



A Sufi Message

The Element Breaths

Shaping one's condition to the characteristics of the elements with the help of the Prana flow.

This practice is done with closed eyes, in the same sequence as the twenty purification breaths, but while focusing on specific locations and maintaining appropriate concentrations:

- ❖ In through the nose / out through the nose, while focusing on the tip of the nose. Concentration is on the stability of the earth element, imagined in shades of yellow.
- ❖ In through the nose / out through the mouth, while focusing on the bridge of the nose. Concentration is on the ongoing movement of the water element, imagined in shades of green.
- ❖ In through the mouth / out through the nose, while focusing on the third eye (center of the forehead). Concentration is on the source of energy in the fire element, imagined in shades of red.
- ❖ In through the mouth / out through the mouth, while focusing on the top of the head (the crown). Concentration is on the inspiration received through the air element, imagined in shades of blue.
- ❖ In through the nose / out through the nose, with a very silent and subtle breath, hardly perceptible or audible, while focusing one meter above the head. Concentration is on an imagined crystal ball in which all colors are perceptible and which rises higher and higher. As it rises the image loses the concept of shape and becomes gradually a brilliant light which

transforms into an all-pervading illumination, visualized as an abstract description of the Ether element, which inspires a meditative attunement. The fifth part is done on an open rhythm.

In summary:

N4-N6 tip of nose	stability of earth element	yellow
N4-M6 bridge of nose	ongoing movement of water element	green
M4-N6 third eye	source of energy in fire element	red
M4-M6 top of head	inspiration through air element	blue
NN1 m.	above head crystal ball (rising higher)	all-pervading light

Element Breath

Mode:	Repetitions	Beats in	Beats out	Point of Focus:	Concentr.:	Eyes:
NN	ad lib	4	6	tip of nose	earth-yellow	closed
NM	ad lib	4	6	bridge	water-green	closed
MN	ad lib	4	6	3rd eye	fire-red	closed
MM	ad lib	4	6	crown	air-blue	closed
NN	ad lib	ad lib	ad lib	above head	ether-light	closed

Code for the practice above:

- N4-N6 = In the nose 4 beats and out the nose six beats
- N4-M6 = In the nose 4 beats and out the mouth six beats
- M4-N6 = In the mouth 4 beats and out the nose six beats
- M4-M6 = In the mouth 4 beats and out the mouth six beats
- N-N = In the nose and out the nose in a natural rhythm and flow