

Ruhaniat Summer School 2010
"Steps on the path: travelling a deeper way of the heart"
Saadi Neil's morning class 9 - 10.15 am

CONTENTS LIST

Sunday morning. Track 1. 35m.

Theme for the week: accomplishment in life, and solving problems. (Texts used: 'The Inner Life' by Hazrat Inayat Khan, and some parts of 'Fana-fi-sheikh' by Murshid S.A.M.)

The evening Sufi story will be 'Conference of the birds', by Farid Attar, which explores this theme.

Accomplishment and hope.

Choosing a goal.

CHANT: Ya Jamil and Ya Warit.

Monday morning. Track 1. 12m.

DANCE: Ad dunya qantaraton.

Monday morning. Track 2. 46m.

CHANT: Subhan Allah and Saba ana.

Develop the capacity to concentrate on/love one thing.

BREATH PRACTICE: Breathe Towards the One, and bring options into your heart, to help you choose.

Using Walks to help with decision-making.

CHANT: Bismillah er Rahman er Rahim, wal Asr.

CHANT: Inal insana laafi kusr.

Tuesday morning. Track 1. 25m.

Invocations in English and German.

DANCE: Ina d'tayeb l'khun atra. Hayye d'alma.

Tuesday morning. Track 2. 14m.

Help towards our goal from outside ourselves.

Being content or discontent.

PRACTICE (introduction only recorded): For dealing with the confusion around choosing a goal, use Ya Hakam and Ya Hakim.

Tuesday morning. Track 3. 7m.

How to tell the difference between an egotistical wish, and something deeper.

Tuesday morning. Track 4. 6m.

CHANT: Inal insana laafi kusr.

Wednesday morning. Track 1. 8m.

Invocations in English and German.

DANCE: Ya Hayy, Ya Haqq.

Wednesday morning. Track 2. 24m.

Goals and energy - using Ya Hayy Ya Haqq Dance to explain how rhythm helps the concentration on and accomplishment of a goal.

Wanting things as part of the Universe's process.

Taking a Sufi teacher as part of learning how to develop concentration, and how to surrender.

CHANT: Ya Wahid, Ya Ahad.

Wednesday morning. Track 3. 2m.

BREATH PRACTICE: Ya Wahid.

Wednesday morning. Track 4. 9m.

CHANT: Ya Ahad.

Surrendering into the goal, and surrendering the goal.

Wednesday morning. Track 5. 15m.

Expanded poetic translation of Sura Al-Asr: Bismillah er Rahman er Rahim, wal Asr. Inal insana laafi kusr. Illallazina aminu wa amilus sallihatti.

Getting out of the sense of gain and loss in life.

CHANT: Illallazina amanu wa amilus sallihatti, Ya Haqq, Ya Sabur, Ya Iman, Ya Saliq).

Thursday morning. Track 1. 2m.

Invocations in English and German.

DANCE INTRO ONLY: Mohammed Abdullah Dance.

Thursday morning. Track 2. 38m.

Accomplishment by merging with what you love, and getting beyond your personality.

Connect to the chain of guidance to receive help to achieve your goals, and to soften the self.

CHANT: Illallazina amanu wa amilus sallihatti

Friday morning. Track 1. 21m.

Conclusions on teachings about accomplishment.

Practice reserve when trying to change yourself or achieve a new goal.

The necessity for patience, using rhythm and fikr.

The need to control the emotions. Too much enthusiasm can lead to burnout.

Wasifas to do with patience and reserve.

CHANT INTRO ONLY (actual chant not recorded): Ya Sabur.

Friday morning. Track 2. 7m.

CHANT: Wa tawassaw bil haqqi wa tawassaw bis sabr.

(NB: The Sufi story 'Conference of the Birds' by Farid Attar was told in instalments each evening by Saadi Neil.)