

Ruhaniat Summer School 2nd July - 9th July 2011

Saadi's morning class 9am - 10.15am

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Sunday morning. Track 1. 17m.

Invocations.

DANCE: Ya Hayy, Ya Haqq.

Sunday morning. Track 2. 16m.

DANCE: Wa illa huna wa illa hu kum wahidun.

Sunday morning. Track 3. 10m.

MEDITATION: Ya Wahid, Ya Ahad.

Sunday morning. Track 4. 20m.

HIK's deepest teachings on healing are in Sufi Message Volume 4. Moineddin wrote commentaries on these.

Absent Healing Ritual starts from the bigger picture / unity.

To help someone, find out what they love; what their soul longs for.

Moineddin's view of how healers need to work with people (Soulwork perspective).

Sunday morning. Track 5. 6m.

CHANT: La illaha il Allah hu.

Sunday morning. Track 6. 10m.

Notices.

Monday morning. Track 1. 1m.

Invocations.

Monday morning. Track 2. 12m.

DANCE: Abwoon d'bashmaya.

Monday morning. Track 3. 11m.

DANCE: Heart sutra (Gate gate).

Monday morning. Track 4. 8m.

MEDITATION: Allah.

Monday morning. Track 5. 14m.

Nyogen Senzaki poem about the moon penetrating the depths of a pool of water.

Moineddin's concept of a person's 'shadow side'.

STORY (short): Ox and the lion.

CHANT introduction: a practice to develop tolerance.

Monday morning. Track 6. 14m.

CHANT: Ya Wasi, Ya Jalil.

Monday morning. Track 7. 8m.

Notices.

Tuesday morning. Track 1. 15m.

Invocations.

Element healing breaths.

Nayaz prayer.

Tuesday morning. Track 2. 10m.

DANCE: Wal Asr.

Tuesday morning. Track 3. 30m.

Quality of our healing attitude - rhythm (concentration).

HIK's idea of the benefits of the silent life.

Benefits of doing the Element Healing breaths.

Q & A: "If you bring forth that which is within you..." quote from Gospel of Thomas.

Q & A: What happens if someone has too much of an energy vortex for a Higher Power to help them?

Concentration happens when feeling holds thought (Moineddin).

Tuesday morning. Track 4. 11m

CHANT: Fima atarkum fastar biqul hayyrat.

Wednesday morning. Track 1. 1m.

Invocations.

Wednesday morning. Track 2. 14m.

DANCE: Ad dunya qantaraton.

Wednesday morning. Track 3. 11m.

DANCE: Inal insana laafi kusr.

Wednesday morning. Track 4. 13m.

WALK: Planetary Walks - healing breaths 'while walking through the days of the week'.

Wednesday morning. Track 5. 24m.

Moineddin: each day of the week has a different vibration - a way of looking at our own lives.

HIK: the breath is central.

The 'nest' of the breath - a Sufi teacher helps the 'eggs' (students) to 'hatch', through baraka.

Islamic version of the Jonah and the whale story explained.

Wednesday morning. Track 6. 10m.

CHANT: Zikr - La illaha illa unta.

Thursday morning. Track 1. 22m.

Invocations.

Element healing breaths.

Nayaz prayer.

WALK: Elements of Nayaz prayer.

Thursday morning. Track 2. 25m.

DANCE: Ya Haqq, Ya Sabur, Ya Iman, Ya Saliq (from Sura Al Asr)

Thursday morning. Track 3. 17m.

MEDITATION: Iman and Saliq silent meditation.

Thursday morning. Track 4. 11m.

CHANT: Zikr - Fima atarkum fastar biqul hayyrat.

Friday morning. Track 1. 24m.

Invocations.

Element healing breaths.

Nayaz prayer.

WALKS: Jupiter, Heart atmosphere expansion experiment, Venus.

Friday morning. Track 2. 17m.

DANCE: Wa tawassaw bil haqqi wa tawassaw bis sabr (last line of Sura Al Asr).

Friday morning. Track 3. 19m.

Love and will, and the relationship between them.

Moineddin - will is the unknowable essence of the Divine. The force of Creation is the will behind the goal.

Inner and outer beauty.

Without Divine will there would be no 'harvest' (symbol of the soul's return to its source).

These teachings embodied through the Absent Healing Ritual.

Q & A

Friday morning. Track 4. 6m.

CHANT: Zikr of Jonah in the belly of the whale (La illaha illa unta).

Friday morning. Track 5. 13m

Notices.

Saturday morning. Track 1. 1m.

Invocations.

Saturday morning. Track 2. 12m.

DANCE: Wa illa huna wa illa hu kum wahidun.

Saturday morning. Track 3. 7m.

WALK: Walking the elements, for integration.

Saturday morning. Track 4. 31m.

DANCE: Zikr - Sura Al Asr.

Saturday morning. Track 5. 10m.

STORY: The Seven Princesses. Part 8 - the end of the story of King Bahram-Gur.

Saturday morning. Track 6. 11m.

Thanks and notices.

NOTE: The story of the Seven Princesses by Nizami was told by Saadi over the course of the Summer School, in eight instalments, during the evening sessions and the final Saturday morning session.