



Instructions Given by Pir-o-Murshid Inayat Khan
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Purification Breaths - if possible standing in sunshine. Think of inhaling, divine life and divine light.

In explaining the 20 breaths of purification observe the following points:

1. Breath must be rhythmic.
2. Rhythm of breath must not differ too much from natural rhythm, little slower.
3. The thought must be repeated with each inhaling/exhaling:

- Inhaling - I inhale divine Light and Life.
- Exhaling - I radiate divine Life and Light.

4. Tell person that from the air draw the essence of Light, Life and Love, and then to radiate it.

The 20 breaths must be practiced early in the morning, the first thing before breakfast. Why early in the morning? Because we can draw from the Space more than at any other time. The space has more to give before sunrise than after, because then the sun occupies the space. Before the sun has risen, the Prana in the space is there in abundance and you can draw it more easily. Therefore, sages prefer early morning for breathing practices.

The Purification Breath Practice Instructions

- First breath: in through the nose out through the nose.
- Second breath: in through the nose out through the mouth.
- Third breath: in through the mouth out through the nose.
- Fourth breath in through the mouth out through the mouth.
- Fifth breath: in through the nose, out through the nose. Very refined while reciting silently on the breath the prayer Nayaz as indicated below.

Healing Prayer, NAYAZ, is repeated three times and said silently on the breath as follows:

NAYAZ

inhaling: Beloved Lord, Almighty God,
exhaling: through the rays of the sun,
inhaling: through the waves of the air,
exhaling: through the all-pervading life in space,
inhaling: purify and revivify me
holding: and I pray
exhaling: heal my body, heart and soul.

By the practice of Zikar and Fikar this centre is awakened - by the vibration - and by the The greatest and most important Centre in the human body is the heart, which in medical terms may, perhaps, be called the solar plexus.

The expression of love is often made 'by pressing; one's hand on the breast; in the same way one expresses sorrow and Joy - every kind of feeling first strikes and is felt in the touch of Prana through breathing. By this it becomes sensitive - as a two-sided mirror, one side facing within and one without. The secret of working: with it, is to close it from, one side to make it take the reflection from the other, as an instrument toto receive the message from within or without.