

Vectors of Love

**April 2015
Virginia, USA**

Contents

Track one. 1hr 11m 26s

Themes for retreat - nomadic spirituality; the Names of Allah (sounds, breath, feelings) that are already a part of us; DUP; spiritual practices.

DANCE: Bismillah from Sura Al Ikhlas.

SUFI STORY: The farmer who had a beloved ox.

How and why spiritual practices work. Having confidence in your teacher.

Saadi's study of wasifas, and Arabic.

The arrangement of Suras in the Quran - longest to shortest.

The Beautiful Names of Allah are qualities/feelings within us.

Arabic and Hebrew language and grammar.

Nomadic ancient people, and how they were different from us.

PRACTICE: The notion of your individual self, experienced through the breath/the nafs.

CHANT: Ya Ruhun.

The literal translation of the word Allah.

Track two. 28m 05s

DANCE: Subuhun kudusun.

Track three. 1hr 47m 32s

MEDITATION: Subuhun kudusun (cross of light).

Fatima's journey to the Middle East in 1979 with Saadi and others to get blessing from spiritual teachers of Murshid S.A.M., as she was expected to be Moineddin Jablonski's successor in the Ruhaniat.

Murshid S.A.M. and Sufi Barkat Ali.

When Saadi met Sufi Barkat Ali.

When to use Ya Ruhun.

CHANT: Ya Nafi.

How to deal with habits/obsessions.

The theory that all letters are living energies, which Murshid S.A.M. followed.

Sufism and modern psychology.

Q & A session: Fana, the relationship between the physical body and the sounds we make, when to breathe in while chanting, what is the origin of Subuhun kudusun, how Murshid S.A.M. used language.

DANCE: Allahu Samad, from Sura Al Ikhlas.

Track four. 1hr 02m 30s

DANCE: Alaha Abaru.

PRACTICE: Breathing out, and noticing what is receiving that breath.

Meaning of the word for 'flesh' in Aramaic, and its implications.

MEDITATION: Ya Bashar and Ya Tawwab.

The lack of human images and descriptions in Christian and Islamic scripture.

The heart as the spiritual centre.

MEDITATION: Ya Dayim, Ya Qayim.

Track five. 49m 59s

DANCE: Shlama l'ki Mariam shlama.

DANCE: From Sura Al-Ikhlās: Lam ya lid wa lam yu lad.

The Five Daily Prayers - both Muslims and Christians did them.

The movements for the prayers.

Track six. 1hr 20m 49s

DANCE: Wa illa huna wa illa hu kum wahidun, ya Wahid, Ya Ahad.

DANCE: Wa lam ya kul la hu kufu wan ahad. Last line from Sura Al-Ikhlās.

MEDITATION: Ahad and Wahid.

SEATED ZIKR CHANT: Darood of light into the depths. Allah huma salle Allah nuru zalame.

Genesis 1:26 'Let us create the human in OUR image'. Who is this 'us'?

In the Quran, Allah gives the human a choice regarding taking on the Divine image.

Short Sufi stories about Jesus (clay birds, accidentally killing a playmate, learning alphabet in kindergarten, raising from the dead, running from a fool).

Track seven. 20m 38s

Healing breaths.

Nayaz prayer.

Track eight. 13m 01s

DANCE: Bismillah er Rahman er Rahim (from Sura Fateha).

Track nine. 45m 32s

Q & A session:

How can the elements become conscious of themselves, as we breathe them?

Are the elements within us reciprocal with the environment around us?

Are there more than 4 elements?

Murshid S.A.M.'s view on the elements, and the Qadr state.

CHANT: Ya Qadr, Ya Qahar, Ya Qudzar.

Q & A session: Is Qadr linked to Mukhtadir? How telepathic were ancient people? In telepathy, is it due to breath coherence? Do infants speak a universal language?

Track ten. 31m 52s

GUIDED MEDITATION: Prayer of Light (Light before me, light behind me, etc.).

The practice is one of fullness, that takes us to a place of emptiness, like Gate gate.

Moineddin's short version of the Prayer of Light.

Track eleven. 29m 05s

DANCE: From Sura Fateha: Alhamdulillah rabbi-l-amin.

WALK: Allahuma salle Allah Badri tamami. One of the Daroods given to Murshid S.A.M. by Sufi Barkat Ali. We can feel the connection to teachers, etc., via tassawuri.

WALK. Allahuma salle Allah nuru zalame.

Track twelve. 52m 45s

CHANT: Ya Burhan.

Some others in the same series of wasifas: healthy pleasure while still being open to the One = Ya Hanan. Your happiness means being dependent on someone else = Ya Mannaan. Past relationships (karma) needs debt payback but you don't want to = Ya Dayan.

Books on the Ninety Nine Names, other than Saadi's 'Sufi Book of life'.

Suggestions for good translations of the Quran.

Saadi is working with Sheikh Haeri from Iraq (living in South Africa) on a translation of the Quran.

DANCE: From Sura Fateha: Maliki yaumadin.

Track fourteen. 59m 42s

DANCE: Darood of Murshid S.A.M.'s Allahuma salle Allah shafiafi jami'illanami.

WALK: Shafiafi - a healing Walk.

WALK: 4th Darood that Murshid S.A.M. was given by Sufi Barkat Ali: Allahuma salle Allah miftahee darusalame.

ZIKR DANCE: Sura Al Ikhlas.

Track fifteen. 25m 09s

SUFI STORY: Jonah in the belly of the whale.

CHANT INTRO: Zikr of Jonah - La illaha illa unta subhanaka inni kuntu min azalamin.

STORY CONTINUES.

Track sixteen. 7m 33s

Healing breaths.

Nayaz prayer.

Track seventeen. 15m 16s

DANCE: Abba abada.

Track eighteen. 39m 47s

Final session round-up. Ideas about breath, human consciousness, rhythm, light/knowing, life as an adventure.

The Mysterious Name of life energy - Yahweh and variations.

Forgetting and remembering.

What you are calling to when you do practices.

CHANTS: From Sura Fateha: Idhina sirat al mustaqim and Sirat allazina.

Praising/asking/balanced prayers.

The last line of Sura Fateha unites the paradox described in the whole prayer.

Sura Fateha spoken by all.