

Ruhaniat Summer School 30th June - 7th July 2012

Saadi's morning class 9am - 10.15am

"Light of Beauty: the Dance of Re-creating Ourselves"

CONTENTS LIST

Sunday morning. Track 1. 14m.

Invocation.

WALK: Kadosh.

SPIN: Kadosh / Light all around us.

SPIN: Ya Tzebaot / Life energy is everywhere.

Sunday morning. Track 2. 19m

DANCE: Kadosh.

Sunday morning. Track 3. 16m

Murshid S.A.M.'s views on dance as a transformational practice.

HIK's views on how we can transform ourselves through practices.

Sunday morning. Track 4. 8m

CHANT: Ya Muhsi.

Sunday morning. Track 5. 15m

SUFI STORY: The story of Gulrukh and Hassan, part one. From a retelling by Shusha Guppy, an Iranian/British journalist.

Sunday morning. Track 6. 8m

Notices

Monday morning. Track 1. 12m.

Invocation.

WALK: Earth, with Murshid S.A.M.'s suggestions on how to feel 'earth' more.

Monday morning. Track 2. 16m.

DANCE: Use us for the purpose.

Monday morning. Track 3. 10m.

MEDITATION: Introduction to Subhan Allah practice.

Monday morning. Track 4. 15m.

MEDITATION (guided, while participants lie on the floor): Subhan Allah, with accompaniment by Tansen on guitar.

Monday morning. Track 5. 6m.

How to use Subhan Allah practice when alone.

STORY: The servant and the master who had a headache.

Monday morning. Track 6. 14m.

SUFI STORY: The story of Gulrukh and Hassan, part two.

Monday morning. Track 7. 12m.

Notices

Tuesday morning. Track 1. 15m.

Invocation.

WALK: Water (Murshid S.A.M.'s teaching, from 'Spiritual Dancing').

SPIN: Ya Wahabo.

Tuesday morning. Track 2. 18m.

DANCE: Alaha Abaru.

Tuesday morning. Track 3. 21m.

Q & A: How to do 'on the breath'.

The theory of the Universe beginning with breath.

HIK's theories about negative tendencies in people, such as hatred.

Tuesday morning. Track 4. 19m.

SUFI STORY: The story of Gulrukh and Hassan, part three.

Tuesday morning. Track 5. 9m.

Notices.

Wednesday morning. Track 1. 9m.

Invocation.

WALK: Fire and Sun.

SPIN: Fire.

Wednesday morning. Track 2. 15m.

DANCE: Ahura Mazda (Zoroastrian Sun Dance).

Wednesday morning. Track 3. 28m.

Murshid S.A.M.'s teaching on the focus of dancing being in the heart.

HIK's idea of 'kibria' - the process of growing into something in life.

CHANT: Ya Nafi, Ya Nur.

Wednesday morning. Track 4. 11m.

SUFI STORY: The story of Gulrukh and Hassan, part four.

Wednesday morning. Track 5. 16m.

Notices.

Thursday morning. Track 1. 15m.

Invocation.

WALK: Air.

SPIN: Intoning Hu.

WALK: All 4 elements, added one at a time.

Thursday morning. Track 2. 16m.

DANCE: Ina wa 'aby.

Thursday morning. Track 3. 25m.

MEDITATION (guided, while participants lie on the floor): Lying down 'Heart in Movement' practice by Murshid S.A.M., with accompaniment by Tansen on guitar.

Thursday morning. Track 4. 3m.

How to develop the heart by being open to beauty.

Thursday morning. Track 5. 15m.

SUFI STORY: The story of Gulrukh and Hassan, part five.

Friday morning. Track 1. 14m.

Invocation.

WALKS and SPINS: The elements in pairs.

Friday morning. Track 2. 13m.

DANCE: Ya Hayy, Ya Haqq.

Friday morning. Track 3. 17m.

Murshid S.A.M.'s teaching on rhythm.

What does dance do for us, both individually and as a group?

Unpublished Dances by Murshid S.A.M.

Friday morning. Track 4. 12m.

CHANT: Allah Huma salle allah nuru zalame.

Friday morning. Track 5. 9m.

SUFI STORY: The story of Gulrukh and Hassan, part six.

Friday morning. Track 6. 11m.

Notices.

Saturday morning. Track 1. 10m.

Invocation.

WALK: Coming down through the elements, for grounding.

Saturday morning. Track 2. 14m.

DANCE: Wa illa huna wa illa hu kum wahidun.

Saturday morning. Track 3. 14m.

The history of the 10 Sufi Rules of HIK.

Murshid S.A.M.'s ideas on how we learn about ourselves through dancing.

Saturday morning. Track 4. 13m.

SUFI STORY: The story of Gulrukh and Hassan, part seven (final part).

Saturday morning. Track 5. 5m.

Notices.