration is Life». The proper respiration is of paramount importance for everybody in all aspects of life; this is because respiration, body and mind are in mutual interaction. A Yogi counts its lifespan according to the number of his breaths. The sages of Indian Yogis were able to prevent many diseases; they have developed their mind and have developed a high level of consciousness.

Sri T. Krishnamacharya (1888-1989): Founder of Yoga philosophy in Europe

Dirgha Pranayama:
Full Yogy respiration
9.3 World Population and World Religions

9.3.1 World Population

The population of the world is estimated to be increased by 82,611,766 people in 2015 and reaches 7,345,951,495 at the end of the year. The natural increase is expected to be positive, as the births will exceed the number of deaths by 83,020,532.

Daily change rates in 2015:

- Births: 381,588
- Deaths: 154,134

Increase in 2015 per day: 227,454
The following Religions are referred to as the «Five World Religions». (The number of followers have been found in «Encyclopedia Britanica» 2005).

- Christianity (about 2.1 billions)
- Islam (about 1.5 billions)
- Hinduism (about 900 millions)
- Buddhism (about 376 millions)
- Judaism (about 14 millions)

Despite of its universal self-conception, the number of Jewish followers is very small in comparison with those of the other World Religions quoted above (s. also p. 383). While both, Christianity and Islam missionize actively, this is not the case in Judaism for different historic-cultural reasons. Despite this fact, the Jewish belief has an important cultural significance, since both, Christianity and Islam are based on the Abrahamitic monotheism. A conversion to Jewish belief is, however, in principle possible. Also in Buddhism and in Hinduism there is no active missionary work. In Hinduism, the religion is characterized by a narrow social structure (caste system). Despite of the large number of followers, Hinduism depends strongly on regional conditions.

In a very narrow view, only Buddhism, Christianity and Islam would be true World Religions. This universal claim of validity existed already at the foundation of these Religions. The condition includes a worldwide dissemination, a ver large number of followers as well as the fact that these Religions are very old.
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### 9.4 Respiration in the five World Religions

- **Judaism**
- **Christianity**
- **Islam**

- **Hinduism**
- **Buddhism**
9.4.1 Christianity

The founder of Christianity is Jesus of Nazareth, who was born more than 2'000 years ago in Galilee, a part of Palestine. Jesus was a Jew. In his younger years he was a carpenter. At about the age of thirty, he walked as a itinerant preacher through the country. During that time he took great care to sick people, to poors and to lawbreakers. The followers of Jesus conceived him as the Messiah who was announced by the prophets. From the holders of power at that time he was, however, considered as an insurrectionist and finally he was even sentenced to death by crucification. His followers were, however, convinced that Jesus risen from his grave.

Christianity is based on the Old Testament (s. Section 9.4.5), the Holy Book of Judaism) as well as on the New Testament. Among others, the latter contains the four Gospels which have been written down by the four Evangelists St. Mathew, St. Mark, St. Luke and St. John between 70 and 120 years A.D.

Christianity is a monotheistic religion which acknowledges a single God. The Christian God appears, however, in three essential forms: in God the Father, in the Son of God, and in the Holy Spirit.

Similar to Judaism and Islam, Christianity is based on the ten Commandments. For Christianity, however, the commandment of Love in the form «Love your next one like yourself» is of prime importance.

Today, the three denominations are the following:
1. The Catholic Church - 2. The Orthox Churches, and
3. The Evangelical Church.
The Breath of the Holy Spirit

In Christianity, the Holy Spirit is the «The Lord». That means: It is God. There are three symbols of the Holy Spirit: Often, the Holy spirit is compared with the «Fire». Another symbol is «living Water». A third symbol of the Holy Spirit is the «Breath of God». In the present context we consider the third symbol, the Holy Spirit as the «Breath of God».

When the resurrected Jesus appeared to his disciples, «he breathed upon them and said to them: Receive the Holy Spirit! For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained (not forgiven)» (Joh. 20, 22f).

Just as the air makes possible our physical life, the Holy Spirit sustains our spiritual life. Only where the Holy Spirit is breathed in, humans can live as Christians.

The Holy Spirit

What is the Holy Spirit? For Spirit and Breath the Bible knows only one word. In order to symbolize the stimulating force of the Holy Spirit onto human beings, almost all classical languages use the word Breath, Whiff or Air: «Ruach» in Hebrew, «Pneuma» in Greek, «Spiritus» in Latin, «Atman» in Sanscrit and «Chi» in Chinese. In the original language of the Bible, the Holy Spirit has the significance of Wind, Whiff or Breath. In the Holy Gospel it is said that at his baptism, Jesus saw how the Holy Spirit was descending onto him as a pigeon.

