



Divine Manner • Teachings by Hazrat Inayat Khan  
Ozark Spring 2013 Camp, Lake of the Ozarks, Missouri USA  
Prepared by **Murshida Nuria Stephanie Sabato**

## Day 1

**Meditation:** Tamboura Drone

**Practice:** Turn within

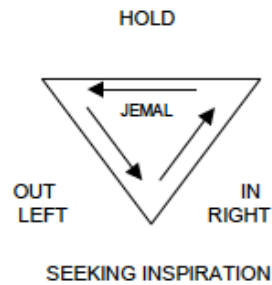
1. Slow Breath and Bring about a feeling of calm and openness.
2. Tune to your breath,
3. Feel your body,
4. Feel your heart,
5. Feel your soul,
6. Ask the question what is my highest aspiration and purpose – what is my truth.
7. Don't expect an answer... Just keep asking the question.

**Reading:** **Sufi Message Volume 4, Nr. 10 Reflection of Ancestors, Hazrat Inayat Khan**

**Practice:** Tuning to the deepest part of your being

1. Within the treasure trove of your being
2. With the intention of becoming aware of your Divinely Inherited Qualities.
3. Recite: Ya Batin (The Hidden) / Ya Zahir (The Manifest)

**Practice:** Triangle Breath - When seeking inspiration one again focuses upon the triangle shape pointed downwards, inhaling through the right nostril, absorbing Divine Energy, and exhaling through the left nostril, it is the Jemal (receptive) condition, which is experienced. This practice offers various levels of spiritual inspiration.



RN: 3	Hold in 3	LN: 3	3	<b>Jemal breath</b>
RN: 4	Hold in 4	LN: 4	3 ←	
RN: 5	Hold in 5	LN: 5	3	

**Reading:** Sufi Message Volume 4, Nr. 10 Reflection of Ancestors, Hazrat Inayat Khan

**Practice:** Akhlak Allah

## Day 2

**Meditation:** Tamboura Drone

**Contemplation:** The perfect life is following one's own ideal, not in checking those of others; leave everyone to follow his own ideal. Bowl of Saki, May 22, by Hazrat Inayat

**Reading:**

Sufi Message Volume 9, The Unity of Religious Ideals, The God Ideal, Divine Manner

**Practice:** Kasab Breath, Alternate Nostril Breathing. Explanation of Jemal, Jelal in balance and support.

## Day 3

**Meditation:** Tamboura Drone

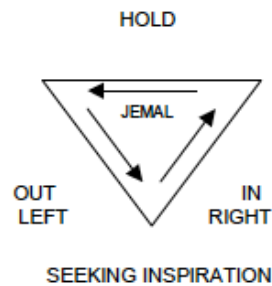
**Reading:** Sufi Message Volume 8 The Privilege of Being Human, Nr. 16 Spirituality

**Practice:** Tuning to the deepest part of your being

1. Within the treasure trove of your being
2. With the intention of revealing what is 'real'...
3. Recite: Ya Batin (The Hidden) / Ya Zahir (The Manifest)

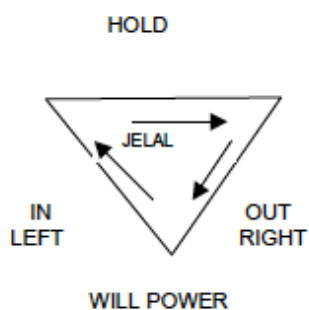
**Practice:** Ya Dhal Jalali wal 'Ikram (yaa DHAL ja-LAA-li WAL 'ik-RAAM)

**Practice:** Triangle Breath – Jemal – Seeking Inspiration - When seeking inspiration one again focuses upon the triangle shape pointed downwards, inhaling through the right nostril, absorbing Divine Energy, and exhaling through the left nostril, it is the Jemal (receptive) condition that is experienced. This practice offers various levels of spiritual inspiration.



RN: 3	Hold in 3	LN: 3	3	<b>Jemal breath</b>
RN: 4	Hold in 4	LN: 4	3 ←	
RN: 5	Hold in 5	LN: 5	3	

**Practice:** Triangle Breath – Jelal – Actualization of Inspiration - Wishing to accomplish something which requires will power one focuses upon the triangle shape pointed downwards, while tracing with the sight the lines of the triangle, starting on the left side, absorbing Divine Energy, which then shines within during the retention of the breath; then on the outgoing breath through the right nostril the Jelal (expressive) condition is experienced.



Beats in:	Beats hold:	Beats out:	Repetitions:	
LN: 3	Hold in 3	RN: 3	3	<b>Jelal breath</b>
LN: 4	Hold in 4	RN: 4	3 ←	
LN: 5	Hold in 5	RN: 5	3	

**Practice:** Ya Dhal Jalali wal 'Ikram (yaa DHAL ja-LAA-li WAL 'ik-RAAM)

All manifestation of power (al-Jalal) as well as all manifestation of beauty (al-Jamal) come from God's absolute essence. *(excerpt from Physicians of the Heart)*

## Day 4

Practice, Discussion, and Review

**Meditation:** Tamboura Drone

**Reading:** Sufi Message Volume 8 The Privilege of Being Human, Nr. 16 Spirituality

**Practice:** Tuning to the deepest part of your being

1. Within the treasure trove of your being
2. With the intention of revealing what is 'real'...
3. Recite: Ya Batin (The Hidden) / Ya Zahir (The Manifest)

**Practice:** Ya Dhal Jalali wal 'Ikram (yaa DHAL ja-LAA-li WAL 'ik-RAAM)