

Classes offered in 2013:



Featured Teacher and Summer School Director: Murshid Tansen Philip O'Donohoe (England)

Cultivating Inner Spaciousness: Centering in Serenity

The all-school class will be based on the *Vigyana Bhairava Tantra*, an ancient tantric text of the Shaiva tradition, which presents 112 ways to open the invisible door of consciousness. It offers an incredible variety of spiritual practices and ways of discovering pure consciousness. No realm of human experience is excluded from the field of spiritual realization. Unless we remain in the present moment our awareness cannot enter into the realm of timelessness. It is in the realm of timeless eternity that the real Self is experienced.

Meditation: Centering the Soul in the Heart

Additional afternoon class based on the unpublished paper of Murshid Samuel L. Lewis *Githa Dhyana: Meditation*. In this class we will explore in some depth the techniques, practice and *inshallah*, the experience of meditation.



Murshid Saadi Shakur Chisti (Scotland)

Entering a Secret Garden of Love: The "Plan A" of Hazrat Inayat Khan

The flower opens, the flower closes. We will explore two early, embodied practices of Hazrat Inayat Khan to cultivate healing and connection to guidance. First, the rhythmic Sufi body prayer Pir-o-Murshid used to dive into an ocean of peace, releasing all care and worry in divine oblivion, the original practice of *tasawwuri Muhammad*. Second, a group of body awareness practices to cleanse and heal the senses so that we can feel each new breath as a healing breath. Moving zikr, walking meditation, group dance and chant will complete our journey.

Initiators' Class: The "Delicate Thread"

Class for Sufi initiators and guides only. We will continue to explore teachings and practices from the Sangathas of Hazrat Inayat Khan, including five types of magnetism, working with mureeds in the silence, *tasawwuri*, zikr, and atmosphere. We will also continue our work from last year with *darshan* and *tawajjuh*.



Murshida Sophia Gita Onnen (Germany)

"Die before you die"

Fana points to the fact, that everything existing in a form or a body will change, allowing the door to another world to open, bringing it back to the Universal Self. Fana can free us for a meaningful life in the Here and Now which is really all there is. Let us take the chance and continue now with letting go of unhealthy attachments, conceptions and identifications. Diving into the depths of our being with meditative Soulwork, breathing and walking concentration, dance, mantric practices, stillness.



Murshida Baraka von Kügelgen (Germany)

The Essence of Spiritual Healing

Performing the Healing Ritual we ask to be used as a channel for divine healing energies. How can we expand our inner space more and more and keep it open for the flow of light, love and life force? How can we increase our capacity for compassion and unity? Murshid SAM points out that from the highest view there is no healing but healing of self. We will work on potential barriers to our being a clear healing channel; strengthen our magnetism with specific healing practices and learn how to use it in different ways.



Khalif Wali and Sheikha Arienne van der Zwan (Germany)

The Perfection of the Heart

Why do we concentrate upon the heart in the Dances? And, what is the heart in Sufi context beyond the physical organ? For answers, we dive into Murshid SAM's Perfection of the Heart and his views on Concentration, Zikr, the Nafs (ego), Fana and Baka. In the classes, we will share some of his practices and teachings, as usual mixed with some dances and possibly walks.



Sheikha Alima Stoeckel (Germany)

Looking into the mirror of life – within and without

We will practice to cultivate and maintain an open, embracing and loving space within, where we can welcome the diversity of life with all its challenges. Looking honestly into the mirror of life, allowing healing and transformation to happen in the depth of our being, living our life from a broader perspective, a deeper understanding and the power of an open heart and spirit. A creative soulwork based exploration of life with the rich tools of our transmission – dances, meditation, wazifas and planetary walks.



Khalif Jelaluddin Sturm (Germany)

Discover the Inner life to live a fulfilling outer life

In "The Inner Life" Hazrat Inayat Khan describes the inner journey as "the journey of life". On this journey we don't ignore the everyday life; on the contrary, we are enabled to master the outer life and to find the true purpose of our life. Sam Lewis in his commentary of Hazrat Inayat Khan says "Go beyond the material world, orient to the fullness of life". We will try this, through various practices and following the guidance that Hazrat Inayat Khan and Samuel Lewis offer us for this journey.



Sheikha Rahmana Dziubany (Germany)

Women on the Path. Journeying the landscapes of our soul in the footsteps of our female ancestors

Through the gateway of these great women hearts, their own unique soul journey, their teachings, stories, poetry, prayers, their call and mission as mothers, daughters, sisters, wives and lovers, mystics, dancers, ascetics and so much more, we enter our own life's story. Hand in hand with them we travel through our inner fields, forests, deserts and oceans. Let us meet, greet and welcome Khadija, Umm Salama, Rabia al Adawidda, Noor-un-Nisa Inayat Khan, Ruth St. Denis and Kamae Amrapali Miller.



