

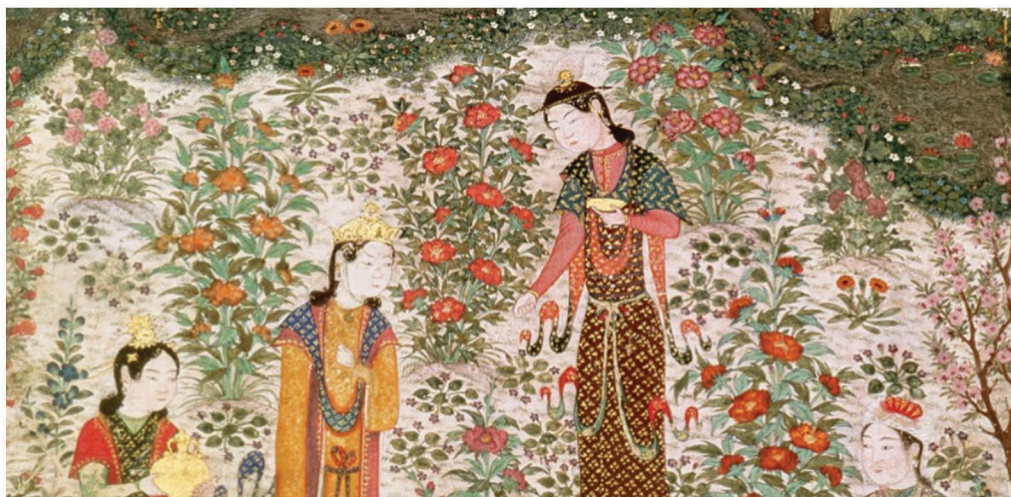


SEASON OF THE ROSE

ESSENTIALS OF THE SUFI PATH

Lewis & Clark College

July 6-11, 2016



Invocation

Toward the One
The Perfection of Love, Harmony and Beauty
The Only Being
United with all the Illuminated Souls
Who form the embodiment of the Master
The Spirit of Guidance

SCHEDULE

Wednesday, July 6

- 2–7 pm Arrivals (Templeton Building, Stam Dining Room)
- 5–6:30 pm Dinner (Fields Cafeteria)
Dinner is available for those staying on campus.
- 7:30–10 pm Welcome, Sohbet, Zikr & Dessert (South Chapel)

Thursday, July 7 – Sunday, July 10

- 7:30–8:45 am Breakfast (Fields Cafeteria)
Breakfast is available for those staying on campus.
- 8:45–9:05 am Musical Attunement
Amir O’Loughlin or Sukhawat Ali Khan & Friends
- 9:05–10:15 am Pir Zia Inayat-Khan (South Chapel)
- 10:15–10:45 am Coffee Break (Stam Dining Room)
- 10:45–12:00 pm Break-Out Sessions
 - Gayan Macher (Gregg Pavilion)
 - Devi Tide (Council Chambers)
 - Jehanara Wendy Tremayne (Thayer Classroom)
 - Netanel Miles-Yépez (Stam Dining Room Classroom)
- 12:00–2:00 pm Lunch Break (Fields Cafeteria)
Lunch is included in commuter fees and available for all participants until 1 pm.
- 2:00–3:15 pm Break-Out Sessions
 - Taj Inayat (Gregg Pavilion)
 - Amir O’Loughlin (Council Chambers)
 - Mirza & Satya Inayat Khan (Thayer Classroom)
- 3:15–3:45 pm Tea Break (South Chapel)
- 3:45–5:30 pm Pir Zia Inayat-Khan & Friends (South Chapel)
Afternoons, in addition to Pir Zia’s teaching, there will be small and large group process, as well as the Golden Heart Awards on Sunday.
- 5:30–7:30 pm Dinner Break (Fields Cafeteria)
Dinner is included in commuter fees and available for all participants until 6:30 pm.
- 7:30–10:00 pm Sohbet, Zikr & Dessert (South Chapel)
Doors open at 7:30 pm. Begin at 8 pm.

Pir Zia’s Friday morning session, and Sukhawat Ali Khan’s concert Friday night, will be held in the Agnes Flanagan Chapel.

SCHEDULE (Continued)

Monday, July 11

- 7:30–8:45 am Breakfast (Fields Cafeteria)
Breakfast is available for those staying on campus.
- 9–10:15 am Spiritual Conversation & Q&A
- Taj & Gayan (Gregg Pavilion)
 - Devi & Amir (Council Chamber)
 - Mirza & Satya (Thayer Classroom)
 - Netanel & Jehanara (Stam Dining Room Classroom)
- 10:15–10:45 am Coffee Break (South Chapel)
- 10:45–12:00 pm Pir Zia Inayat-Khan (South Chapel)
- 12:00–1:00 pm Lunch (Fields Cafeteria)
Lunch is optional for those staying on campus.



MORNING AND AFTERNOON SESSIONS

Essentials of the Sufi Path to be explored by Pir Zia

The body must be considered as the temple of God.

Breath is the medium between the outer life and the inner life.