The Christian church celebrates Pentecost as the feast of the arrival of God’s spirit and identifies the Spirit of God with God itself. The Outpouring of the Holy Spirit at Pentecost is often symbolized by the descending of a pigeon.
Citations about Breath and Spirit in the New Testament

**Joh. 3.5:** Jesus answered, «Truly, truly, I say to you, unless one is born of water and the Spirit he cannot enter into the kingdom of God».

**Joh. 3.8:** Jesus said: «The Wind blows where it whishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit».

**Joh. 20, 19 – 22:** Jesus appears to the disciples: 19. On the evening of that day, the first day of week, the doors being locked where the disciples were fear of the Jews, Jesus came and stood among them and said to them, «Peace be with you». 20. When he said this, he showed them his hands and his side. The disciples were glad when they saw the Lord. 21. Jesus said to them again, «Peace be with you. As the Father has sent me, even so I am sending you». 22. And when he said this, he breathed on them and said to them, «Receive the Holy Spirit».

An angle comes for the soal of a dying and the soal is leaving the body.

(Woodcut from the fifteenth century)

Author not known
Similar to Christianity and Judaism, the Islam is a monotheistic and Abrahamic Religion articulated by the Qur’an, a book considered by its adherents to be the verbatim word of God (Arabic Allah) and by the teaching and normative example of Muhammad, (570-632 AD), considered to them as the last prophet of God. An adherent Islam is called a Muslim.

At the age of 40, Muhammed had a visionary experience in a stone cave near Mecca which initiated a profound transubstantiation in his live. While he was sleeping, the Archengel Gabriel appeared to him and he called upon him to cite Verses (which today are the first 5 Verses of the 96th Surahs of the Koran). In the following years, the prophet obtained further revelations and divine inspirations which he associated with God. All these revelations are summarized in the Koran. In the present form, the Koran is subdivided into 114 Surahs (Sections).

Symbol of the Islam: The Half-Moon with a Star
Allah-Calligraphy
The prophet Muhammed

9 – 10
The Holy Spirit, also known as Jibrayl, described in the Islamic faith is mentioned several times in the Qur’an, and is generally interpreted by Muslims as being the same Holy Spirit that is referred to in both the Old and the New Testaments of the Bible. Here we content ourselves to cite just two surahs of the Koran:

«So when I have proportioned him and breathed into him of My soul, then fall down to him in prostration»

Surah 38, 72

«And it is Allah who sends the winds, and they stir the clouds, and We drive them to a dead land and give life thereby to the Earth after its lifelessness. Thus is the resurrection»

Surah 35, 9

«Nafas al Rachman», breath of the Merciful, experienced daily by those taking part in Al-Qijamah (The Resurrection). (Photo taken 1st August 2008 in Russia of the Nafas al Rachman which, though invisible to the naked eye, can be felt as Cool Breeze of Wind of the Resurrection flowing from hands, head and other parts of the body).
Hinduism - General

Hinduism is a very old religion. It is not possible to determine a date of formation, but the religion goes back to the so-called «Indus culture», which developed about 6'000 years ago in India. It is a bundle of religions because Hinduism is affected by a variety of diverse streams. One of these streams led to the foundation of Buddhism (s. 9.4.4).

The Hinduism contains monotheistic, dualistic and polytheistic directions. Hindus believe on an external soul. After death, this soul reappears in another living being on the Earth (reincarnation). In this way, an external cycle is established: Samsara. The deeds in the past life is judged by the «Dharma». This judgement determines his «karma». The karma is the sum of good and bad deeds in the life of a Hindu. It determines the reincarnation in a specific caste. A good karma has the effect that the soul is reborn in a better life or is even released from the external cycle. A prominent representative was Mahatma Gandhi (1869 - 1948).

The symbol Om embodies the basic idea that the Creator of the World is omnipresent, infinite, all-wise and infallible. For Hindus, the Cow is sacred and in a figurative language it appears as a Goddess.
**Breath or Prana in the Upanishads**

Breath in Hinduism is called *Prana*. Next to the Self and Supreme-Self, the most important entity frequently mentioned in the Upanishads is *prana*. (The Upanishads are a collection of texts which contain the central religious contexts of Hinduism).

The prana that the Upanishads extol is not just the air we breathe. It is the life-energy which circulates in a being from the time of its conception until its death. While the body is mortal, prana is immortal. What sustains and supports the body during its existence upon earth is prana.

Prana nourishes the organs in the body, protects them and at the time of death absorbs their subtle aspects into itself and then releases them in the region above the Earth, from where they return to their source.

