

## Ruhaniat Summer School 2nd - 9th July 2016

### Saadi's afternoon class, 4.45pm - 6pm

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#### **Sunday 4.45pm Afternoon class. Track 1. 1m.**

Invocations.

#### **Sunday 4.45pm Afternoon class. Track 2. 18m.**

What the classes will cover: Moineddin's life (details from new book 'Illuminating the Shadow').

Relating Moineddin's experiences to our own lives.

DANCE (all 4 with voices only): Introductory bismillah.

DANCE: Ya Hayy, Ya Haqq.

DANCE: As-Salaam aleikum partner dance.

DANCE: Ya Mohammed Abdullah.

#### **Sunday 4.45pm Afternoon class. Track 3. 8m.**

CHANT: Om Nama Shivaya (group chants along with a recording of Moineddin).

#### **Sunday 4.45pm Afternoon class. Track 4. 26m.**

The book covers Moineddin's life, especially as Pir from 1971 to 2001.

Childhood and life up to early twenties.

Interest in Civil Rights Movement.

Mansur Johnson introduced Moineddin to Murshid S.A.M. - early stories.

Moineddin's initiation.

Zen centring practices.

CHANT introduction: Kyrie of the Angels.

#### **Sunday 4.45pm Afternoon class. Track 5. 8m.**

CHANT: Kyrie of the Angels.

#### **Sunday 4.45pm Afternoon class. Track 6. 8m.**

Moineddin's health challenges, and how Murshid S.A.M.'s visit to him in hospital.

Moineddin's main message in life.

#### **Monday 4.45pm Afternoon class. Track 1. 1m.**

Invocation, in German and English.

#### **Monday 4.45pm Afternoon class. Track 2. 13m.**

DANCE: Allah Hu/Mohammedar Rassoulillah.

#### **Monday 4.45pm Afternoon class. Track 3. 13m.**

WALK: Murshid S.A.M.'s attunement to Mohammed.

Moineddin's approach to the Walks.

Moineddin, Fatima and Wali Ali 'attuned to Murshid S.A.M. attuning to the prophets'.

WALK: Pluto.

#### **Monday 4.45pm Afternoon class. Track 4. 13m.**

Teaching on the Pluto Walk.

Zen anecdotes from Moineddin about Murshid S.A.M.

Met Suleiman Dede - led to Moineddin developing his style of leading zikr.

**Monday 4.45pm Afternoon class. Track 5. 5m.**

CHANT: Ram Nam (sri ram jai ram jai jai ram om) - group chants along with recording of Moineddin.

**Monday 4.45pm Afternoon class. Track 6. 15m.**

Moineddin developed the Universal Worship Service, especially the inner way of leading it.

Saadi's description of how Moineddin gave Darshan - very fast transmission.

Moineddin's kidney disease, and assumption that he would die soon.

The separation of Moineddin's students from Pir Vilayat, so that they had clearer lead from Moineddin.

**Monday 4.45pm Afternoon class. Track 7. 8m.**

ZIKR CHANT: Moineddin's variation on Hazrat Inayat Khan's zikr (in a major mode rather than minor one). La illaha el il Allah hu / Il illaha el il Allah hu / Hu illaha el il Allah hu. Group chants along with recording of Moineddin.

**Tuesday 4.45pm Afternoon class. Track 1. 1m.**

Invocation in German and English.

**Tuesday 4.45pm Afternoon class. Track 2. 15m.**

WALK: Ya Wali.

WALK introduction to 'Three Wasifas' Walks.

WALK: Subhan Allah.

WALK: Alhamdulillah.

WALK: Allaho Akbar.

**Tuesday 4.45pm Afternoon class. Track 3. 15m.**

DANCE: Devotional zikr dance of Murshid S.A.M. (with Moineddin's melody; same as the melody for the chant, but in 3/4 rhythm).

**Tuesday 4.45pm Afternoon class. Track 4. 32m.**

Moineddin's focus on completing projects, when he thought he was dying.

Moineddin's 'Commentary on Mental Purification Papers of Hazrat Inayat Khan'.

Moineddin's approach to illness.

BREATH PRACTICE: Ya Quddus, Ya Tawwab.

FIKR PRACTICE: Fikr of Murshid S.A.M. 'La illaha' out, 'El il Allah' in.

Suggestions for practices to use when going through bad times.

Fatima's trip with others to teachers in the East, to get blessing for her being Moineddin's successor as Pir, e.g. Mother Krishnabai and Sufi Barkat Ali.

Moineddin's first kidney transplant.

CHANT INTRO: Hymn to the Prophet.

**Tuesday 4.45pm Afternoon class. Track 5. 6m.**

CHANT: Hymn to the Prophet - group chants along with Moineddin on recording.

**Wednesday 4.45pm Afternoon class. Track 1. 1m.**

Invocation in English and German.

**Wednesday 4.45pm Afternoon class. Track 2. 16m.**

Centring Walks - Murshid S.A.M started these, but Moineddin developed them a lot further. Centring on feet, belly, heart, and crown.

CENTRING WALK: Feet.

CENTRING WALK: Heart.

CENTRING WALK: Crown, heart and belly together.

