

## Classes offered in 2010:



Featured Teacher and Summer School Director:  
Murshid Saadi Shakur Chisti (Scotland):

**Steps on the Path: Travelling a Deeper Way of the Heart** (Sources: "Fana-fi-Sheikh" and "Sadhana (Mastery Through Accomplishment).") All-school class: Hazrat Inayat Khan and Murshid Samuel Lewis both describe the way of "mastery through accomplishment" – meeting life's challenges, choosing a goal and developing heart-power through reaching it. In addition, both relate the outer journey of life to inner progression in the qualities of peacefulness, joy and love. In the Sufi way, one does not avoid life but meets it with open arms. Murshid Saadi will also conduct a smaller class for Sufi guides and advanced students and co-lead a daily session of zikr and meditation practice with Khalif Tansen.



Murshida Sophia Gita Onnen (Germany):

**The Healing, Integrative and Peaceful Power of Sufi Soulwork** (Sources: "A Gift of Life" and "Mental Purification"). We connect with the High Self, our individual "Door to the Divine," which has its own wisdom in guiding and protecting us. At our inner "Table of Holy Wisdom" we embrace all the different inner aspects and voices. Practices include Soulwork meditation, wasifa, prayer, walks, dances, Zikr, Fikr, silence and the Absent Healing Ritual of Hazrat Inayat Khan.



Khalifa Baraka von Kugelgen (Germany):

**The Art of the Walks: Meditation in Motion and Healing** – Tools on the Path Through the Walks we can explore our personality and develop it further; we can feel our body, integrate it and sense it as a divine temple, and we can tune in with higher energies and melt our self-consciousness in God's consciousness. We will explore the Walks of the centers, elements, tsymbols, wazifa, planets, masters, saints and prophets.



Khalif Tansen Philip o'Donohoe (England):

**Spiritual Evolution by the Power of Sound** (Sources: "The Metaphysics of Sound" and "Spiritual Training through Music"). Primarily for Sufi mureeds who have been on the path for awhile and who would like to deepen their practice. We will explore in some depth the vibrational effects and creative potentiality of such practices as Zikr,

wazifa, walks, spiritual dance and the sound of silence itself. In addition Khalif Tansen will co-lead a daily session of zikr and meditation practice with Murshid Saadi.



Khalif Wali und Sheikha Arienne  
van der Zwan (Germany):

**The Path of Initiation & Discipleship**  
(Source: paper of same name).

For those inquiring about the Sufi path or new initiates needing a refresher on the fundamentals. Initiation is taking a step into the unknown, shooting an arrow at an unknown mark. Murshid Samuel Lewis says initiation may "open the doors to humanity on earth, to hierarchy in heaven and to Allah in all aspects and planes of existence."



Sheikha Alima Stoeckel (Germany):

**Bestowal of blessing: Receiving, Holding and Sharing the Power of Heart** (Source: paper of same name). Baraka comes from the heart of the divine. It is positive, live-giving and increases vitality. We will explore and experience how we can receive it, how to hold and

increase it and how to be a blessing for the world. We will work with walks, dances, atunement and rituals from the rich treasure of the Ruhaniat transmission.



Khalif Hauke Jelaluddin Sturm (Germany):

**Sufi Psychology: Practical Alchemy for Mind and Soul** (Sources: "Philosophy, Psychology, Mysticism" and "Mental purification"). Psychology can be a higher alchemy as long as we not only study but also practice it. Hazrat Inayat Khan shows himself to be a very sensitive, but also very keen explorer of human behavior. He brings all of this empathy and wisdom together when he offers practices, in meditation, sound and breath, to awaken our hearts and souls.



Sheikha Rahmana Dziubany (Germany):

**Helpers of the Soul: Wazifa and Prayer** (Sources: "Ryazat," "Sufi Book of Life"). Through sound, dance, body prayer, poetry and silence, we will create a space of practice and devotion. We will explore the world of the "Beautiful Names" and prayer. Both provide tools to cope with the challenges of being human.



8<sup>th</sup> EUROPEAN  
RUHANIAT

SUMMER SCHOOL

2010



Steps  
on the Path:  
Travelling  
a Deeper Way  
of the Heart

26. June – 3. July 2010

Proitzer Mühle near Uelzen



8<sup>th</sup> European Ruhaniat Summer School 2010:

## Steps on the Path: Travelling a Deeper Way of the Heart

- Introduction to the teachings of Hazrat Inayat Khan, Pir Murshid Samuel Lewis and Murshid Moineddin Jablonski—especially for those exploring taking up Sufi practice;
- Classes for those already on the Sufi path –beginners, middle and more advanced (including Sufi guides);
- Guided retreat processes using Dances of Universal Peace, Sufi zikr and wasaif (mantric practice), walking meditation, body awareness and contemplation, Sufi Soulwork, Sufi healing practice, silence and Sufi teaching stories;
- A way to experience and share practice with the main Ruhaniat Sufi guides in Europe;
- Joyous community with seekers from a dozen countries and languages—“eating, dancing and praying together”

Life often presents us with many challenges, to which we feel the need to respond immediately, with as much grace and wisdom as we can manage at the moment. At the same time, once we enter the spiritual path, much of what we experience is not driven by outside affairs, but by the inner impulse of our hearts to expand. In essence, life conspires to help us grow, and grow towards more love and life.



The spiritual path is not only about mastering tools to „fix“ life, a sort of first-aid approach, but also about taking a wider heart-view of where we are in life, and where we are going. The teachers of the Ruhaniat Sufi lineage have reflected on these “steps on the path,” and offered spiritual practice to help us see with the eyes of the heart.

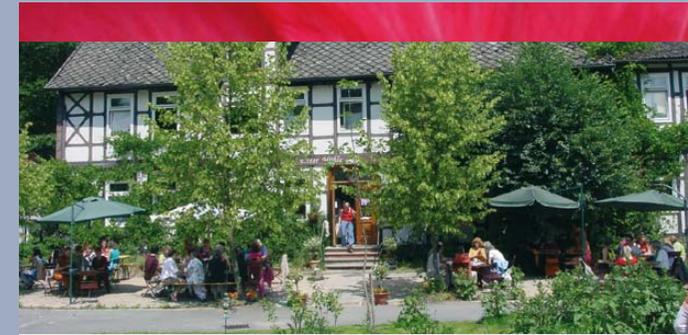
A full description of the classes listed in this brochure is online at [www.sufiruhaniat.eu](http://www.sufiruhaniat.eu).

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 division and conflict. His spiritual successor, Moineddin Jablonski (1942–2001) believed that spirituality was not fully realized until fully embodied, with all elements of the personality – 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 tradition of universal Sufism to the west. On this path we recognize equally all the different spiritual traditions of the world and honor them as an expression of the Holy.

Whether you are considering beginning a spiritual practice in the Sufi way, or have been travelling awhile, you can find here both guidance and a company of fellow travellers with open hearts and arms ready to embrace you.

We hope you can join us!

Murshid Saadi Shakur Chisthi, Director



### Location:

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

For more information on the site, see [www.proitzter-muehle.de](http://www.proitzter-muehle.de)

**Director:** Murshid Saadi Shakur Chisthi

**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):**

€ 260 to 300 (Bedroom/including meals, depending on the room)  
€ 200 (Camping /Mattress room)

**Early Registration Discount:** € 50 for booking if your deposit of 250 euros is received in the bank before 1st March 2010 !

### Info and registration:

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**Online registration at:**

[www.sufiruhaniat.eu](http://www.sufiruhaniat.eu)

