

Ruhaniat Summer School 29th June - 6th July 2013

Saadi's afternoon class 4.45 - 6pm

Entering a Secret Garden of Love: The 'Plan A' of Hazrat Inayat Khan

CONTENTS LIST

Sunday 4.45pm. Afternoon class. Part 1. 55m 36s.

DANCE: Bismillah (first part of Sura Al Ikhlas, 'The unity Sura').

Themes for the week: meditations from a Dutch student of HIK's called Raden Ayou Jodjana, and teachings of HIK. Aramaic prayer with movements, and Prayer of Mohammed with movements.

Fatima's visit to Middle East with other Mureeds to get blessing - met Sufi Barkat Ali, amongst others.

5 times daily prayer practice.

Saadi's work with the prayer practices.

Background information on the prayer practice.

Sunday 4.45pm. Afternoon class. Part 2. 32m 20s.

See VIDEO OF SAADI DEMONSTRATING ARAMAIC PRAYER ON YOUTUBE:

<https://www.youtube.com/watch?v=kFAjIVVImJk&t=2s>

First demonstration of the Aramaic Prayer with movements created by Saadi.

Discussion of the movements Muslims and Aramaic Christians use today in their prayers.

Why doing prayers with movements is helpful.

MEDITATION: 'Eyebrows like wings' practice by Jodjana.

Monday 4.45pm. Afternoon class. Track 1. 1hr 09m 01s.

Theme is the second part of Al Ikhlas Sura and the inner side of the Aramaic Prayer movements.

Organisation of the Suras of the Quran.

Themes in the Al Ikhlas Sura.

CHANT: Allahu Samad (second line of Al Ikhlas).

The meaning of bowing during prayers.

The meaning of the 'cleansing gesture' during prayers.

The meaning of prostration, and demonstration of it.

Aramaic Prayer with movements done by all.

Tuesday 4.45pm. Afternoon class. Track 1. 1hr 11m 39s.

Q & A: Where to buy Jodjana's book; translation of 'Subhan Allah'; where do the movements of the Aramaic prayer come or go from.

DANCE: Allahu Samad (second line of Al Ikhlas).

Jodjana's intentions for the practices in her book.

GUIDED MEDITATION: 'Listening behind the ears' practice by Jodjana.

MEDITATION: Holding arms in a crescent in front of body.

Wednesday 4.45pm. Afternoon class. Track 1. 1hr 12m 51s.

Attunements (1) Subhan Allah (2) Alhamdulillah (3) La illaha illa Allah (4) Allahu akbar.

Sacred phrases that occur with particular movements.

PRACTICE: Prayer of Mohammed with movements.

PRACTICE: Prayer of Mohammed with movements, attuning to saints and prophets.

The purpose of doing prayer with movements.

Tips for doing prayers.

Q & A: What is the mantric form of HIK's prayers; do women do different movements from men in the prayers.

CHANT: Lam ya lid wa lam yu lad (fourth line of Al Ikhlas Sura).

CHANT: Wa lam ya kul la hu ku fu wan ahad (fifth line of Al Ikhlas Sura).

Thursday 4.45pm. Afternoon class. Track 1. 1hr 13m 55s.

Aramaic prayer with movements spoken by all.

PRACTICE: cultivate the feeling of what's behind us; practice by Jodjana.

CHANT: Sura Fateha (complete; seated chant).

Friday 4.45pm. Afternoon class. Track 1. 1hr 16m 10s.

DANCE: Ya Mohammed Abdullah.

Q & A: how 'hamd' appears in the Sufi Invocation; translation of 'ihdinas sirat al Mustaqim'; staying 'in the form' while doing Jodjana's practices.

When to use the prayers with movements.

HIK's teaching on the meanings of prayer movements.

Saadi's teaching on the meaning of the prayer movements.

Review of Prayer of Mohammed, with movements.

How the Prayer would be done in a mosque.

Saadi demonstrates the Prayer with Suras interspersed, in Arabic.

Sura Fateha recited.

Sura Al Ikhlas recited.

Prayers which start with 'Allah huma...'

How to use the Prayer at a Sufi tomb to get baraka.

MEDITATION: Support from underneath, practice by Jodjana.

Sufi stories told by Saadi during evening sessions:

Sun - Story about a goldsmith

Mon - Pictor's Metamorphoses by Herman Hesse

Tues - Tailor and the hunchback from Cheng'an, China (Arabian Nights) Part 1

Wed - Part two

Thurs - Story of the thorn-gatherer

Fri - 7 short Nasruddin stories:

4m Young Nasruddin and the funeral procession.

7m 40s Nasruddin and the pious rich man.

10m 15s Nasruddin is asked 2 questions for 500 gold pieces.

11m 22s Nasruddin is asked how he became so wise.

12m 50s Nasruddin and the traveller buying expensive carpets in the bazaar.

14m 35s Nasruddin sells his donkey but the new owner complains.

15m 35s Nasruddin buys a new donkey.

Tuesday evening Saadi also led Ya Hafi Walk.