The power of the word is indeed great, but the power of silence is greater.

The Spirit of Guidance is as the yeast which is used to make bread.

God is what is wanting to complete oneself.

Beauty is the object which every soul pursues.

Light is the source and origin of every human soul.

By struggling with the self one will find nobility, which is a divine heritage.

There is one principle and that is the largeness of your heart.

PUBLIC EVENING PROGRAMS

Every evening, Thursday through Sunday, there will be **Sufi Zikr, Spiritual Conversation & Dessert** (included in the price for three- and five-day participants) and open to the public. General Admission: \$10-20 (sliding scale). Doors open at 7:30 pm each night.

Thursday, July 7, 2016

Sufi Zikr, Spiritual Conversation & Dessert Lewis & Clark College, South Chapel

Featuring Amir O'Loughlin (Vancouver, BC), Gayan Macher and Satya Inayat Khan (Fairfax, California), and Hadi and Shakina Reinhertz (Vallejo, California) of the Inayati Order and Mevlevi Order of America.

Friday, July 8, 2016

Sukhawat Ali Khan in Concert w/Special Guest Pir Zia Inayat-Khan

Lewis & Clark College, Agnes Flanagan Chapel

Join Master Indian Musician Sukhawat Ali Khan for an evening of **Sufi Qawwali, Spiritual Conversation & Dessert**, as part of **Season of the Rose: Essentials of the Sufi Path**. Featuring special guest, Sufi teacher Pir Zia Inayat-Khan.

Saturday, July 9, 2016

Sufi Zikr, Spiritual Conversation & Dessert Lewis & Clark College, South Chapel

Featuring Amir O'Loughlin (Vancouver, BC), Tasnim Fernandez (Los Angeles, California), and Netanel Miles-Yépez (Boulder, Colorado).

Sunday, July 10, 2016

Sufi Zikr, Spiritual Conversation & Dessert Lewis & Clark College, South Chapel

Featuring Amir O'Loughlin (Vancouver, BC), Devi Tide (Seattle, Washington), and a short Universal Worship.

BIOGRAPHIES

Pir Zia Inayat-Khan, affectionately known as Sarafil Bawa, is a scholar and teacher of Sufism in the lineage of his grandfather, Hazrat Inayat Khan. He received his B.A. (Hons) in Persian Literature from the London School of Oriental and African Studies, and his M.A. and Ph.D. in Religion from Duke University. Pir Zia is president of the Inayati Order and founder of Suluk Academy, a Sufi school of contemplative study with branches in the United States and Europe. He lives with his wife and two children in rural upstate New York. pirzia.org

Taj Inayat is the Vice-President of The Inayati Order. She offers spiritual guidance to many who wish to know the Sufi path of transformation and service to the world. Taj is a minister and pastoral counselor dedicated to honoring all the world's faith traditions, and also offers individual and group retreats. Together with Gayan Macher, she designed and led Sufi Retreats for fifteen years. She and Gayan currently co-lead New Rain, an online and in-person group dedicated to a Sufi approach of awakening and supporting spiritual practice in modern life. Taj lives in Petaluma, California. newrain.info

Gayan Macher is a companion and guide to those called to the courageous path of love. He has been a teacher of Sufism for over 35 years. He headed The Inayati Order's curriculum project that was the basis for Suluk Academy, and has been a lead teacher with Suluk since its inception. He has collaborated with Taj Inayat for over 20 years in translating the teachings of Hazrat Inayat Khan into a training curriculum. Currently they co-lead New Rain, a worldwide community of support for initiates who are committed to spiritual practice. Professionally, Gayan is a singer-songwriter and consultant to corporate executives. Gayan is based in Fairfax, California. gayanmusic.com

Devi Tide is the Head of the Sufi Healing Order in North America, and has been a Sufi teacher and guide for over thirty years. A deep teacher of mediation and healing practices as tools for inner development, she has offered seminars, lectures and retreats to medical professionals, educators, sociologists, and lay people the world over, regularly teaching in Australia, New Zealand, India, Europe, and North America. She has spoken at the Harvard Mind-Body Institute, and was an invited delegate of the United Nations Millennium Peace Summit. Her current interest is using sound and music as vehicles of spiritual awakening and healing. Devi makes her home in Seattle, Washington. sufihealingorder.org

Amir O'Loughlin has been a teacher and guide in the Inayati Order for over 30 years, and has served as its National Representative in Canada. In addition to his roles in the Inayati Order, Amir is a musician and recording artist whose albums, *Merhaba* and *Opener of Wings*, have garnered praise in both North America and Europe. He was the founding conductor of The Universal Gospel Choir, and has led hundreds of spiritual music evenings through the years, including the monthly, "Universal Kirtan," an interfaith approach to Kirtan chanting and song. In his professional life, Amir is a psychotherapist and lives in Vancouver, British Columbia.

