

Darood (Toward the One) Breath Meditation

Review

1. Reviewing of the stages
 - a. **Establish the rhythm**
 - b. Allow it to become very natural, **bringing the heart's awareness to it**, bringing your interest to it (Ya Raqib), it will naturally extend into a very long, slow rhythm
 - c. **Ya Raqib** – 33 times
 - d. **Become aware** as you are resting in the rhythm of the breath, **of the magnetism in the breath**
 - e. **Feel the prana accumulating** in the vehicle of your body,
 - i. beginning to enliven you
 - ii. **the All Pervading Life in Space** that is the current that is carried as we breathe in and out
 - iii. **feel that magnetism in the Heart**
 - iv. **consciously take the thought of the Beloved with the Breath**,
 1. Toward the One, Allah Allah, in the rhythm of your breath,
 2. feeling that Presence, **engaging all the feeling that comes up in the Heart**
 3. **finding it all transmuted into Love and the Love of the Beloved and Oneness in that**, flowing in that
 - f. Really pleased with the stream of process that we're in. It's affecting me in my practice, and in my everyday life, which is even more important
 - g. And to be able to consciously apply these teachings is meaningful, it changes a lot of things
 - h. **The focus I'm trying to offer here is really to use the lens of the teachings on breath as a way of opening up all of the teachings**
 - i. The teachings about **uniting with the Illuminated Souls**,
 - ii. about how to **become connected in Life, and not isolated**
 - iii. About how to **overcome the false self and live in the Real Self**
 - iv. **All of these essential things we wish to accomplish can be approached through the lens of the breath**
 - i. **So, I'm not trying to go fast ... I'm trying to really establish a rhythm**
 - i. And the **most important thing is for us to establish our own rhythm** of doing these practices, reflecting on these teachings
 - ii. I've tried to **overcome my tendency to become too airy, which is to say to try and bring too much in, and then it can become conceptual rather than experiential because the mind wants to try and understand all of it, and the goal becomes understanding it in the mind rather than establishing it in one's experience and practice.**

- j. So, I want to keep coming right back to the core of things, to really encourage all of us to relate to the nature of Fikr
 - i. **Fikr as HIK explains it, is the focal point for Mastery of Breath and accomplishment of all of our goals**
 - ii. So I thought I'd use some of the teachings as a **way of reinforcing this and to come back to it and reflecting on it deeper ...**