

# God Is Breath: Course 1

## Breath, Concentration, and the God Ideal

2023 Reorganized Curriculum

Quick Overview - Please See Assignment PDFs for Details

Items in **Red** are New Practices, or Changes to Previous Practices

| Lesson 1                                                                                          | Lesson 2                                                                                          | Lesson 3                                                                                                                                            | Lesson 4                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Invocation 3x                                                                                     | Invocation 3x<br>w/ inner reflection                                                              | Invocation 3x<br>w/ inner reflection                                                                                                                | Invocation 3x<br>w/ inner reflection                                                                                                                                     |
| Ya Raqib 33x<br>Aloud + Fikr, Fikr as-Sirr                                                        | Ya Raqib 33x<br>Aloud + Fikr, Fikr as-Sirr                                                        | Ya Raqib 33x<br>Aloud + Fikr, Fikr as-Sirr                                                                                                          | Ya Raqib 33x<br>Aloud + Fikr, Fikr as-Sirr                                                                                                                               |
| Daily "Toward the One"<br>Breath Meditation<br>15 min<br>Watch In, Out, Pauses<br>Stages 1, 2 & 3 | Daily "Toward the One"<br>Breath Meditation<br>15 min<br>Watch In, Out, Pauses<br>Stages 1, 2 & 3 | Daily "Toward the One"<br>Breath Meditation<br>15 min<br>Watch In, Out, Pauses<br>Stages 1, 2 & 3                                                   | Daily "Toward the One"<br>Breath Meditation<br>15 min<br>Watch In, Out, Pauses<br>Stages 1, 2, 3, <b>add #4</b><br><b>Concentration on an</b><br><b>Illuminated Soul</b> |
|                                                                                                   | Recite Surah Ikhlas 10x<br>followed by<br>Ya Ahad Ya Samad<br>Breath Contemplation<br>5 min       | Descent of Dove<br>Contemplation<br>5 min<br><b>Alternate Every Other</b><br><b>Day with</b><br>Surah Ikhlas <b>1x</b><br>Ya Ahad Ya Samad<br>5 min | <b>Alternate Days</b><br>Descent of Dove<br><b>Plus Irfan on heart</b><br>5 min<br><b>or</b><br>Surah Ikhlas 1x<br>Ya Ahad Ya Samad<br>5 min                             |
| Purification Breaths<br>& Nayaz, Attune to 3<br>Avenues of Purification                           | Purification Breaths<br>& Nayaz, Attune to 3<br>Avenues of Purification                           | Purification Breaths<br>& Nayaz, Attune to 3<br>Avenues of Purification                                                                             | Purification Breaths<br>& Nayaz, Attune to 3<br>Avenues of Purification                                                                                                  |
|                                                                                                   | Separate Nostril<br>Breathing<br>10x Left, Right, Both                                            | Qasab - 5 cycles<br>Out R, In L, Hold<br>(8 - 8 - 16)<br>Out L, In R, Hold<br>(8 - 8 - 16)<br>Al.lah Sha.fi Al.lah Ka.fi                            | Qasab - 5 cycles<br>Out R, In L, Hold<br>(8 - 8 - 16)<br>Out L, In R, Hold<br>(8 - 8 - 16)<br>Al.lah Sha.fi Al.lah Ka.fi                                                 |
|                                                                                                   |                                                                                                   | Shiva's Breath<br>Meditations<br>Choose 1 per Day<br>5 min                                                                                          | Shiva's Breath<br>Meditations<br>Choose 1 per Day<br>5 min                                                                                                               |
| Attention to Breath<br>throughout the day                                                         | Periodic Check In w<br>Breath                                                                     | Periodic Check In w<br>Breath                                                                                                                       | Periodic Check In w<br>Breath                                                                                                                                            |
| At Least Once a Week                                                                              |                                                                                                   |                                                                                                                                                     |                                                                                                                                                                          |
| Walking Practice<br>Hara Center or<br>Toward the One                                              | Walk Toward the One                                                                               | Walk Toward the One                                                                                                                                 | Walk Toward the One                                                                                                                                                      |
| Journal                                                                                           | Journal                                                                                           | Journal                                                                                                                                             | Journal                                                                                                                                                                  |