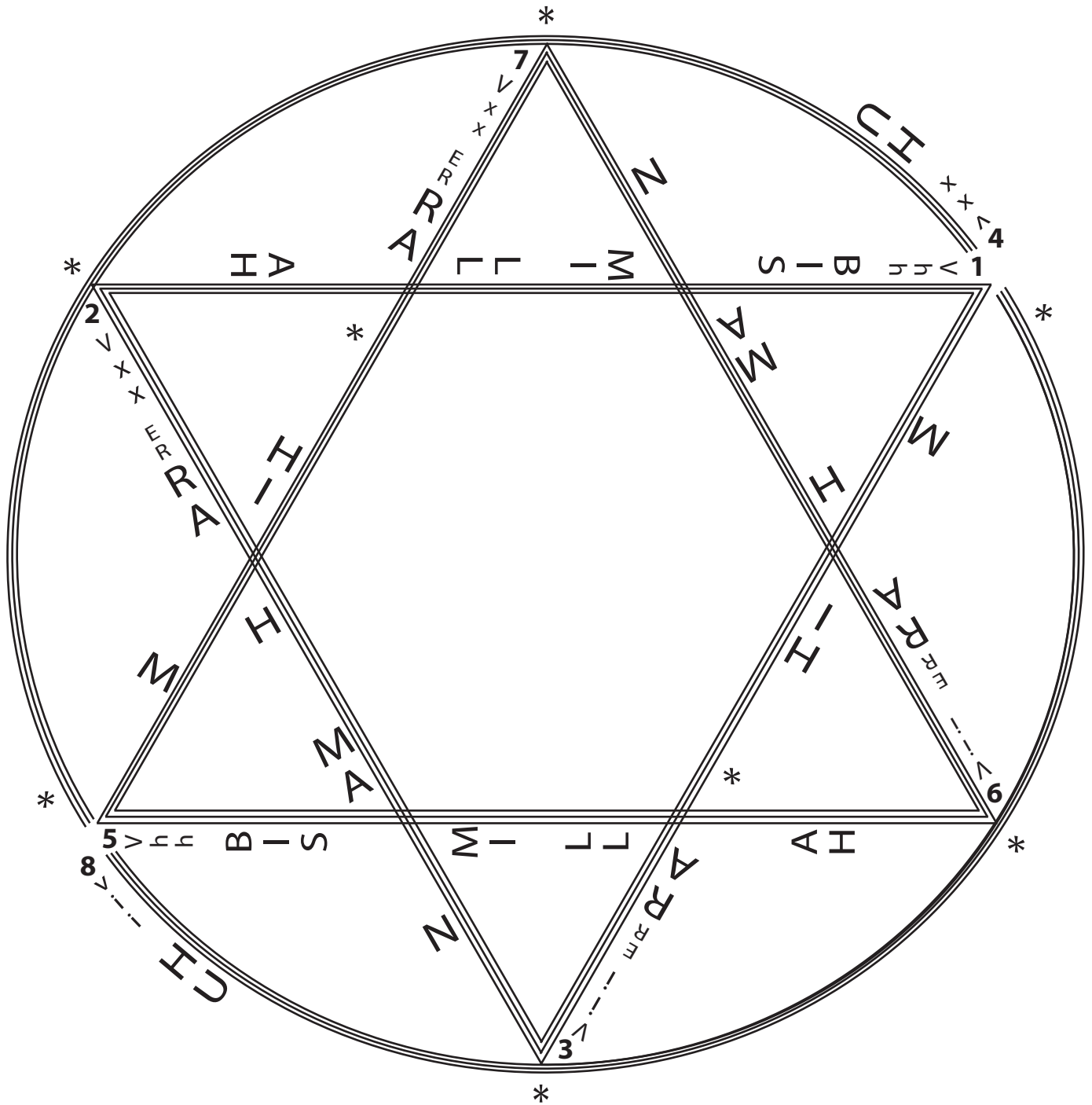


# Bismillah HU Breathing Star



Murshid Samuel Lewis said there will not be peace on earth until there's peace in Middle East...this silent, breathing Arabic prayer while visualizing the Mogen David can only help. In some spiritual systems the triangles represent the Unmanifest (upward pointing) and the Manifest (downward). This 4 beat (per line or arc...the words are broken into 4 appropriate sounds/syllables) fikr is composed of two repetitions of "Bismillah, er Rahman er Rahim, HU" starting with a held inhale at 1 followed by an exhale/inhale at 2 and 3 with a circular exhale at 4. The exhale is held at 5 and an inhale/exhale/circular inhale is done at 6, 7 and 8. Any upward motion is inhaling, downward exhaling...horizontal movemnts are holds (Movement direction noted by a ">"; inhale = ii exhale = xx hold = hh). The small "ER" before RAHMAN and RAHIM is sounded on the upbeat. The "\*" symbol denotes a one beat continuation of the preceding sound.