

Purification of the Breath with the 5 Elements

(not the same as the 20 Breaths)

1. **Establish Fikr**
2. Now continuing with the Fikr, **concentrate on the qualities of the Earth**
 - a. such as stability loyalty service reliability solidity
 - b. visualize the breath spreading out on a horizontal plane as you reflect on the Earth, the qualities of the Earth ...
 - c. really let your breath be really receptive to it, connect with the nature of Earth, and all its qualities ...
 - d. feel that infinite horizontal plane, that directionality of breath ... that reflection that it takes in of the qualities of Earth ... loyalty, steadiness, service ...
3. now turning your attention to water, **concentrate on the qualities of Water**
 - a. such as liquidity and cohesion and ease and Heart feeling
 - b. feel the downward movement of Water in the breath as it affects your breath, as your awareness of how the Water element manifests affects your breath ... its cohesion, its liquidity, its ease, its heartfulness, its flowing ...
4. now **concentrate on the qualities of Fire**
 - a. such as warmth, creativity, and power and inspiration
 - b. and feel the upward movement of Fire, the influence of Fire on your breath, as you open up to the qualities of Fire ... creativity power warmth inspiration ...
5. now turning our attention our **concentration on the qualities of Air**
 - a. such as freedom of movement, intelligence, humor
 - b. feel the refinement, freedom, inner freedom ...
 - c. the movement can be any which way ... the Spirit moves as it lists (King James, the Divine Breath) ...
6. now **concentrate on the qualities of Ether, Space Itself**
 - a. such as the luminous container of Space Itself, stillness and pure potency,
 - b. the luminous container of Space Itself, stillness and potency ...
 - c. the Ether element, the Source of all the Elements
 - d. feel that influence on the breath, connect with that ...