



Suggestion, Impression, Belief • Teachings by Hazrat Inayat Khan
Ozark Spring 2011 Camp, Lake of the Ozarks, Missouri USA
May 2011 | Prepared by [Murshida Nuria Stephanie Sabato](#)

Day 1: Development of Personality and the Sense of Beauty and Sincerity

In the words of Hazrat Inayat Khan: “There are two things needed in the development of personality: the sense of beauty and the preservation of sincerity.”

[Listen to Audio File of Day 1, Part 1](#) – Singing Zikar of Hazrat Inayat Khan

[Listen to Audio File of Day 1, Part 2](#)

Opening: Meditation, Prayer

Invocation: Masters, Saints, and Prophets

Invocation: Hazrat Inayat Khan

Reading: The Flower Garden of Inayat Khan, page 15

Reading: Universal Sufism, page 5

Practice: Purification Breaths, as taught by Hazrat Inayat Khan

Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, Nr. 45

Meditation: Taking inventory of one’s own personality and character. Reflect what was the intention during this retreat/camp.

[Listen to Audio File of Day 1, Part 3](#)

Reading: Quote from Spiritual Liberty, Reflections on the Message of the Unity of Religious Ideals, Part II The Art of Personality, Nr. 45

Reading: Sufi Message Volume XIII, The Gathas, Part V, Gatha 1, Saluk: Moral, The Development of Personality: Sense of Beauty and Sincerity

Practice: Quiet meditative reflection on the reading

Reading: Universal Sufism, page 11

Practice: Triangle Breath, development of mastery over one’s own personality and character

Reading: Twenty Jataka Tales by Noorunnissa Inayat-Khan, “The Guilty Dogs”, pg. 25

Closing Prayer & Dedication of Merit

Day 2: Development of Personality, The Jarring Effect of the Ego on Another

In the words of Hazrat Inayat Khan: “Those who know the right manner of developing personality know that the first lesson in lesson in life is to efface that ego as much as possible.”

[Listen to Audio File of Day 2, Part 1](#)

Opening: Meditation, Prayer

Invocation: Masters, Saints, and Prophets

Invocation: Hazrat Inayat Khan

Reading: The Flower Garden of Inayat Khan, 2nd Edition, page 28

Reading: Universal Sufism, page 9-10

Practice: Elemental Breaths, as taught by Hazrat Inayat Khan

Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 2 and 21

Meditation: Taking inventory of one’s own personality and character. Reflect what was the intention during this retreat/camp.

[Listen to Audio File of Day 2, Part 2](#)

Reading: Sufi Message Volume XIII, The Gathas, Part V, Gatha 1, Saluk: Moral, The Development of Personality: The Jarring Effect of the Ego of Another

Practice: Quiet meditative reflection on the reading

Practice: Triangle Breath, development of mastery over one’s own personality and character

Reading: Twenty Jataka Tales, Noorunnissa Inayat-Khan, “The Monkey Bridge”, pg. 15

Closing Prayer

Dedication of Merit

Day 3: The Development of Personality: What Is the Ego?

In the words of Hazrat Inayat Khan: “Know thyself and thou wilt know God, said the great Sufi philosopher Ali. To know the self is the most difficult thing in the world....”

[Listen Audio File Day 3, Part 1](#)

Opening: Meditation, Prayer

Invocation: Masters, Saints, and Prophets

Invocation: Hazrat Inayat Khan

Reading: The Flower Garden of Inayat Khan, 2nd Edition, page 10, “Inayat Khan’s Words”.

Reading: Universal Sufism, page 22-23.

Practice: Zikar (in English): Head to the left sweeping toward the right and back again repeatedly. Left to right saying, "There is nothing". From right to left, "Only God IS!"

Reading from Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 11, 12, and 17.

Meditation: Taking inventory of one's own personality and character. Reflect what was the intention during this retreat/camp.

[Listen Audio File Day 3, Part 2](#)

Reading: Sufi Message Volume XIII, The Gathas, Part V, Gatha 1.3, Saluk: Moral, "The Development of Personality: What Is the Ego?"

Practice: Quiet meditative reflection on the reading

Practice: Triangle Breath, development of mastery over one's own personality and character

Reading: Jataka Tales, Noorunnissa Inayat-Khan, "The Tortoise and the Geese", pg. 41

Closing Prayer

Dedication of Merit

Day 4: The Training of the Ego: What the Ego Needs and What It Does Not Need?

In the words of Hazrat Inayat Khan: "In order to train the ego it is necessary that one should distinguish what is the right of the ego and what is not its right."

[Listen Audio File Day 4, Part 1](#)

Opening: Meditation, Prayer

Invocation: Masters, Saints, and Prophets

Invocation: Hazrat Inayat Khan

Reflection: Prayer Salat: "Until in us be reflected Thy Grace, Thy Glory, Thy Wisdom, Thy Joy, and Thy Peace."

Practice: The Five Divine Qualities related to the five elements and the Elemental Breaths.

Reading: The Flower Garden of Inayat Khan, 2nd Edition, page 30, "Inayat Khan's Words".

Reading Universal Sufism, page 22-23.

Practice: Zikar version 1 (in English): Head moving left to right saying, "There is nothing". Head moving from right to left saying, "Only God IS!"

Practice: Zikar version 1 - continued (in English): Open our hearts towards Thy Beauty (head rises up), illuminate our souls with Divine Light (head moves down and thought resides in the heart)

Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, Nr. 39.

Meditation: Taking inventory of one's own personality and character. Reflect what was the intention during this retreat/camp.

Listen Audio File Day 4, Part 2

Reading Sufi Message Volume XIII, The Gathas, Part V, Gatha 1.4, Saluk: Moral, “The Training of the Ego: What the Ego Needs and What It Does Not Need?”

Practice: Quiet meditative reflection on the reading.

Practice: Zikar (in English) version 2: Head moving slowly from the left to the right saying, “There is nothing, Only God IS”.

Practice: Zikar - continued (in English): “Open our hearts towards Thy Beauty” (head rises up), “Illuminate our souls with Divine Light” (head moves down and thought resides in the heart)

Reading: Twenty Jataka Tales by Noorunnissa Inayat-Khan, The Patient Buffalo”, pg. 93

Closing Prayer & Dedication of Merit