

Purification Breaths

These breaths were given by Hazrat Pir-o-Murshid Inayat Khan for all mureeds (initiates). Non-initiates are welcome to do them as well.

These breaths purify the elements within one. They do not activate the elements; there are different practices for strengthening and activating each of the elements.

Inayat Khan gave breaths for four elements. The fifth, the Ether breath, is derived from the Ziraat practices.

General Instructions

These are to be done every morning. It is best to do them outside. Next best is to do them inside facing an open window. Stand upright in a comfortable position, feet slightly apart, hands to the side, palms forward.¹

Do each breath five times. Each breath consists of

- Breathing in a certain pattern
- Visualizing a color
- (Optional) Saying silently to oneself the *wazifa* or sacred phrase *Shafee Kafee*. *Shafee* means The Healer, and *Kafee* means The Remedy. Say *Shafee* on the in-breath and *Kafee* on the out-breath.

Earth Breath

Breath: In the nose and out the nose
Color: Gold

Water Breath

Breath: In the nose and out the mouth
Color: Green

Fire Breath

Breath: In the mouth and out the nose
Color: Red

Air Breath

Breath: In the mouth and out the mouth
Color: Blue

Ether Breath

Breath: In the nose and out the nose, very refined
Color: Grey, colorless

¹ The Ziraat practices include movements for each of the elements, but these are not part of the daily purification breaths.