

## Sufi Annual Retreat 22 - 24 February 2019

### "Spring Renewal"

#### Friday 22nd February

8.15pm	<b><u>Evening session</u></b>
	Tansen: Dance: Zikr of the Tender Heart
	Saadi: Dance: Inana Lachma d'Hayye
	Round of names, and schedule for the weekend
	Theme: 'Spring renewal'
	S: Murshid S.A.M.'s idea of 'eat, dance and pray together'. His religious influences - Zen, Sufism, Hinduism, etc.
	T: D: Om Shanti
	S: D: Illa Wajaha
	T: Chant: May All Beings Be Well

#### Saturday 23rd February

8am	<b><u>Morning practices</u></b>
	S: Healing breaths
	S: Slow turning, with concentration taken from Nayaz Prayer - rays of the sun / waves of the air / all-pervading life in space with 'Hayye' chant
	S: Seated silent meditation
	S: Chant: Om Nama Shivaya
9.45am	<b><u>First morning session</u></b>
	T: D: Ya Hayy, Ya Haqq
	T: Tibetan clearing practice: Ay Yam Ram Lam Bam
	S: D: Shaddai
	S: Breath practice: Using Subhan Allah (return to the Source of purity), Alhamdulillah (your essence returns to God) and Allahu Akbar (reality is greater than we know). Breathe in the belly (inner conflicted feelings), heart (conscious self, everyday life) and crown ('spiritual realm', sense of purpose) centres, one at a time. Then breathing in and out using all three, alternating up and down the centres, breathing with all three wasifas.
11.30am	<b><u>Second morning session</u></b>
	T: D: Tat Tvam Asi
	S: D: Inana Reya Tauba
	T: Practice for re-setting the Vagus nerve. If it's 'out, then emotions can't be felt fully, and one can feel 'on edge' all the time. Book: Stanley Rosenberg "Accessing the healing power of the Vagus nerve'. Lie on floor with hands behind head, fingers linked. Turn eyes (but not head) slowly to the right as far as you can, wait till you yawn or feel some kind of release, then look to left, etc. Useful for when feeling remote from people; separate.

3.15pm	<b><u>First afternoon session</u></b>
	S: D: Om Namō Bhagavate
	T: D: La Ilāha Illā Ishq
	T: D: Om Mane peme Hung
4.45pm	<b><u>Second afternoon session</u></b>
	S: Seated chant: Allāh Huma Salle Allāh Nuru Zalame.
	S: 'Wasifa surgery' - chanting wasifas depending on issues raised in the session - Ya Tawwab, and Ya Awwal / Ya Akhir pair.
8pm	<b><u>Evening session</u></b>
	T: D: Allāhu Akbar
	S: D: Nintu Mami Ninhursag
	T:D: Custom Zikr
	T: Practice: Ishq Allāh Mahboud Lillah
	T: Chant: Teata Om
	S: D: Alaha abaru
	S: Short Sufi stories about Mullah Nazruddin
<b>Sunday 24th February</b>	
8am	<b><u>Morning practices</u></b>
	T: Chant: Om Mane Peme Hung
	T: Practice: Yin breathing into belly.
	T: Seated chant: Tat Tvam Asi
9.45am	<b><u>First morning session</u></b>
	S: Walks: Ya Wakil, and Ya Qazi al Hasad
	S: D: Allāh Ya Wakil, Ya Qasi al Hasad
	T: D: Allāho Akbar
	T: Seated meditation: Allāho Akbar
11.30am	<b><u>Second morning session</u></b>
	S: D: Abwoon d'bashmaya
	T: D: Alaha Ruhau
	S & T: Q & A
	T: D: Kalama
	Sing: May All Beings Be Well