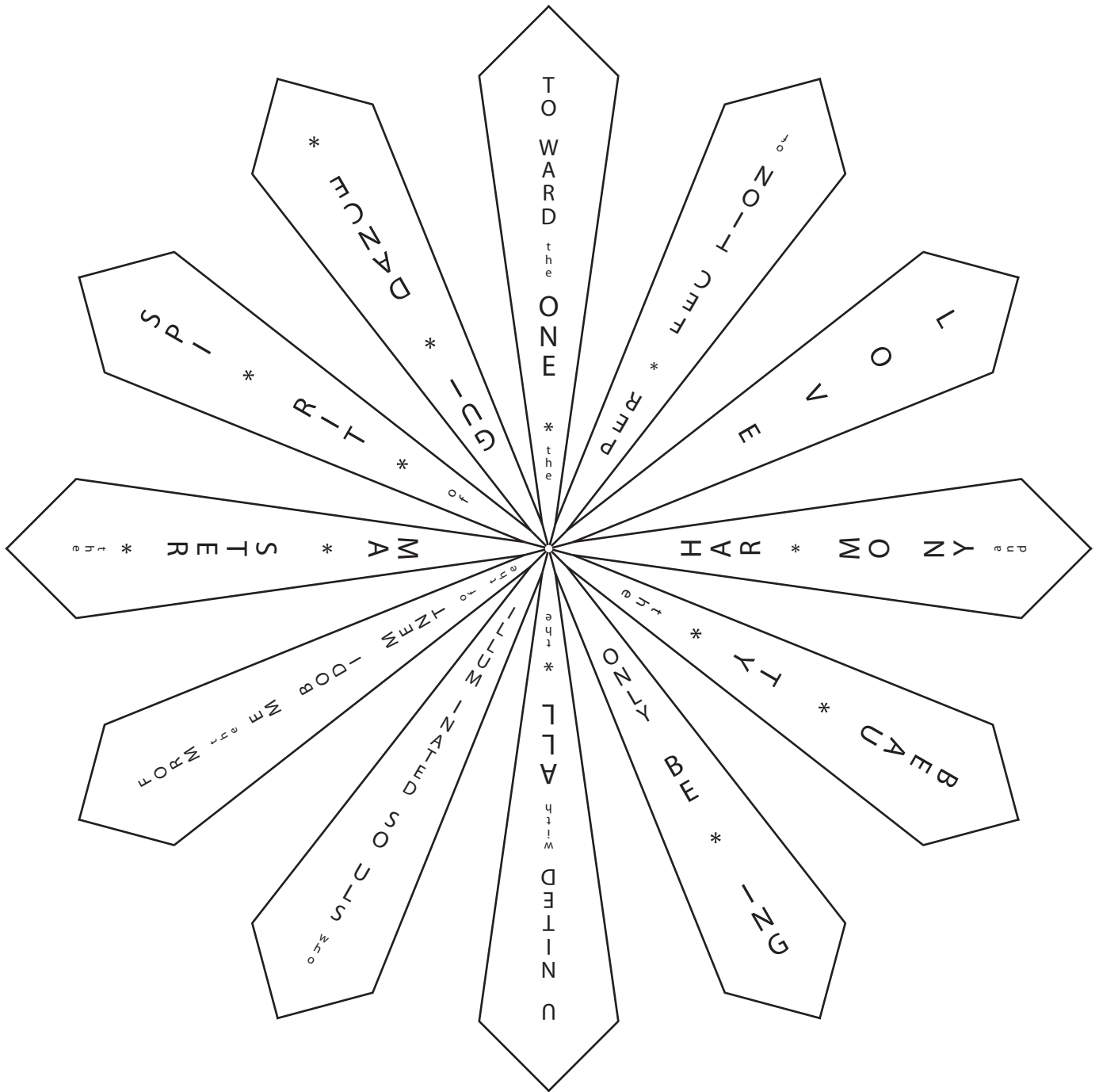


Toward the ONE Breathing Crystal



An essential prayer from Sufi Master Hazrat Inayat Khan. A repetition is completed in six full breath cycles; 4 beats for each inhale and 4 beats for each exhale, starting with an inhale Toward the ONE. Inhales are concentrations into the Source of All and exhales expand and dissolve into Infinity, Capitalized syllables are one beat (and * indicates a one beat extension of the previous sound). Some words do not syllabilize but are spaced out over multiple beats. Noun clause leading articles (often found at the end of the preceding clause) and connecting words (the, of, and, with, who) are all lower case and between beats and/or where the breath turns over from in to out or out to in.