

Ruhaniat Summer School 28th June - 5th July 2014

Saadi's afternoon class 4.45 - 6pm

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Sunday afternoon. Track 1. 10m.

Invocations in English and German.

CHANT: Bismillah er Rahman er Rahim, Wal Asr.

Breathe Ya Asr.

Sunday afternoon. Track 2. 52m.

Theme this week: Murshid S.A.M.'s Paper on self-protection. Historical background.

Murshid S.A.M.'s work with Rabia Martin.

Murshid S.A.M. gives many practices (not just in the Self-Protection Papers), e.g. prayer, symbol, wasifa, breath practice, visualisation, feeling lineage connection.

Using protection practices in dreams.

If really in need, ANYTHING you remember will work, if you pray from the heart.

BREATH PRACTICE: Breathe in the heart Towards the One, to feel the sense of guidance and connection with teachers. Add intention.

Different ways for the heart to be open.

Other practices for feeling the inner connection.

PRACTICE INTRO: Allah Nuri.

Sunday afternoon. Track 3. 8m.

CHANT: Allah Nuri.

Monday afternoon. Track 1. 15m.

WALK: Towards the one, especially as a 'protection' practice, or as a balancing practice

How to listen from the heart.

Monday afternoon. Track 2. 51m.

Practice to help with listening, from Raden Ayou Jodjana, a Mureed of HIK's.

Protection on one level is coming into balance in our relationships.

Using Allaho Akbar for protection.

PRACTICE: Breathe 4 in, 4 out, Allah-ho-Ak-bar. Feel heart and wings on forehead. Bring to mind a situation with options.

Discussion of responses to the practice.

CHANT: Allaho Akbar using resonation. Intone in heart on one tone, slowly. Then make it smoother, eliding the sounds together.

Protection practices for while you are dreaming.

ZIKR CHANT INTRO: La hawla wa la quwwata

Monday afternoon. Track 3. 8m.

CHANT: La hawla wa la quwwata illa billa.

Tuesday afternoon. Track 1. 25m.

DANCE: La hawla wa la quwwata illa billa, wa Allah kuli shayin qadir.

Tuesday afternoon. Track 2. 8m.

WALK: Towards the One plus dot and circle.

Tuesday afternoon. Track 3. 37m.

Using symbols as visual wasifas.

Irfan - uses, history. Alternatives you could use.

SUFI STORY: Boy in kindergarten slow to learn his alphabet.

Feeling the lineage and teacher in our inner world when we do practices.

Q and A.

Wednesday afternoon. Track 1. 12m.

DANCE: Abwoon d'bashmaya.

Aramaic Prayer spoken by all.

Wednesday afternoon. Track 2. 19m.

WALK: Breathe with Abwoon in the heart, then with alef symbol in heart. Bring in alternative decisions and notice breathing.

WALK: Review of Sun Walk, with Allah, and Abwoon as well.

Variations discussed.

Wednesday afternoon. Track 3. 40m.

Q and A session.

Protection from ourselves.

Changing the depths of the heart by self-sacrifice, by service, or through painful life experiences.

Listening out for help from the One.

Releasing fearful attitudes.

Practices to use in friendly and unfriendly atmospheres.

Prayers for protection - in-breath, out-breath and neutral prayers.

Thursday afternoon. Track 1. 16m.

DANCE: Wa illa huna wa illa hu kum wahidun.

Thursday afternoon. Track 2. 10m.

WALK: Review of the Walk Towards the One, then with dot and circle, Allah, Allaho Akbar, Ishq Allah mahboud lillah, heart and wings.

Discussion of people's experiences of the Walk.

Thursday afternoon. Track 3. 35m.

Feelings of grandiosity and low self-esteem as hurdles.

Using Allaho Akbar against your own negative thinking - greed, envy, fear - especially if it becomes habitual or obsessive.

CHANT: Ya Hafi

CHANT: Ya Dafi.

Thursday afternoon. Track 4. 20m.

HIK teaching that when someone criticises you, be pleased they've pointed out an area where you can improve.

Q and A session.

CHANT: Allah huma j'al fi qalbi nuran.

Friday afternoon. Track 1. 19m.

DANCE: Mohammed Abdullah

Friday afternoon. Track 2. 10m.

WALK: Walk to feel inner connection to guidance/silsila. Feel HIK's energy. See it in others.

Friday afternoon. Track 3. 27m.

Conclusions drawn from the Self-protection Paper.

All the practices from this week have two sides; when we feel defensive, they're protection. But they're also a blessing, leading us onward.

Handout of the Prayer of Light, regarding the practice tomorrow.

Friday afternoon. Track 4. 21m.

CHANT: Allah huma j'al fi qalbu nuran

PRACTICE: (Based on the Prayer of Light). Breathe with Allah huma. Open up to guidance. Breathe in Allah, breathe out Nur. Breathe it through parts of the body.

CHANT REPRIS: Allah huma j'al Azim li Nuran, 'atini-nuran.