



Meditations on The Message of Hazrat Inayat Khan
“Alchemy of Happiness”
Fall Camp, Lake of the Ozarks, Missouri, USA
October 2012 | Prepared by **Murshida Nuria Stephanie Sabato**

Session 1

- Musical Meditation: Introduction by KarimaGita Erickson
- Prayer: Sufi Invocation
- Reading: Our thoughts have prepared for us the happiness or unhappiness we experience. *Bowl of Saki, June 14, by Hazrat Inayat Khan*
- Reading: **Sufi Message Volume 7, In an Eastern Rose Garden, Stilling the Mind, Stilling First the Body**
- Practice: Ya ‘Alim (yaa ‘a-LEEM)
- Reading: **Physicians of the Heart** (excerpt)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Reading: **Sufi Message Volume 7, In an Eastern Rose Garden, Stilling the Mind, Stilling First the Body**
- Practice: Ya ‘Alim (yaa ‘a-LEEM)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Reading: **Sufi Message Volume X, Sufi Poetry, Farid-ud-din-Attar** (reference to *The Conference of the Birds*)
- Reading: Our thoughts have prepared for us the happiness or unhappiness we experience. *Bowl of Saki, June 14, by Hazrat Inayat Khan*
- Practice: Ya ‘Alim (yaa ‘a-LEEM)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Closing Prayer: Khatum
- Dedication of Merit

Session 2

- Musical Meditation: Introduction by KarimaGita Erickson
- Prayers: Sufi Invocation
- Reading: **Sufi Message Volume 10, Sufi Poetry 4. Farid-ud-din-Attar**
- Practice: Ya Wasi (yaa WAA-si’) / Ya Alim (yaa ‘a-LEEM)
- Reading: **Physicians of the Heart** (excerpt)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Reading: **Sufi Message Volume 10, Sufi Poetry 4. Farid-ud-din-Attar**
- Practice: Ya Wasi (yaa WAA-si’) / Ya Alim (yaa ‘a-LEEM)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Closing Prayer: Khatum
- Dedication of Merit

Session 3

- Reading: **Sufi Message Volume 10, Sufi Poetry 4. Farid-ud-din-Attar**
- Practice: Ya Wasi (yaa WAA-si’) / Ya Alim (yaa ‘a-LEEM)
- Practice: My thoughts create my happiness or unhappiness. (Breath In)
I am chose to discover God in every experience. (Breath Out)
- Closing Prayer: Khatum
- Dedication of Merit
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