IIth EUROPEAN

RUHANIAT
SUMMER SCHOOL

2013

Cultivating Inner
Spaciousness

Centering in
Serenity

29.June–6.July 2013

Proitzer Mühle near Uelzen

11th EUROPEAN RUHANIAT SUMMER SCHOOL 2013:

Cultivating Inner Spaciousness: Centering in Serenity

- **Introduction to the Sufi path** and to the lineage of Hazrat Pir-o-Murshid Inayat Khan, Hazrat Pir Samuel L. Lewis and Hazrat Pir Murshid Moineddin Jablonski.
- **A variety of classes:** for those already on the Sufi path, including Sufi guides, as well as for those exploring taking up Sufi practice.
- **Guided retreat processes** using Dances of Universal Peace, meditation, Sufi zikr and wazifa (mantric practice), walking concentration, body awareness, Sufi soulwork, Sufi healing practice, silence and Sufi stories.
- A wonderful way to experience and share practices with the **main Ruhaniat Sufi guides** from Europe.
- **A beautiful venue in nature**, comfortable accommodation and healthy food catering to a variety of diets. Experience our Sufi Café atmosphere on the terrace of Proitzer Muehle.
- **Joyous community with seekers** from a dozen countries and languages – eating, dancing and praying together.

Our focus this year will be on the inner life and the cultivation of inner spaciousness, or emptiness. By establishing contact with the innate spaciousness in the heart and mind we can awaken the inner senses and realize a deeper level of being or Presence which continuously expresses itself in us and through us every moment of our lives. The more we are in touch with spaciousness the less ego-centered we become and as Murshid Samuel Lewis has said, “There is nothing in life which is so akin to death as the constant thought of self.”



Through spiritual practice the ego is assimilated into Divine Essence and correspondingly the Divine Essence also assimilated into the ego. Through this transformative process self-realization can gradually take place. As Hazrat Pir-o-Murshid Inayat Khan taught us self-realization is the ultimate aim of a sufi although this is the highest and most difficult attainment of all.

During this year's summer school we will draw from the teachings of our Sufi lineage sharing various classes including meditation, soulwork, heart focus, spiritual dance, Sufi zikr, wazifa, walking concentrations, centering exercises from Vignana Bhairava Tantra, and tasawwuri. Our teachers will include the main Ruhaniat Sufi guides and initiators in Europe: Murshid Saadi, Murshida Sophia, Murshida Baraka, Khalif Jelaluddin, Khalif Wali, Sheikha Arienne, Sheikha Alima, Sheikha Rahmana, Sheikha Rafia and myself.

Our summer school is dedicated to the service of peace and for the benefit of all living beings. **Murshid Samuel L. Lewis** (1896–1971) was a mystic, schooled in both Zen and Sufism, recognized as a teacher in both traditions, who felt that spirituality should be a matter of living experience, not concepts or theories. His spiritual successor, **Pir Moineddin Jablonski** (1942–2001) believed that spirituality was not fully realized until fully embodied, with all elements of the personality, both light and dark, included in a life of joy and compassion. Both lived and taught in the tradition of **Hazrat Inayat Khan** (1882–1927), who brought a form of universal Sufism to the west. On this path we recognize and honour equally all the different spiritual traditions of the world.

If you wish to explore or deepen in the Sufi path, the Summer School is a good place to be. The variety of classes as well as the relaxed, informal atmosphere and sharing with people from many different lands is invigorating and enlightening. Here you can find both guidance and a company of fellow travellers with open hearts and arms ready to embrace and support you.

We hope you will join us!

Murshid Tansen Philip O'Donohoe, Director

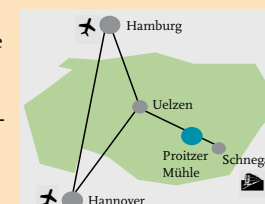
Meditation is not only far more important than study, it is true study. When one completely relaxes the body and mind, and becomes receptive to God, then the Voice of God will speak to one in the language of the soul. This is true Sufism which can never be explained, yet can clearly be understood.

– Murshid Samuel L. Lewis



Location: Proitzer Mühle is in North Germany, in the hills of the nature reserve park of the Elba river, surrounded by forests, meadows and lakes. Proitzer Mühle is an old watermill, whose history goes back to the 14th century. The buildings are on a 10 hectare site and have been remodeled to a high standard, with a large, wooden sprung-floor dance space on which can dance 200 people. Full transport details will be sent 4 weeks before summer school, and there will be help for non-German speakers.

For more information on the site, see www.proitzer-muehle.de



Director: Murshid Tansen Philip O'Donohoe
Assistant Director: Murshida Gita Sophia Onnen
Manager: Edmund Aziz Dixon
Organisational Director: Qadima Sabine Brandt

Summer School tuition: € 340 per person, Couples: € 640

Accommodation – several options (per person):
€ 285 to 310 (Bedroom/including meals, depending on the room)
€ 217 (Camping /Mattress room)

Early Registration Discount: € 50 for booking if your deposit of € 250 is received in the bank before 1st March 2013.

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