

## Annual Spring Weekend Retreat, Crewe, 19 - 21 February 2016

### "Secret Path of the Heart"

Time	Contents
<b>8.15pm</b>	<b>Friday evening.</b>
	T: DANCE: Shalom lai lai lai.
	Round of names.
	S: DANCE: Abba abada haimanuta alaha.
9pm	Introduction to the weekend.
9.15pm	S: Theme - Secret Path of the Heart.
	T: What is heart? What is me? Heart determines our whole sense of being. Dances are heart experience in a group sense. Heart coherence practices.
	T: DANCE: Let my heart reflect Thy light, Lord.
<b>8am</b>	<b>Saturday morning practices.</b>
	T: CHANT: La illaha illa ishq.
	Heartmath. Hridaya - 'heart and this'.
	Mudra for chant demonstrated. Focus on appreciation and positivity.
	CHANT reprise.
<b>9.45am</b>	<b>Saturday morning session part one.</b>
	S: DANCE: Mityil-adu, mityil-adu, min maya, min ruha, min alaha, min daresh.
	S: Teaching: Jesus' themes of water and breath re Nicodemus. Murshid S.A.M.'s Perfection of the Heart Paper.
	"Only begotten Son of God" phrase was translated badly.
	Jesus at the well - maya hayye.
10.47am	S: WASIFA CHANT: Ya Muqalib. Good wasifa for deeply entrenched patterns that don't now serve us.
<b>11.30am</b>	<b>Saturday morning session part two.</b>
	T: DANCE: La illaha illa ishq.
	T: MEDITATION: Illa ishq. Imagine a flame on inbreath, and ember on outbreath.
	T: READING from Upanishads. Space of the heart, desires.
	Role of thymus and heart described by Murshid S.A.M.
	We develop heart coherence to get in alignment. Thymus stimulates a feeling of positivity, by tapping.
	CHANT 'ah' three times while tapping thymus area.
	Q & A.
	T: DANCE: Om mane peme hung.
<b>3.15pm</b>	<b>Saturday afternoon session part one.</b>
	S: DANCE: Inana gepeta wa aton shibishta.
3.45pm	Saadi describes his recent meeting with neuroscientists and religious teachers in Massachusetts re centring and contemplative prayer in April 2015.
	Murshid S.A.M. said second initiation by Jesus was re flow and blood/wine - he did this for releasing/untying.
	CHANT: Ya Dayim (flow, returning to the heart), and Ya Qayim (process of standing up, coming into being; individuality).

<b>4.45pm</b>	<b>Saturday afternoon session part two.</b>
	T: DANCE: Om sri bhairava namaha.
5pm	T: Teaching - Murshid S.A.M.'s Perfection of the Heart Paper. Hearts brought together by attunement and union.
	T: PRACTICE: Vigyana Bhairava Tantra practice re etheric body and how we relate to that from the totality of consciousness - mantra HAMSA sung.
5.10pm	T: MEDITATION: Cultivating heart space.
	4 x Om, then breathing in the silence for a few minutes.
	T: CHANT: Om Purnamadah Purnamidam Purnat Purnamudachyate.
	T: DANCE: Om Purnamadah Purnamidam Purnat Purnamudachyate.
<b>8pm</b>	<b>Saturday evening session.</b>
	T: DANCE: Angelic bismillah.
	S: DANCE: Allah huma j'al fi qalbi nuran.
	T: DANCE: Custom zikr.
	S: Sufi (Irish) story: The Story of Conneda and the Little Shaggy Horse.
	S: DANCE: Kalama.
<b>8am</b>	<b>Sunday morning practices.</b>
	S: CHANT: Om sri ram jai ram jai jai ram (Mother Krishnabai's melody).
	Hazrat Inayat Khan's star Healing Breaths practice.
	Nayaz prayer.
	SPIN: Sun, 'waves of the air', and in the heart.
<b>9.45am</b>	<b>Sunday morning session one.</b>
	T: DANCE: La wasalatee illa unta Ya Rassoulillah.
	S: DANCE: Shimeni khahotam al-libbeka shimeni khahotam al-zeroeka ki-azza kammawet ahaba (based on Song of Songs 8:6).
	T: Three practices from Perfection of the Heart. 1. Chanting La = no. Concentrate on divine nothingness while intoning. 2. Chanting Al-Lah. Food for the heart. 3. Chanting Hu - blow straight in front of you on first breath, then second breath down into the heart. Alternate.
<b>11.30am</b>	<b>Sunday morning session two.</b>
	T: DANCE: Om tare tutare.
	S: DANCE: Wa illa huna wa illa hu kum wahidun.
	Arabic for clot of blood is not like dami but a bringing together; a yearning. A congealing force.
	S: MEDITATION: love in the heart, plants, animals, etc.
	S: If depressed, find beauty, then find your way back to love.
	Guidance for dancers by Murshid S.A.M. 'Metaphysics of sound'.
	S: DANCE: Alaha abaru.
<b>2.15pm</b>	<b>Sunday afternoon final session.</b>
	T: DANCE: Shanoon.
	T: DANCE: Medicine Buddha (Teata Om).
	T: DANCE: Kalama.