

Self-Protection Series I

**Toward the One, the Perfection of Love, Harmony, and Beauty,
the Only Being, United with All the Illuminated Souls
Who Form the Embodiment of the Master, the Spirit of Guidance.**

Githeka Series I: Number 2

Darood

My first general exercise in Self-Protection is Darood, which is to breathe rhythmically with the mind on these words: "Toward the One" with each exhalation and inhalation. This practice can be done always, asleep or awake, night or day, alone or in the crowd. It can easily be done without attracting any attention. The number of breaths does not matter, but the maintenance of rhythm is most important.

Maintenance of rhythm in the breath preserves the harmony in your nature and keeps you at peace with yourself. It lessens pain, calms the emotions and clarifies the mind. But by thinking "Toward the One" it also brings self-surrender, for the thought is another than the self. In this way you not only keep in harmony with yourself, but protect yourself so that others cannot bring you inharmony. So it is a great protection.

Now I give you instruction, and first just listen. In time you will learn to practice all this, but first just listen, and learn to inhale "Toward the One" and exhale "Toward the One" and keep your thought on these words. Verily great blessing will flow therefrom.

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Githeka Series I: Number 2A

Darood

A Darood is a spiritual phrase that includes simultaneously an inner and outer meaning, and operates simultaneously in the worlds within and without. Thus the invocation "Toward the One ..." is an example of a Darood. But in its use for self-protection, it may be narrowed to the words "Toward the One," while at the same time indicating or meaning the complete expression.

One of the first elements in "right living" is to maintain rhythmical breath. Rhythmical breath of itself helps to preserve inner and outer harmony. It lessens pain, calms the emotions, and clarifies the mind. It is also true that in thinking on "Toward the One ..." we increase internal and external harmony, and this of itself is a great protection.

The human will is not the will of God. Indeed any human assertion can easily be out of tune with the will of God. When we have great feeling we may also have great strength, but when we do not have great feeling, it is wise to build up feeling. That is why all the great religions have on their inner side the repetition of sacred phrases. A phrase is sacred if it comes from a wise one who is attuned to God (Allah).

Many people object to repeating sacred phrases in foreign languages, and yet others do not think a sacred phrase is so valuable if it is in the common tongue. Actually, it is the Faith rather than the language which is the effective element.

We can repeat the phrase "Toward the One" with each inhalation and with each exhalation, we can repeat it in thought, coordinated to or independent of the breath rhythm. If it is repeated on the swing of the breath, it helps us from the outer to the inner; but if we are already deep within the concentration, "Toward the One" will serve to protect us, to assure and reassure us, and to attune us to the universal harmony.