Prana is superior to all the organs of the body for three reasons: **First**, because prana is beyond the control of the mind and body and tireless. **Second**, prana cannot be corrupted by evil desires, whereas the organs in the body are vulnerable to desire and sinful intentions. **Third**, prana keeps the body alive and free from evil. While the body can survive without the presence of other organs, without the breath it dies.

Hindu breathing meditation

Breathing meditation from Indian Jinas
Buddhism

Buddhism is a nontheistic religion to about 300 million people around the World. The word comes from «budhi», «to awaken». It has its origin about 2,500 years ago when Siddharta Gottana, known as Buddha, has himself awakened (enlightened) at the age of 35. He was born into a family in Lubini, now located in Nepal, at 563 BC. He was not a God but rather a man who taught a path to enlightenment from his own experience.

To many, Buddhism goes beyond religion and is more a philosophy or «way of life». It is a philosophy because philosophy «means love or wisdom» and the Buddhist path can be summarized up as: (1) to lead a moral life; (2) to be mindful and aware of thoughts and actions; and (3) to develop wisdom and understanding.

The basic concepts of Buddhism can be summarized by the Four Noble Truths and the Noble Eightfold Path (s.p. 400). The first truth is that life is suffering, i.e. life includes pain, getting old, diseases and ultimately death. The second truth is that suffering is caused by craving and aversion. The third truth is that suffering can be overcome and happiness can be attained. The forth truth is that the Noble-8-fold path is the path which leads to the end of suffering. The Noble-8-fold path is often represented by means of the dharma wheel (s. p. 398), whose eight spokes represent the eight elements of the path (s. p. 400).

Siddhartha Guatama, the later Buddha, was born in Northern India at 563 BC and died at the age of 80.
**The Noble Eightfold Path**

1. **«Right vision» or understanding**: understanding that life always involves change and suffering. Realising that following the Noble Eightfold Path is the way to overcome suffering and be really happy.

2. **«Right emotion / right thinking»**: Committing oneself to wholeheartedly following the path.

3. **«Right speech»**: Speaking in a positive and helpful way; speaking the truth.

4. **«Right action»**: Living an ethical life according to the precepts.

5. **«Right livelihood»**: Doing work that doesn’t harm others and is helpful to them.

6. **«Right effort»**: Thinking in a kindly and positive way.

7. **«Right mindfulness»**: Being fully aware of oneself, other people, and the world around you.

8. **«Right meditation» or concentration**: training the mind to be calm and positive in order to develop Wisdom.

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**Breathing in Buddhism**

The Buddhist Tradition of Breath Meditation

One who has gradually practised, Developed and brought to perfection Mindfulness of the in-and-out breath As taught by the Enlightened One, Illuminates the entire world Like the moon when freed from clouds.

(Theragatha 548)

The basic text on Buddhistic Breath Meditation is the Anapanasati Sutra. There is much more Buddhist material on Breath Meditation than that of other traditions. This is because Buddha quite openly and continually advocated Breath Meditation and it was never «lost» to Buddhism at any time. So we have over two thousand years of very clear tradition on the highly important subject of breathing.
The Star of David is a hexagram. It is named after the King David of Israel (1040 BC to 970 BC). The Hexagram is a six-pointed geometric star figure consisting of two equilateral and interlocking equilateral triangles.

The original Menorah is a seven-branch candlestick. It is one of the most important religious symbols of Judaism. Six of the seven branches represent human wisdom, guided by the center branch of Divine light.

Judaism is a religion based on written scripture; it does not have a spiritual leader (as the Pope in the Catholic Church). Instead, the Rabbi, the superintendent of a community, has the responsibility to advise the Jewish community. The Rabbi is a very learned man who relies on the work and advises of the Torah, which is the central element of Jewish belief. The Torah is the Hebrew Bible, the «Old Testament» of Christianity. A second important sripture is the Talmud which contains explanations and interpretations for a better understanding of the Torah.

- The Jewish religion is a very old and original one, because it is at the basis of Christianity, 2000 years ago, as well as on the basis of the Islam, 1400 years ago.
- Jewish are still expecting the arrival of the Messiah which has been announced by the Hebrew Bible. In contrast to Christianity, they do not admit the Messiah as Jesus of Nazareth.
- According to Jewish faith, a Jew is a person having a Jewish mother. Based on this definition, it is, in principle not possible to convert from another religion to Judaism.
- Already since the Middle Age, Jews had to suffer from anti-Semitism. The culmination of anti-Semitism was reached during the program by the German National Socialism when nearly six million of Jews have been killed (s. Chapter 5: Appendix, p. 5-A-3-2).
- Today, about 14 million Jews are living worldwide; about 5 million Jews are living in Israel.
Breath in Judaism

In the Hebrew Bible or Tanach, soul and body are considered as two aspects of one entity. The power vitalizing the body is known as «nefesh», «neshama» or «ruach» in Biblical Hebrew (p. 390). Originally, these notions stand for «Wind», «Odem» or «Breath».

