

Breaths to Experience the Elements

Hazrat Inayat Khan taught breaths to experience or activate each element. These are not the same as the Purification Breaths, which purify the elements. Murshid Samuel Lewis elaborated on these and gave breaths and walks to experience each element.

Earth:

- Breath through both nostrils emphasize out-breath, natural inhalation
 - Murshid Sam: Breathe through both nostrils, even inhalation and exhalation.
- 4/4 rhythm
- Walk is even, balanced, downward
- Earth pervades, spreads out in every direction, covers the surface. Walk in 4/4 rhythm, breathing out through soles of feet and palms of hands. Knees may be bent. palms parallel to ground. Concentration on exhalation. Color gold. Not necessarily a heavy breath.

Water:

- Deep exhalation thru left nostril, natural inhalation through both nostrils.
- 3/4 rhythm
- Walk in 3/4 time, emphasizing left side. Arms move from shoulder level on right side down to left side with exhalation, rise to right with inhalation in response. Feet in waltz time.
- Not necessarily heavy. Water flows downward, and flows under earth. Color green.

Fire:

- Heavy inhalation through right nostril, natural exhalation.
- 3/4 time
- Walk in 3/4 time, jumping up to right side on right foot, on inhalation.
- Color red.

Air:

- Breathe through both nostrils, emphasize inhalation, natural exhalation
 - Murshid Sam: Light refined breath, either nostril, may change from side to side. In left, out right, then in right, out left.
- 4/4 time
- Walk: zig-zag, swirling, like leaves being blown about
- Emphasis on inhalation; air rises.
- Freedom, no limitation. Color blue.

Ether:

- Inayat Khan gave no breath for ether, as ether is not an element but the source of all elements.
 - Murshid Sam: Very refined breath. Even like Earth, but much more delicate and refined.
- No movement, unless in combination with other elements.
- The origin of all, and to which all other elements return. Color smoky grey, or the rainbow.