



A SUFI MESSAGE

Love, Harmony and Beauty

The basic Purification Breathing Practice, also called the 20 Purification Breaths, consists of four breaths done as 5 inhalations and exhalations as described:

This is done before breakfast, standing in a relaxed position preferably in the open air or in front of an open window. The feet are stable on the ground, and the knees, shoulders, neck and jaws are loosened. Inhalations and exhalations are done rhythmically in a restful, quiet manner, slower than the usual breath, yet slightly fuller. It is important to discover the natural rhythm of one's breath. While inhaling and exhaling one's thoughts are focused on receiving and radiating the Divine Power in Space which purifies and revivifies, and which inspires and enables the soul to unfold.

The thought to be kept constantly present in the mind is the following one, given by Pir-o-Murshid in his own words:

while inhaling: *I inhale Divine Light and Life*

while exhaling: *I radiate Divine Life and Light*

- first breath: in through the nose out through the nose NN (nose/nose)
- second breath: in through the nose out through the mouth NM (nose/mouth)
- third breath: in through the mouth out through the nose MN (mouth/nose)
- fourth breath in through the mouth out through the mouth MM (mouth/mouth)