Neshama is the «Breath of Life», and according to the Book of Genesis, God blew his breath into the nose of his creature Adam which he formed from soil and thereby created a living being called «nefesh». The concrete basic meaning of «nefesh» is «Breath» or «respiratory passage». As a stimulating breath, nefesh is the vital force which leaves the body after death. The Jewish Bible neither assigns nefesh an existence before the formation of his body nor a life after his death and nefesh does nowhere appear in a form removed from the body. Moreover, neither nefesh nor neshama nor ruach are specific human notions; all three expressions are also used for animals. The notion «ruach» interrelates the meanings of «Breath», «Wind» and «Spirit».

Parts of the modern Judaism believed, however, on a continued existence of humans after their death; for some Authors, this was related to a soul bound to the body, whereas for others, the soul was considered to be freed from the body.

Inhaling breath of life
Buddhist Prayer Flags

Significance of the prayer flags in the four cardinal directions:
- **blue**: Sky
- **white**: Clouds
- **red**: Fire Element
- **green**: Water Element
- **yellow**: Earth Element
9.1 Respiration in Psychology

R.9.1.0 p. 375: Respiration in Psychology (Title)
R.9.1.1 p. 376: Physiological and psychological aspects of breathing

a) Respiration (physiology) - https://en.wikipedia.org/wiki/Respiration_(physiology)
d) Definition der Psychologie – Atem – Was ist Psychologie?
   Dipl.-Psych. Sabine Eva McGregor – Psychologin FSP
   http://www.diplompsychologin.ch/Was-ist-Psychologie.html
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f) Es atmet uns … - http://www.duennengras.de/?p=1738
g) Quadratische Atmung - Aus Yogawiki (enthält Bild der atmenden Frau)
   http://wiki/yoga-vidya.de/Quadratische_Atmung

R.9.1.2 p. 377: Animus, Anima and Breath


R.9.1.3 p. 378: The Breath Soul

a) The secret of breathing - Part III: Mental Purification - by Nav Menu
   Volume IV - Mental Purification and Healing
   https://wahiddunn.net/m2/JIV_32.htm
c) Schmetterlinge – Ref. R.4.2.13, p. 133 b)
   Mythologische Bedeutung des Schmetterlings: Seele und Tod
d) Bild von Schmetterling: http://www.fotocommunity.de/pc/display/12266530
9.2 Respiration in Philosophy

R.9.2.0 p. 379: Respiration in Philosophy - Title
R.9.2.1 p. 380: Respiration in Indian Philosophy
b) The importance of Exhaling in Yoga - by Andrea Cespedes. Demand Media
http://healthyliving.azcentral.com/importance-exhaling-yoga-6963.html
c) Yogic Breathing: The Physiology of Pranayama - by Angela Wilson; Ma; RYT
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d) Pranayama: Yoga Breathing - http://yogabasics.com/practice/pranayama/
f) Philosophie - Definition - http://www.wissen.de/lexikon/philosophie
g) Yoga - http://de.wikipedia.org/wiki/Yoga
h) Yoga: eine der sechs indischen Philosophien - praktischer Erfüllungsweg
Pranayama (Zurückhalten der kosmischen Energie)
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Bild rechts: http://www.jaisiyaram.de/yoga_uebungen/dirgha-pranayama.html

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9.3 Respiration in World Religions

R.9.3.0 p. 381: Respiration in World Religions (Title)
R.9.3.1 p. 382: World Population
a) Heroes Not Zombies becoming not being ..... The times they are a‘changin’ Part 1
http://heroesnotzombies.com/2014/02/19th-times-they-are-a-changin-part-1/
(Contains the Graph for the Population of the Earth from the years 1700 to 2050)
(Contains the World population clock, i.e. the actual populations in increments of seconds:
«Current total population» - »Current mail population» - «Current female population» - «Births this year» —
«Deaths this year» – «Births today» – «Deaths today»)
c) Weltbevölkerung zum Jahreswechsel 2012 / 2013
Stiftung Weltbevölkerung: Weltbevölkerung zum Jahreswechsel 2012 / 2013
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d599d01a15921902a8
R.9.3.2 p. 383: World Religions - 1
a) Major Religions of the World – Ranked by Number of Adherence
b) World Religions 2012: Percentages and numbers of different World Religions
(Found under Images in www.google.ch)
R.9.3.3 p. 384: World Religions – 2
a) Major religious groups - https://en.wikipedia.org/wiki/Major_religious_groups
b) Weltreligionen - http://de.wikipedia.org/wiki/Weltreligion - (Text translated from German to English)
c) Weltreligionen - http://code-knacker.de/weltreligionen.html - (contains symbols of World Religions)
R.9.3.4 p. 385: The five World Religions: Table
Table found under: «Die fünf Weltreligionen_Tabelle» ➔ Bilder; s. also
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(Text translated from German to English by P. Brüesch)

