

Beautiful Names of Life 16-19 May 2019

Allanton Peace Sanctuary, Auldgirth, Scotland

Saadi Neil Douglas-Klotz

Time	Contents list
8pm	Thursday. Evening session
	Standing breath practice.
	Round of names.
	Introduction to the themes for the retreat.
	Seated chant: Alaha nyach.
	Dance: Inana lachma d'hayye.
	D: Bismillah (first part of Al Asr zikr).
	Seated meditation: Al Asr, Ya Rachman, Ya Rahim.
	Sufi teaching story: Nasruddin fixing his roof.
9.30am	Friday. First morning session
	Healing breaths.
	Teaching: Saadi's work with recovering addicts in San Francisco using Healing Breaths (Water breath helped alcohol addicts, etc.). Wilhelm Reich a big influence on Saadi's work.
	D: Alaha nyach.
	T: Concepts of time. Praying with forehead on the earth.
	Practice: prostration but while sitting, with minimal movements.
11.15am	Friday. Second morning session
	T: Handout with five suras. Suras 112, 113, and 114 cover 'the human condition'. 113 & 114 are for 'taking refuge' from forgetfulness because if we feel guilty we become ineffective in the now. Sura 103 is Al Asr.
	Chant: Inal insana laafi khusr.
	Dance: Inal insana laafi khusr.
	Silent meditation: Inal insana laafi khusr.
3.15pm	Friday. First afternoon session
	T: Wordless words (e.g. 'Hmm'). Hochmah. Light and dark in time. Nuhra , aor, nur = light/fire. Platonic idea of light = good, dark = bad. Story of Desert Wisdom's publication.
	Wasifa chant: Hu km ah.
	Silent meditation: On undertanding, knowing, light.
	Chant: Ya nur (leading into silent meditation).
4.50pm	Friday. Second afternoon session
	D: Hochmah allatu.
	T: Kahlil Gibran's 'Jesus' book is good (get hardback for pics too). Saadi has been editing 4 books of collections of Gibran's writings.
	Practice: Aramaic prayer with movements.
7.30pm	Friday. Evening session
	D: First half of Aramaic Prayer cycle.
	Silent meditation.
	Sufi story.

9.30am	Saturday. First morning session
	Healing breaths.
	Walks: Sun, air, and Haqq.
	Walks: Ya Haqq, Ya Sabur, Ya Iman, Ya Salik.
	T: Illallazina aminu wa amilus salli hatti (third line of Sura Al Asr).
	D: Illallazina aminu wa amilus salli hatti.
	Silent meditation: Illallazina aminu wa amilus salli hatti.
11.20am	Saturday. Second morning session
	T: Salik = to give blessing/be of service/openness as a channel for what's coming through.
	Q & A - What do you take from this life to the next? ('The soul, whence and whither' by HIK covers this)
3.15pm	Saturday. First afternoon session
	D: Inana inana nuhre.
	T: Interiority ideas of Matthew Fox, Brian Swimme, etc.
	Wasifa chant: Ya Fatir, Ya Nasir, Ya Bashir. (Fatir = seed opening/breaking through process. Good for when you are feeling 'stuck'. Nasir = sense of a new path opening up. Good one to do before doing the 'making a decision' practice. Bashir = an extension of Nasir. To send an urgent message, that could change the direction of a person's life.)
5pm	Saturday. Second afternoon session
	Q & A: How do the Essenes fit in with Mohammed, re. timescales/possible contact? Is there a link between Bashir and Basir?
	Chant: La illaha illa hu, kullu shayin haaliqun.
	Dance: La illaha illa hu, kullu shayin haaliqun.
7.30pm	Saturday. Evening session
	D: Al Ikhlas zikr.
	Silent meditation: Al Ikhlas.
	Sufi teaching story: Sufi of the year.
9.30am	Sunday. First morning session
	Healing breaths.
	Element Walks: singly, then combined.
	Q & A: Is the suggested breathing pattern always used when doing the Walks? A: It's important to incorporate them.
	Practice: Prayers - Aramaic prayer, then Mohammed Prayer.
	Silent meditation.
	T: Early nomad breathing - knowing the difference between held breath and flowing breath. 'Nf' sound, as in nephesh/naphsha (held), 'Aah' sound, as in ruha, ruach (flowing). Importance of music and language in human development.
11.15am	Sunday. Second morning session
	Chant: Hu Allah.
	T: Wa tawasaw bil haqqi, wa tawasaw bis sabr (last line of Al Asr zikr).
	D: Wa tawasaw bil haqqi, wa tawasaw bis sabr
	Silent meditation.