

The Garment of Light

Breathing the Sufi Invocation

1. Breath **up through the feet, up the body, and out the crown**
2. Exhale **down from above, down through the crown, down through the body ... like taking on a Garment of Light, a garment of Empowerment**
3. On the **inhalation**, breathe in the 1st half of the Invocation
 - a. Toward the One, the Perfection of Love, Harmony, and Beauty, the Only Being
4. On the **exhalation, breathe out the 2nd half of the Invocation**
 - a. United with All the Illuminated Souls, Who form the Embodiment of the Master, the Spirit of Guidance
5. **Feeling this connection**
 - a. with Oneness, with the Perfection of Love Harmony and Beauty, with the Only Being, with the Illuminated Souls, with the Spirit of Guidance
6. **Drawing it through the body, through the aura ... the Garment of Light and Empowerment**
 - a. Expanding this feeling of connection, this Oneness, this Garment of Light and Empowerment
 - i. **Reach out and take hands**, (physically or energetically
 - ii. **EXTEND this breath** of coming into Oneness **with the circle of people we're connected with**, right now, in this space, **allowing** our own **sense of self** to **extend horizontally**, as well as **vertically**
 - iii. **Gradually feeling it expand to all our connections** in the Great Web of Life
7. **Repeat the Invocation**, 3 times, slowly, opening more and more deeply to the Essence behind the words, expanding the Garment of Light outwards farther and farther
8. **Repeat the Bismillah** phrase (*or the full Surah al-Fatiha*)