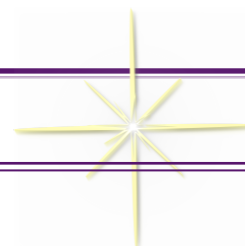


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# Elemental Breathing

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## **Earth Inhale nose, exhale nose**

Qualities: nurturing, solidity.  
Movement: spreading horizontally.  
Color: yellow-brown.  
Sense: touch

## **Water Inhale nose, exhale mouth**

Qualities: fluidity, purifying, giving life.  
Movement: downwards.  
Color: green.  
Sense: taste

## **Fire Inhale mouth, exhale nose**

Qualities: enthusiasm, transmutation.  
Movement upward.  
Color: red.  
Sense: smell

## **Air Inhale and exhale mouth**

Qualities: freedom, releasing from constructs, cosmic identity.  
Movement zig-zag.  
Color: blue.  
Sense: hearing

## **Ether Very fine breath inhaling and exhaling through the nose**

Qualities: 'emotion of the soul'. Peace. Unity.  
Movement: stillness.  
Color: white.  
Sense: sight.

Relax, breathing your natural breath. As you do the breath pattern for each element in turn, attune with the cosmic element and experience its qualities within you. Experience the purification of your being on all levels: physical, mental, heart, soul, spirit.

**5 breaths for each element.**

