

# Fikr

Reading Jan. 21 2007

Gatha II: Breath - Number 1, Fikr

The breath is like a swing that has a constant motion, and whatever is put in the swing, swings also with the movement of the breath. Fikr, therefore, is not a breathing practice. In Fikr it is not necessary that one should breathe in a certain way, different from one's usual breathing. Fikr is to become conscious of the natural movement of the breath, and picturing breath as a swing, to put in that swing a certain thought, as a babe in the cradle, to rock it. Only the difference in rocking is an intentional activity on the part of the person who rocks the cradle.

In Fikr no effort must be made to change the rhythm of the breath; the breath must be left to its own usual rhythm. One need not try even to regulate the rhythm of the breath, for the whole mechanism of one's body is already working rhythmically. So the breath is rhythmical by nature and it is the very breath itself that causes man to distinguish rhythm. What is important in Fikr is not the rhythm but the concentration. Fikr is swinging the concentrated thought with the movement of breath, for breath is life and it gives life to the thought that is repeated with the breath.

## **Practice: The Swing of the Breath**

On the rhythm of the breath the circulation of the blood and the pulsation of the heart and head depend; which means that the whole mechanism of the body, also of the mind, is directed by the rhythm of the breath. When a thought is attached to the breath by concentration, then the effect of that thought reaches every atom of one's mind and body. Plainly speaking, the thought held in Fikr runs with the circulation of the blood through every vein and tube of the body, and the influence of that thought is spread through every faculty of the mind. Therefore the reaction of the Fikr is the resonance of the same thought expressing itself through one's thought, speech and action. So in time the thought one holds in Fikr becomes the reality of one's self. So he who contemplates on God in time arrives at a state where his self turns into the being of God.

Fikr, practiced for some years, helps to regulate the rhythm of breathing, and it helps in all aspects of life to attract and repel all one wishes. By the help of Fikr not only the digestive faculty and the circulation of the blood and the pulsations of the body are made regular, but the concentration that is developed through the development of breath enables man to repel all disagreeable impressions which cause despair and depression. By the power of Fikr one helps the power of memory, also the power of retention of thought. At the same time one is enabled by the power of breath to forget any thought one wishes to put out of one's mind and to erase from one's heart any impression deeply engraved.

### **Practice: The Swing of the Breath with Focus**

Githa II: Esotericism - Number 5, The Attainment of the Inner Being by Fikr

Man's inner being is his soul, and man's outer being is his body. These two poles of his being are linked by the breath, and if there is any way of experiencing life distinctly through the physical body and experiencing life clearly through the existence of the soul, it is Fikr.

Through Fikr one becomes conscious of one's mind. Sometimes one becomes so absorbed in the mental plane that, for the moment, the physical body does not exist for one. When a person rises above this plane and wishes to be conscious of his soul, then Fikr helps him to attain this, for the breath is the only current which runs through all planes of man's existence. The breath may be considered as an elevator that can take you to any floor of the house you desire. The planes of man's existence are like floors; through the power of the breath, one can reach any floor.

One may ask what practical benefit it is to realize one's soul. The answer is that the soul is man's true being, and if man has not realized through life which his true being was and remained all through life in the illusion of considering the vehicles of his life as his being, he is greatly mistaken. Besides this, the realization of every plane of one's being gives that much more power and inspiration, and as much of his being he has realized, so great does man become in his power and inspiration.

### **Practice: Breathing In and Out of the Heart**