

Ruhaniat Summer School 27th June - 4th July 2015

Saadi's All group class, 9am - 10.15am

CONTENTS LIST

Sunday 9am All group class. Track 1. 2m.

Invocations.

Sunday 9am All group class. Track 2. 13m.

DANCE: Bismillah from Sura Fatiha.

Sunday 9am All group class. Track 3. 22m.

DANCE: Subuhun kudusun.

(NB: Prayer of Light pdf in English and German available via these links.)

Sunday 9am All group class. Track 4. 35m.

The main themes for the week.

Hazrat Inayat Khan Papers re. our original human nature and the link with spiritual practice

What is spiritual practice? Why do we do it?

The beginnings of human consciousness.

Breath practice: noticing the difference between breath held in or out.

CHANT: Ya Ruhan and Ya Nafi.

Sunday 9am All group class. Track 5. 3m.

Announcements.

Sunday 9am All group class. Track 6. 6m.

Notices.

Monday 9am All group class. Track 1. 1m.

Invocations.

Monday 9am All group class. Track 2. 17m.

DANCE: Alhamdulillah rabbi l'alamin.

Monday 9am All group class. Track 3. 13m.

WALK: Sun Walk with held breath focus.

Monday 9am All group class. Track 4. 42m.

HIK's teachings on breath practice and the sense of 'I'.

Feeling yes or no in your body.

MEDITATION: Allah Nuri.

WASIFA CHANTS: Ya Rabb, Ya Tawwab.

Monday 9am All group class. Track 5. 9m.

Notices.

Tuesday 9am All group class. Track 1. 1m.

Invocations.

Tuesday 9am All group class. Track 2. 10m.

DANCE: Maliki yaumadin.

Tuesday 9am All group class. Track 3. 21m.

DANCE: Allah huma j'al fi qalbi nuran.

Tuesday 9am All group class. Track 4. 33m.

HIK's Paper on the soul coming into existence.

Early human spiritual practice.

Experience and the sense of time.

Ego and breath.

CHANT: Ya Dayim, Ya Qayim.

Tuesday 9am All group class. Track 5. 7m.

Notices.

Wednesday 9am All group class. Track 1. 1m.

Invocations.

Wednesday 9am All group class. Track 2. 21m.

DANCE: Iyyaka n'abudu wa iyyaka nasta 'ain.

Wednesday 9am All group class. Track 3. 46m.

MEDITATION: A meditation on breath - contraction/expansion.

Early human sense of the sacred.

HIK's ideas about the forms of nature before us that become part of us in this life.

Our sacred sense and the ecology of the planet.

The cause of unhappiness.

CHANT: Ya Wahid and Ya Ahad.

Wednesday 9am All group class. Track 4. 14m.

Notices.

Thursday 9am All group class. Track 1. 1m.

Invocations.

Thursday 9am All group class. Track 2. 1hr 1m.

ZIKR CYCLE: Sura Al Ikhlas.

Thursday 9am All group class. Track 3. 20m.

MEDITATION: Ahad, with Healing Breaths.

Friday 9am All group class. Track 1. 1m.

Invocations.

Friday 9am All group class. Track 2. 25m.

DANCE: Sura Fatiha - Ihdinas sirat al Mustaqim/Antal Hadi Antal Haqq.

Friday 9am All group class. Track 3. 38m.

MEDITATION: HIK's 'inner sense' meditation.

Green Sufism in Indonesia.

ZIKR CHANT: Zikr of Jonah - La illaha illa unta ini kuntu min azalamin.

Friday 9am All group class. Track 4. 11m.

Notices.

Friday 9am All group class. Track 5. 4m.

Information on the Remembrance Project.

Saturday 9am All group class. Track 1. 1m.

Invocations.

Saturday 9am All group class. Track 2. 34m.

DANCE: Sirat allazina an'amta 'alayhim ghayril maghdubi 'alayhim wa laddalin.

DANCE: Subuhun kususun.

(NB: Prayer of Light pdf in English and German available via these links.)

Saturday 9am All group class. Track 3. 31m.

MEDITATION: Allah nuri.

SHORT WASIFA CHANT: Ya Azim, Ya Nur.

NOTE: The full Prayer of Light mentioned in this teaching session is available as a pdf in English and German here: http://ruhaniateurope.org/audio_files_2015.html.

The paradox of 'just being' and 'focussing to accomplish things'.

The mystery of hopefulness.

CHANT: Ya Fatir.

Saturday 9am All group class. Track 4. 3m.

Notices.

Saturday 9am All group class. Track 5. 12m.

DANCE: (Sophia) Alaha Abaru.

Saturday 9am All group class. Track 6. 20m.

DANCE: (Wali and Arienne) Send us the peace of thy divine spirit.

Saturday 9am All group class. Track 7. 16m.

DANCE: (Baraka) Ya Shakur Allah

Saturday 9am All group class. Track 8. 17m.

Thanks to the staff teams, by Tansen and Sophia.

Saturday 9am All group class. Track 9. 9m.

DANCE: (Qadima) Kalama