

Aramaic Elemental Healing and Purification Breaths

From the Native Middle Eastern tradition as originally taught by the Sufi Pir-o-Murshid Hazrat Inayat Khan. This interpretation with body awareness attunements and Aramaic attunements to the elements by Neil Douglas-Klotz. One can best do the practice in the morning, near a window, taking five of each breath.

EARTH: Inhale nose, exhale nose. Focus on rootedness, the feeling of support of the earth through the bones and ligaments. Standing, sitting, lying or walking, ask inside: "how do I feel my support? Could I feel more supported anywhere?" Release "burdens," let the earth support. Honor all creation by feeling the bones of our ancestors, upon which we walk. As we deeply receive the gifts of the earth, earth as a living being becomes more conscious through us. Inhale feeling and breathing "ALAHA" as the Source of healing; exhale "AR`AH" (earth, particle, individual being).

WATER: Inhale nose, exhale mouth. A spring rises from the depths and is drawn up through you to the top, then showers down, over and through all the muscles, connective and digestive tissue--anywhere more flexibility is needed. Stretch and move into any areas of tightness. Consider: "how could I allow more flowingness to be felt there, less holding on?" Honor the water by feeling it return to its source with purity. As we deeply receive the gifts of the water, water as a living being becomes more conscious through us. Inhale ALAHA; exhale MAYA (water, flowing life).

FIRE: Inhale mouth, exhale nose. Awaken the heart-lungs area, feeling the inhalation loosening the solar plexus/diaphragm and the exhalation invigorating the heart. Consider at some point the pulsation of your heart and blood, bringing the old to the heart to be released and carrying the new to all parts of the body. Consider your own sense of purpose: "towards what am I pulsing? What gets my blood moving?" Honor the fire by using it properly--to clarify, not destroy. As we deeply receive the gifts of the fire, fire as a living being becomes more conscious through us. Inhale ALAHA; exhale NUHRA (fire, light, the fire of consciousness, one's purpose in life).

AIR: Inhale mouth, exhale mouth (all refined). Feel air passing over and as if through you. Allow the pores to open and feel the whole envelope of skin with just air inside and outside. Consider: "how could I feel more lightness and freedom in my being, more ability to change?" Honor the air by moving with it to communicate the child within to all creation. As we deeply receive the gifts of the air, air as a living being becomes more conscious through us. Inhale ALAHA; exhale RUHA (air, breath, connection to *ruha d'qoodsha*, holy breath).

ALL TOGETHER: Inhale and exhale all the elements together for a few breaths (no particular pattern, or in and out through nose and mouth together), feeling fully embodied. The combination of all the elements is more than the sum of their parts: sometimes they are felt in unison, sometimes their individuality disappears in lucidity, like the rainbow and clear light. As we deeply receive the gifts of nature, through our own natural breath, nature as a living being becomes more conscious through us. Inhale and exhale ALAHA.

This can be followed by saying any prayer asking for one to serve the divine purpose in the day ahead, including the Aramaic Prayer of Jesus. Originally the practice was done with a healing prayer of Hazrat Inayat Khan: "Beloved Lord, Almighty God, through the rays of the sun, through the waves of the air, through the all-pervading life in space, purify and revivify us and we pray, heal our bodies, hearts and souls." Amin.

If done in the morning, consider what you need to do this day. Ask for any clarity and understanding that you need. "We thank the elements and we thank their Source." *Amin:* "May this sense of connection be the ground from which our new growth will spring."