CENTRING WALK: Belly.

CENTRING WALK: All centres together.

**Wednesday 4.45pm Afternoon class. Track 3. 22m.**

Path of Fana.

Dealing with your nafs.

How to strengthen your connection to inner guidance - when a powerful teacher dies, people want to follow what they had been doing.

After Moineddin's brush with death, he changed a lot - moved to Hawaii, changed his pace of life.

Moineddin's development of Soulwork with advice from Frida Waterhouse.

Spiritual life has to gradually include everything. Tension is created when the spiritual and the everyday are far apart.

Changes to Ruhaniat organisation - ethical guidelines, etc.

**Wednesday 4.45pm Afternoon class. Track 4. 12m.**

CHANT: Moineddin's zikr.

**Wednesday 4.45pm Afternoon class. Track 5. 18m.**

Moineddin's focus on teaching through Jungian-style fairy stories. A different way of communicating.

PROSTRATION PRACTICE (sijda): putting forehead on the earth - inhale 'La illaha', exhale 'El Allah hu', releasing through third eye.

PRACTICE: Zikr phrase 3 times each, through the chakras.

**Thursday 4.45pm Afternoon class. Track 1. 2m.**

Explanation that whole class will be in silence except for parctices, due to Silent Day.

Invocation in English and German.

**Thursday 4.45pm Afternoon class. Track 2. 4m.**

WALK: Heart and wings in heart, with star and crescent moon.

**Thursday 4.45pm Afternoon class. Track 3. 8m.**

DANCE: Bismillah (first part of Moineddin's zikr).

**Thursday 4.45pm Afternoon class. Track 4. 9m.**

BREATH PRACTICE: Bismillah, with star and crescent moon in the heart; heart and wings around them.

**Thursday 4.45pm Afternoon class. Track 5. 4m.**

WALK: Heart and wings sensed at crown, for guidance and connection.

**Thursday 4.45pm Afternoon class. Track 6. 10m.**

DANCE: Part of Moineddin's zikr.

**Thursday 4.45pm Afternoon class. Track 7. 6m.**

MEDITATION: Heart and wings in crown, then heart, then belly.

**Thursday 4.45pm Afternoon class. Track 8. 3m.**

WALK: Heart and wings in belly. Breathing Ishq Allah Mahboud Lillah.

**Thursday 4.45pm Afternoon class. Track 9. 8m.**

ZIKR DANCE: Ishq Allah Mahboud Lillah (outer circle) / La illaha il Allah hu (inner circle).

**Thursday 4.45pm Afternoon class. Track 10. 10m.**

MEDITATION: Heart and wings in belly. Breathe Ishq Allah, then imagine heart and wings rising through all centres.

**Thursday 4.45pm Afternoon class. Track 11. 4m.**

WALK: Heart and wings in all three places at same time. Remove all but crescent moon - 3 smiles! - as close as we can get to the Walk of Moineddin.

**Thursday 4.45pm Afternoon class. Track 12. 5m.**

ZIKR DANCE: Bismillah (standing close together throughout). Every moment a new bismillah.

**Friday 4.45pm Afternoon class. Track 1. 1m.**

Invocation in English.

**Friday 4.45pm Afternoon class. Track 2. 19m.**

WALK: Subhan Allah, for clearing your mind of feelings of illness.

WALK: Alhamdulillah. Everything returns to the One.

WALK: Allahu Akbar. Trust that there's a greater reality holding us.

WALK: Tassawuri Walk of Moineddin (review of yesterday's Walk from end of session).

**Friday 4.45pm Afternoon class. Track 3. 5m.**

Sanctus (recording of Moineddin singing).

Simple Gifts (recording of Moineddin singing a round with Fatima).

Simple Gifts (recording of Moineddin, with added zikr phrase).

**Friday 4.45pm Afternoon class. Track 4. 28m.**

Final period of Moineddin's life.

Moineddin established an earth-based community in New Mexico, with a focus on seed-saving.

Ecology as a spiritual path.

Ruhaniat changes.

Moineddin gave his blessing for the DUP Network to begin, in 1982.

Tried to make peace between different Inayati lineages.

Much development of Soulwork.

Reframed the Sufi practice of Mujahida - inner struggle (practice of clearing the heart through fikr).

Q & A: Where did Moineddin live? Was he a container for baraka? Did Saadi get to see him much during those years? How did he raise his children? How do the Ruhaniat and the DUP movement differ?

**Friday 4.45pm Afternoon class. Track 5. 5m.**

CHANT: Ya Murshid, Ya Rassoul, Ya Allah (group chants along to recording of Moineddin from 'Meeting the Teacher' CD, 1998).

**Friday 4.45pm Afternoon class. Track 6. 8m.**

Q & A recording of Moineddin from 'Meeting the Teacher' CD, 1998: Murshid S.A.M.'s cooking, Moineddin's connection to him, etc.

**Friday 4.45pm Afternoon class. Track 7. 11m.**

CHANT: 'Zikr of the crickets' - recording of Moineddin leading zikr from the 'Meeting the Teacher' CD, 1998.

Recorded in Kansas City, Missouri.