

Jemal Breathing & Walking Practice

1. Jemal – **left nostril, receptivity, responsiveness, moon**
2. [*Jelal – **right nostril, expressiveness, power, sun***]
3. In the Astrological Walking Practices,
 - a. inhaling left and exhaling left would be the Venus/Moon combination
 - i. both breaths are Jemali breaths, but with added psychic/planetary qualities and effects
 - b. inhaling right, exhaling right would be the Sun/Mars combination
 - i. both breaths are Jelali breaths, but with added psychic/planetary qualities and effects
4. The approach to the Breath here is not narrow but connecting to many aspects
 - a. So there's no need to take on the psychic elements, or try to channel the Goddesses or Gods that were represented by the planetary energies in the ancient religions
 - b. Instead the **Jemal Breathing Practice is taken in an Akhlaq Allah form**
 - i. *[acting as if in the Presence of Allah, akhlaq literally is practicing virtue, morality, and manners, the perfection of 'adab — Muiz]*
5. **Jemal**
 - a. Inhale **a long refined breath through the left** nostril
 - b. exhale a long refined breath through the left nostril
 - c. closing the right for several cycles –
 - d. then stop holding the right nostril closed and continue to focus the breath in the left nostril
 - e. **Feel the quality of the breath without imposing anything on it**
 - f. **Get up and walk it,**
 - i. **move about freely, in any direction, expressing the breath** in this condition,
 - ii. **feeling the Presence** of God
 - iii. **let the Breath move you**, feel it be free