

"Green Sufism: Deeply ecological pathways of the heart" workshop MP3 (May 14 - 16 2010)

Contents

Track one. Friday evening. 1hr 43m.

Focus of weekend.

DANCE: Ad dunya qantaratun.

Element breaths and Walks.

DANCE: Na'aseh 'adam betzalmenu.

DANCE: Alastu bi-rabbikum.

Track two. Saturday. First session. 49m.

Element breaths. Nayaz prayer.

DANCE: Abba abada.

Introduction to the Ninety Nine Names.

Group of wasifas on the theme of Sacred Diversity.

Track three. Saturday. Second session. 1hr 4m.

CHANT: Ya Muqsit (no. 86).

CHANT: Ya Jami (no. 87).

CHANT: Ya Ghani (no. 88).

CHANT: Ya Mughni (no. 89).

DANCE: Alaha abaru.

The difference between the early Meccan suras, and the later Medinan ones.

Sura 91 'As-Shams' - a poetic translation of the sura, including the sura read in Arabic.

CHANT using words from Sura 29: Wa illa huna wa illa hu kum wahidun. Ya Wahid, Ya Ahad.

Track four. Saturday. Third session. 1hr 3m.

DANCE: Abwoon d'bashmaya.

Q & A. Recommended books.

Group of wasifas on the theme of 'challenge with opportunity', or 'with difficulty comes ease'.

CHANT: Ya Mani (no.90).

CHANT: Ya Darr (no.91).

CHANT: Ya Nafi (no. 92).

SEATED ZIKR CHANT: Melody by Moineddin Jablonski.

Track five. Saturday. Fourth session. 1hr 12m.

Breathing with Bismillah.

DANCE: Al-Asr: Bismillah er Rahman er Rahim.

Translation of Sura Al-Asr (number 103) read from Desert Wisdom, and expanded on. Teaching on ways of looking at time.

CHANT: Allah Haqq, Allah Sabur.

MEDITATION: Elements meditation for healing and greater understanding.

DANCE: Ya Mohammed Abdullah.

Track six. Sunday session. 1hr 59m.

Forthcoming events (re. 2010).

Elemental healing breaths.

DANCE: Bismillah er Rahman er Rahim, wal Asr.

SUFI STORY: Mullah Nasruddin's new business - carrier pigeons crossed with parrots.

Discussion of Genesis 1:28 Pherou wa rebou wa mila'ou et ha'aretz. Wa qi beshua wa redou b'. 'Be fruitful, multiply, dominate and subdue the earth and rule over all the other creatures' (KJV).

Group of wasifas covering the 'wild places within'.

CHANT: Ya Qahhar (no. 15).

CHANT (spoken, then sung): Ya Wahhab (no.16).

BREATHING WITH Ya Ghaffur (no. 14), then CHANT: Ya Ghaffur/Ya Shakur (no. 35).

Universal Worship Service - adapted version by Moineddin Jablonski and Saadi.

Guided meditation, using the four Elements.

DANCE: Kalama.