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9.4 Respiration in the five World Religions (p. 386)
R.9.4.0 Respiration in the five World Religions
aphilia - Theology: Contains the Symbols of the 5 World Religions
http://www.aphilia.de/philosophie/buddhismus-01-religion-philosophie.html

9.4.1 Der Atem im Christentum
R.9.4.1.0 p. 387: Christianity (Title with Cross Symbol from: www.google.ch/search)
R.9.4.1.1 p. 388: Christianity – General
a) Jesus - https://en.wikipedia.org/wiki/Jesus
b) Brief Life Summary; Who was Jesus Christ? - http://www.jesuscentral.com/historical-jesus/jesus-life.php
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d) Das Christentum/Faszination Glaube / de – ARTE
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e) Das Kreuz: Bild an der Ostsee von Caspar David Friedrich
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R.9.4.1.2 p. 389: Breathing and the Holy Spirit – 1
d) Question: Is the Holy Spirit the same as the breath of life that God breathed out? http://cafelogos.org/breathofflifequestion.html
e) What Did Jesus Mean When He Said: «Receive Ye the Spirit?»
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g) Bild links: Der Atem Gottes (Bild von Melchior Broedermann)
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b) Pentecost - https://en.wikipedia.org/wiki/Pentecost
d) Ruach - In the «Old Testament» the word »ruach« or »rûah« is translated as Spirit
The basic meaning of »rûha« is »Wind« and »Breath« - http://www.de.wikipedia.org/wiki/Ruach
e) Pfingsten – »Religion des Geistes«
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R.9.4.2.1 p. 393: Islam – General

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g) Mohammed - sein Leben und sein Wirken (570 – 632 n.Chr.)
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h) Symbol des Islams: unter: www.google.ch - Bilder
i) Allah – Kalligraphie: unter: www.google.ch - Bilder
k) The face of Muhammad: www.gppole.ch - Bilder
   This realistic depiction of Muhammad can be found in a Spanish language educational web site

R.9.4.2.2 p. 394: Holy Spirit, Breath and Wind in Koran

b) Sural Sad (The Letter «Sad») - http://curan.co/38/72
c) Sural Fath (Originator) - http://curan.com/35/9
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g) Der Atem Allahs: die islamische Welt und der Weiten – Kampf der Kulturen?
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h) Heiliger Geist im Islam
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d) Atman: http://wikipedia.org/wiki/Atman
e) Axel Michaels: Der Hinduismus – Geschichte und Gegenwart books.google.ch/books?isbn=3406549748
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- b) Clear Vision Trust - Audio-visual resources exploring Buddhism - [http://www.clear-vision.org/schools/students/ages-12-14/noble-eightfold-path.aspx](http://www.clear-vision.org/schools/students/ages-12-14/noble-eightfold-path.aspx)

**R.9.4.4.5** p. 401: Breathing in Buddhism

- a) The Buddhist Tradition of Breath Meditation - Chapter 4 of The Breath of Life - by Abbot George Burke (Swami Nirmalananda Giri)

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**R.9.4.5.0** p. 402: Judaism (Title with symbols)


**R.9.4.5.1** p. 403: Judaism - General

- g) Antisemitism - [https://en.wikipedia.org/wiki/Antisemitism](https://en.wikipedia.org/wiki/Antisemitism)
- j) Das Judentum - [http://www.arte.tv/de/das-judentum/1172966,CmC=1172968.html](http://www.arte.tv/de/das-judentum/1172966,CmC=1172968.html)

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R.9.4.5.2 e) What is the meaning of the Hebrew Word ruach?
http://www.gotquestions.org/meaning-ruach.html

g) Ruach & Being Prayed By The Whole Breath of Life: Judaism
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h) The Jewish «Roots» of the Holy Spirit - by Lea Sestieri
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Appendix - Chapter 9

9-A-4-1 p. 9-A.4-1: Prayer flag of Buddhismus
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[This page has been composed from Literature data by P. Brüesch]