



Guidelines for onsite and online programs of  
Shamali Nature and Retreat Center and the Norwegian Sufi Community.

*Towards the One  
The perfection of love, harmony, and beauty  
The only Being  
United with all the Illuminated Souls  
Who forms the embodiment of the Master  
The spirit of Guidance*

- I bring an attitude of service to others and our environment, recognizing I must also consider my own needs.
- I am committed to the expansion of human consciousness and my own personal growth.
- I recognize that anything I see outside myself—any criticisms, irritations, or appreciations—may also reflect what is inside me, and I commit to looking at these before addressing others.
- I endeavor to recognize and change personal attitudes and behavior patterns that are limiting. I will refrain from imposing them on others.
- I embody congruence of thought, word, and action. I take responsibility for the spiritual, environmental, and human effects of my activities.
- I respect all forms of life and other people's property. I wholeheartedly respect other people; their differences, views, origins, backgrounds, and issues. I acknowledge that there may be wider perspectives than my own.
- I use clear, honest communication with open listening, heart-felt responses, loving acceptance, and straightforwardness. I talk to people rather than about them. I am willing to listen to constructive feedback and work with it.
- I respect the law of the land, keep agreements I have made, and do not break or try to evade any guidelines.
- I bring the Spirit of this statement to all my dealings.