



## **A Sufi Message**

Presented by Murshida Nuria Stephanie Sabato

The only way to live in the midst of inharmonious influences is to strengthen the will power and endure all things yet keeping fineness of character and nobility of manner together with an everlasting heart full of love. – Bowl of Saki, September 13, by Hazrat Inayat Khan

Breath, being the life-power, it is the same life-power which gives a person strength to endure all things. – Hazrat Inayat Khan

Love itself is the healing power and the remedy for all pain. – Bowl of Saki, October 15, by Hazrat Inayat Khan

### **Sufi Volume 13, Gathas, Breath, 2.3, The Life-Power**

On breath depends the capability and efficiency with which one thoroughly does one's work. Shortness of breath gives a person impatience, lack of endurance; and irregularity of the rhythm of the breath gives rise to confusion and makes a person inclined to be easily upset. Breath, being the life-power, it is the same life-power which gives a person strength to endure all things. One always will find that those who easily get cross, upset quickly, instantly annoyed, have something wrong with the breath. People, not knowing their difficulty, get annoyed with them; they are put aside, and are considered disagreeable people. What they need is the training of breathing. When their body and mind is so repaired, one will find no more disagreeableness in their nature.

#### **Jemal, Jelal, Kemal**

The Qasab Breath, Alternate Nostril Breathing

*Written by Murshida Nuria Stephanie Sabato*

In Sufic terms there are three aspects of breath: Jemal, Jelal, Kemal.

Jemal qualities are receptivity, kindness, tolerance, forgiveness, gentleness, mildness, modesty, and humility. The state of Jemal is the life force that moves through the left channel. The Jemal state can be achieved through the inhalation and exhalation of the breath through the left nostril or channel of the breath. Achieving this state of consciousness is useful to a person who wishes to be in a receptive, relaxed state of mind. Jemal absorbs from the atmosphere. Jemal is like the moon, which delicately reflects the radiance of the sun.

Jelal qualities are marked by activity, courage, power, and strength. The state of Jelal is the life force that moves through the right channel. The Jelal state can be achieved through the inhalation and exhalation of the breath through the right nostril or channel of the breath. Achieving this state of consciousness is useful to a person who wishes to accomplish something, display

confidence, and radiate positivity into the atmosphere, and avoid absorbing negative influences into oneself. Jelal is like the radiant sun filled with energy and light.

Kemal is a balance between Jemal and Jelal. The Kemal state can be achieved through a balanced inhalation and exhalation of the breath through both nostrils or channels of the breath evenly. Kemal is a point of stillness between the two forces. This state is desirable to achieve sustained meditative states.

One can understand the forces and influences of these three aspects, Jemal, Jelal, and Kemal through the practice of the Qasab Breath, an alternative breathing technique.

The Qasab Breath gives control of breath and so control of thoughts, feelings, emotions, passions and affairs. Qasab develops volume; purifies and makes the breath rhythmic, purifies the breathing; tubes, veins, nerves and avoids contagious disease.

Qasab gives freedom of inhaling and exhaling. The breath feels light and pure, and give rise to feelings of happiness. Breath becomes wide in volume, long in reach. Body feels light, ethereal. The soul radiates its light, outwards and also inwards, so all becomes clear. The light within illuminates and guides us on our path.

The practice of Qasab helps to direct the life forces in specific directions. The goal is balance.

	<b>Inhalation</b>	<b>Hold</b>	<b>Exhalation</b>	<b>Repetitions</b>
Jemal	LN: 4	Hold in 8	RN: 4	The completion of the alternating Jemal and Jelal cycle constitutes one complete round. 5 rounds are performed before moving to the Kemal breath
Jelal	RN: 4	Hold in 8	LN: 4	
Kemal	L+RN: 4	Hold in 8	L+RN: 4	5

A Sufi Message Website: <http://www.sufi-message.org>  
 Murshida Nuria's Archived Teachings 2022: [http://www.sufi-message.org/meditations\\_on\\_the\\_message\\_archive2022.php](http://www.sufi-message.org/meditations_on_the_message_archive2022.php)  
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