



Ozark Fall 2010 Camp, Lake of the Ozarks, Missouri USA
Divine Forgiveness • Teachings by Hazrat Inayat Khan
Prepared and Presented by **Murshida Stephanie Nuria Sabato**

Play Audio File from Day 1, Session 1

Invocation of Hazrat Inayat Khan

Purification Breaths as given by Hazrat Inayat Khan

Reading: from **Physicians of the Heart**, Psychological Perspective

La El La Ha, El Allah Hu: Practice of Zikar (in English):

Union of limited (left side/heart) and unlimited (right side/soul) self.

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 **Physicians of the Heart**, Psychological Perspective. Wrestling with Contradictions and Paradoxes on the Path. (Practice examples in Part 2)

Play Audio File from Day 1, Session 2

Practices: Continued from Previous Reading

From the Sufi Invocation of Hazrat Inayat-Khan:

Toward the One, The Perfection of Love, Harmony, and Beauty; United with all the Illuminated Souls.

From the Prayer Salat:

*Until in us be reflected Thy Grace, Thy Glory,
Thy Wisdom, Thy Joy, and Thy Peace.*

From the Prayer Khatum:

*Open our hearts towards Thy Beauty,
illuminate our souls with Divine Light.*

From the Prayer Khatum:
*Disclose to us Thy Divine Light, which is hidden in our souls;
that we may know and understand life better.*

From the Prayer Salat:
Pour upon us Thy Love and Thy Light.

Reading: Al-Ghaffar from **Physicians of the Heart**

Practice: Al-Ghaffar - *The Divine Quality of Forgiveness that relieves us from the suffering of continual remembrance of our faults.*

Reading: Al-Ghafur from **Physicians of the Heart**

Practice: Al-Ghafur - *The Divine Quality of Forgiveness that keeps the knowledge of our faults even from the angels.*

Closing: Zikar of Hazrat Inayat Khan

Dedication of Merit

Play Audio File from Day 2, Session 1

Opening: Singing of "Let Thy Might Strengthen Me" (Words by Hazrat Inayat Khan, Melody by Murshida Nuria Sabato) and Singing of the Sacred Sound "Hu"

Invocation of Hazrat Inayat Khan

Purification Breaths as given by Hazrat Inayat Khan

Review Reading: Al-Ghaffar from **Physicians of the Heart**

Review Practice: Al-Ghaffar - *The Divine Quality of Forgiveness that relieves us from the suffering of continual remembrance of our faults.*

Review Reading: Al-Ghafur from **Physicians of the Heart**

Review Practice: Al-Ghafur - *The Divine Quality of Forgiveness that keeps the knowledge of our faults even from the angels.*

Practice: Ya Ghaffar, Ya Ghafur

Play Audio File from Day 2, Session 2

Reading: Injustice in Justice from **An Introduction to a Message in Our Time** by Hidayat Inayat-Khan.

Reading: At-Tawwab from **Physicians of the Heart**
The Divine Quality of returning to goodness and of being restored from beginningless to endless time and through all circumstances.

Singing: Return Again, © Rabbi Shlomo Carlbach, Rabbi Shlomo Carlbach Music

Reading: Al-Afuw from **Physicians of the Heart**
The Divine Quality of Forgiveness that keeps the knowledge of our faults even from the angels. "The process of truly invoking Ya Tawwab is deeply healing, because negativity is transformed into its opposite. This is spiritual alchemy." (quote from Physicians of the Heart)

Practice:

(Concentrate on the breath that removes all traces and impressions of the wrong doing or wound).

Ya Ghaffar (head up);
Ya Ghafur (head down);
Ya Tawwab (head left);
Ya Afuw (head right).

Closing: Prayer Khatum