

"The Way of Renewal: Healing pathways of the heart" workshop MP3

November 6 - 8 2009. Asheville, North Carolina, USA.

Contents

Track 1. Friday evening. 25s.

Introduction.

Track 2. Friday evening. 13m.

DANCE: Introductory Bismillah Dance.

Track 3. Friday evening. 13m.

DANCE: Ad dunya qantaraton.

Track 4. Friday evening. 50m.

Overview of weekend. 99 Beautiful Names.

3 types of healing will be studied during the weekend: Absent healing ritual, chanting/meditation, and guided journeys into the Pathways of the Heart.

SUFI STORY: The bedouin who Mohammed instructed to say 'Subhan Allah, Alhamdulillah, Allaho Akbar'.

Meanings of the words 'Subhan Allah, Alhamdulillah, Allaho Akbar'.

CHANT: Subhan Allah.

CHANT: Alhamdulillah.

CHANT: Allaho Akbar.

CHANT: Fima atarkum fastar bikul hayyarat.

Track 5. Friday evening. 24m.

DANCE: Subhan Allah, Alhamdulillah, Allaho Akbar (slow version).

DANCE: Kalama.

Track 6. Saturday (01). 11m.

Element Healing Breaths.

Nayaz prayer.

Track 7. Saturday (02). 9m.

Hazrat Inayat Khan's prayers developed specifically for those in the West.

Track 8. Saturday (03). 9m.

DANCE: Ya Hayy Ya Haqq.

Track 9. Saturday (04). 9m.

DANCE: Dervish Bismillah Zikr (Moineddin's zikr).

Track 10. Saturday (05). 1hr 1m.

Explanation of Hazrat Inayat Khan's Absent Healing Ritual.

Islamic version of Adam & Eve story.

CHANT: Ya Wahid, Ya Ahad, Ya Samad.

Q & A session.

Track 11. Saturday (06). 11m.

Genesis mistranslation regarding 'ruling over' Creation - it should be 'ruling with'.

DANCE: Abba Abada.

Track 12. Saturday (07). 6m.

Review of words and melody of Fima atarkum fastar bikul.

Track 13. Saturday (08). 15m.

DANCE: Fima atarkum fastar bikul.

Track 14. Saturday (09). 48m.

Principles of healing.

Stages of fana.

CHANT: Ya Muqsit, Ya Muhaimin, Ya Mumin.

When Murshid S.A.M. met Ruth St Denis.

Track 15. Saturday (10). 11m.

DANCE: Alaha Abaru.

Track 16. Saturday (11). 48m.

CHANT: La illaha il allaha hu (Moineddin's melody).

Q & A session.

CHANT: Ya Qayyum.

CHANT: Ya Ba'ith.

CHANT: Ya Qayyum, Ya Ba'ith, Allah.

Track 17. Saturday (12). 21m.

Healing prayer that Pir Barkat Ali gave to Murshid S.A.M.

DANCE: Allah huma salle allah shafi afi jami ilanami.

Track 18. Saturday (13). 31m.

SUFI STORY: Mullah Nazruddin and the sandwich.

SUFI STORY: Mullah Nazruddin - the judge & market official.

SUFI STORY: Mullah Nazruddin - the clock shop inspector.

SUFI STORY: Mullah Nazruddin is offered a job at court.

SUFI STORY: Mullah Nazruddin's neighbour is a prophet.

Track 19. Saturday (14). 1hr 4m.

ZIKR: Nur-I-Mohammed.

Track 20. Sunday morning. 27m.

Review of Element Healing Breaths.

Nayaz prayer.

Review of Beautiful Names, as walking meditations.

WALK: Subhan Allah.

WALK: Alhamdulillah.

WALK: Allaho Akbar ('peaceful walk' version).

Track 21. Sunday. 8m.

DANCE: Subhan Allah, Alhamdulillah, Allaho Akbar (Murshid S.A.M. melody).

Track 22. Sunday. 33m.

Overview of 'spiritual path' work. 3 phases of healing work.

Fana and Baka.

CHANT: Ya Warit, adding Element breaths.