



## **Zikar Instructions by Hazrat Inayat Khan**

The words of Zikar are “La E La Ha El Allah Hu”.

The most essential part is “El”, the central word, which has an action, an influence upon the solar plexus, when rightly done. If rightly done, one will profit in six weeks.

The action strikes upon the nervous center, which is then put to action - joy arises, not dependent on outer things. It comes from the heart. One can put the hand there and feel the action. Every day for 5 minutes say the word [EL], then the center is wakened, inspiration comes, healing becomes easy, tuning a person’s life becomes easy - others too can be tuned - because on the inner plane we are connected like a telephone central station.

LA EL LA HA: prepares the breath for EL; breath becomes vital and it strikes the nervous part like a sword. That must be moved first, then it strikes with the moving of the head.

Another word is HU - This exercise must be produced from the depth of the being; it, releases the Solar Plexus from all gases and the center, becomes clearer; intuitive faculties become clear; it takes away confusion, congestion, depression. Do for 3 minutes. Nerves of the Solar Plexus are very fine. In this physical center the highest spirit functions. It seats- The Throne of God.

The Heart of flesh is only a reflector of the Solar Plexus: - the real Heart. It is a joy. it makes one float, rise above worries, anxieties.

Its expression differs. Sometimes it manifests as tears, sometimes with happy smile, sometimes a shining forehead. It is seen in the glance: Optimism comes, hope and courage come; confusion clears, the path is clear, decision comes, intuition develops - also inspiration.

Zikar is a rhythmic suggestion to the heart, and the circulation of the blood: - it runs in rhythm, making the whole system rhythmic, including pulsation and muscles, that is the physical body, which is the first necessary step towards spirituality.

Zikar has two aspects of its being: spirit [which is the] breath and body [which are the words]. Words produce the fire element, and breath is life. Fire warms the heart and coldness; begins to vanish so that word, voice, atmosphere, glance, touch, all express warmth, and the Zakir [the one who practices zikar] in time responds to everything: and every being.

Warmth makes the fire blaze up and flame lights his path. Zikar is important for the Sufi's spiritual advancement, and through it everything in Heaven and earth are attained.