

**ALONE WITH THE ALONE SILENT LABOR DAY RETREAT
ABODE OF THE MESSAGE, NEW LEBANON, NEW YORK
AUGUST 30 – SEPTEMBER 2, 2019**

**THE INAYATI ORDER of NORTH AMERICA
NOTES FROM FLIP CHARTS DURING RETREAT**

Friday 7pm:

1. Silence
 2. Solitude
 3. Fasting
 4. Watchfulness
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Saturday 7am – Naima

Bismillah er-Rahman er-Rahim
[in the name of] God the most merciful and companionate

Purification breaths + prayer

Earth- [breath] in / out from noise – gratitude
[Ya Shukur / Sukrullah]

Water- in noise / out mouth – repentance
Ya Ghafur - forgiveness
Engage in muhasiba - self reflection

Fire – in mouth / out noise – supplication
Lataif practise with ya Nur (light)

Air – in mouth / out mouth – Invocation
Qabid / Basit - restriction / expansion

Ether – in / out noise – communion

Pir Zia – Saturday 9am

“when you look for god, god is in the looking of your eyes”

Everyone yearns for the visions of the truth.

Hasbuna'llah wa ni'mal -wakil

“god is sufficient for me & the best disposer of affairs.”

Pir Zia – 2nd am Session Saturday:

“Enter unhesitatingly Beloved for in this abode there is nought but my longing for thee.”

Alternative Nostril / Mouth Breathing (Version of Purification Breaths)

Inhaling left nostril (L) exhaling right (R), then in R out L, in L out mouth (M), in R out M, in M out L, in M out R, in both nostrils out M, in M out both nostrils, in and out M

Shift into silence, passive state, relax tongue, brain, non-linguistic thought

New modes of communion – witness the zikr of everything

Kyrie Eleison – Lord have mercy

Music for atonement – allegri miserare

Pir Zia 2:30pm Saturday

- Dissolution of excess can be graceful or ungraceful – we can surrender to and even encourage the process.

we are attached, grasping past, habits, associations, etc. simplify, purify with each exhalation.

La ilaha – dispel idols of unconsciousness
(left to right circle) banish idols of confusion & hopelessness

Illa'llalah hu – begin a new, start from scratch, wipe away dust
(down) dedicate ourselves to on whose instrument this is.

- “consider oneself as a fish swimming in an endless ocean of light”
Recognize the fish is the sea.
 - Earmark your animal, plant and mineral soul
Perceive on the horizon and in yourself.
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Pir Zia, Saturday afternoon 4-5

- We also subsume natures of not physically embodied, invisible beings – part of our fitra or primordial nature.

Jinn – mind is a jinn when it does not wear a body;
Soul – is an angel when it doesn't wear a mind
Jinn – mind preceding & surviving incarnation
Life of mind = creativity & possibility that comes with it.
Incarnation – opportunity to enact the “blue print” – imagination – thought in action.
Angelic soul – ecstasy / light glorification, unshatterable faith

Subahan – glorious
Quddus – holy
Ra al malaika – lord of angelic host
Waruh – and of the holy spirit.

Light prayer of prophet Muhammad.

Sunday 7am – Amida

Light that is seen & light that sees.
Remembrance of our angelic heritage, our angelic counterpart.

- Zirk of light:
Ya Nur (all-pervading light) as head

Ya Munawir (radiant light) as one brings head down then rises. Ever increasing spheres of light

- Purification breaths.
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Sunday 9am – Pir Zia

- On inhalation – Hu
- Become aware of pulse / heartbeat, magnetism of hands.

Ya Nur

Ya Alim – eternal luminous intelligence

Concentrate one's mind as a vessel of universal intelligence customized in accordance with one's particular destiny.

Concentrate body as chariot of mind.

Our trajectory – the universal becoming.

Sunday 2nd am session – Pir Zia

“I was a hidden treasure and longed to be known and so I created the world so that I would be known” – creation actualized divine nature.

Ishq = the passionate longing for the witnessing of what might be.

Ibn Arabi – “The one nourishes the many (through existence) & many nourish the one (by experience angle of vision, eyes through which god sees).

Ishq Allah Mabood Allah – Zirk movement.

“God is love & beloved”

Claim your true inheritance (parable of the talents)

- Ya Munawir – Radiant light / bestower of forms.
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Sunday 2pm – Pir Zia

3 forms of guidance

- 1) Past – we have nostalgia for a lost golden time, pure – it is intact, ever present, though occluded.
 - Ya Muid – the restorer
- 2) Present – the “new creation” of Abraham, there are new dispensations & creations in every moment – tajjaliat

Become a child of the moment.

Ibn Arabi – “my heart is capable of any form”

Ya Muh’yi – the reviver

- 3) Future – a synchrony exists – all stages of life present simultaneously

“the pull of the future rather than the push of the the past” Omega
Operates in universe & ourselves

Ya Muqaddim – the expediter

Sunday 4pm – Pir Zia

Left breast – Ya Ahad – the One

Right Breast – Ya Samad – the eternal everlasting

Solar Plexus – Ya Hayy – life, the [ever] living

Heart centre – Ya Qayyum – self subsisting

Fazl – blessing god grant you fullness & wholeness.

“The Sufi is not a sufi until s/he takes on the whole of the creation as a family trust.”.

Monday 7am – Yaqin

“Become conscious of being a being of light” – Pir Vilayat

Invocation: towards the one . . . hold hands palms together & forward like prow of a ship.

Kesab – balance + illumination

Become aware of heart beat / pulse
Magnetic field

Moving through latifa with “Hu”
Awareness of turning eyes / tongue upward

- Address of suhrawardi to his celestial counterpart

[Qalibiya, Nafsiya, Qalbiya, Ruhiya, Sirriya, Khafiya, Khufiya]

Qalbiyya (Ha), Ruhiyya (Hu) and Sirriyya (He)

Qalbiya (left) – wisdom (left [side of breast])
Ruhiyya (right) – illumination
Sirriya (centre) – for the development of the soul

Prayer of light – prophet Muhammad.

Music: officium (gabarek)
Concierto de aranjuez
Joaquin Rodrigo

Monday 9am – Pir Zia

“The one connects with you at the place of your heart desire”

Ya Qarib (rt) Dear one
Ya Raqib (left) friend
Ya Muhit (up)
Ya Mujib (down to heart) – fully present to us.

Make this body thy temple of God (circle)
And let my heart be thy shine (head down to breast).