BIOGRAPHIES (Continued)

Mirza Inayat Khan is Director of Religious Studies at the San Domenico School in Marin County, California. He holds a B.A. in Religious Studies from Bard College, and teaching credentials from Dominican University. Mirza has studied extensively with teachers from the Jewish, Christian, and Islamic traditions, and today offers their wisdom in a way that may be applied to the realities of modern life. He lived for a time in Jerusalem translating Arabic texts and eating falafel with fries. He has led seminars on meditation in the United States, Europe, and India, and has been a popular teacher at the Zenith Institute Sufi Camp in the Swiss Alps.

Satya Inayat Khan is Director of Communications for the Inayati Order and a seasoned student of the Sufi path. Raised in the Inayati Order community, she took initiation in 1992 and graduated from Suluk Academy (Kafur) in 2007. Satya has a special love of the teachings on Mastery and the Chivalric Rules, and has been a serious student of kung fu for the last fifteen years. She also does freelance marketing and web development and lives with her husband, Mirza, and their sons in Fairfax, California. loyalhoundstudio.com

Jehanara Wendy Tremayne is founder of the Inayati Sufi Center in Truth or Consequences, New Mexico, where she currently leads retreats, teaches, and guides others on the path of the heart. Once a creative director in marketing in New York City, Jehanara moved to New Mexico to build an off-the-grid homestead with her partner, Mikey Sklar. She is founder of the non-profit, textile re-purposing event, Swap-O-Rama-Rama, which is celebrated in over 100 cities around the world. A conceptual artist, event producer, yogi, gardener, ultra runner, backpacker, and writer, she is the author of *The Good Life Lab: Radical Experiments in Hands-On Living* (named a best summer read by Publisher's Weekly). gaiatreehouse.com

Netanel Miles-Yépez is the current head of the Inayati-Maimuni lineage of Sufism, co-founded with Zalman Schachter-Shalomi, fusing the Sufi and Hasidic principles of spirituality and practice espoused by Rabbi Avraham Maimuni in 13th-century Egypt with the teachings of the Ba'al Shem Tov and Hazrat Inayat Khan. He is the translator of *My Love Stands Behind a Wall: A Translation of the Songs of Songs and Other Poems*, and teaches Islam and Sufism in the Department of Religious Studies at Naropa University in Boulder, Colorado. inayati-maimunis.org

Sukhawat Ali Khan is a master Indian musician, specializing in Classical Raga singing and Sufi Qawwali music. He first began singing and playing harmonium under the guidance of his father, the legendary Pakistani/Indian vocalist Ustad Salamat Ali Khan. Sukhawat has performed at the Montreal, Monterey and Prospect Park Jazz Festivals, the Fillmore in San Francisco, the Getty Museum in Los Angeles, and at many other major venues across the United States and Europe. He lives in the San Francisco Bay Area.

SESSION DESCRIPTIONS

1. Exploratory Sessions: four separate sessions that explore different foundational aspects of Sufi spiritual teaching and practice, designed both to introduce these topics to seekers new to Sufism, but also to give fresh perspectives to long-time Sufi mureeds.

2. General Sessions: four continuous sessions following one overarching theme or topic within Sufism over four days, designed to be accessible for all seekers.

3. Advanced Sessions: four continuous sessions following one overarching theme or topic within Sufism over four days, designed for long-time initiates with a deeper experience of Sufism. (Please note that these sessions will have a developmental progression, and while it is of course fine to sample the first session and not return for the rest, those who are truly interested should try to commit to all four sessions.)

Exploratory Sessions

Netanel Miles-Yépez will offer four exploratory sessions on foundational aspects of Sufi teaching and practice open to seekers of all levels of experience:

Sufism (Tasawwuf): Exploring Traditional and Universalist Sufism – The question, “What is Sufism?” is a perennial one for Sufis, who routinely learn and recite various definitions of Sufism as a spiritual practice. This session will focus on how Sufis have traditionally seen themselves and defined their tradition, and explore how these views may or may not have changed in the universalist orientation of Inayati Sufism. (Thursday, July 7, 10:45-12:00 pm, Stam Dining Room Classroom)

Remembrance (Zikr): The Foundational Practice of Sufism – Every Sufi lineage has a unique approach to Sufism’s foundational practice, known as zikr, or ‘remembrance,’ the mantric repetition of la ‘ilaha ‘illa llah’, a phrase meaning, ‘there is nothing but divinity.’ This session will focus on the four parts of the Chishti-Inayati practice of zikr, and the different levels of meaning associated with it. (Friday, July 8, 10:45-12:00 pm, Stam Dining Room Classroom)

Love (‘Ishq): The Passionate Pursuit of Divine Love – Sufism is a tradition whose poetry and teachings celebrate divine love, and whose practices are intended to cultivate an experience of it. In this session, we will focus on the theoretical foundations of this pursuit (found in Sufi poetry and stories), and explore the practical implications of love as a true path to God. (Saturday, July 9, 10:45-12:00 pm, Stam Dining Room Classroom)

Meditation (Muraqaba): The Heart-Focused Yoga of Sufism – Hazrat Inayat Khan has called Sufism “the religion of the heart.” In this meditation practice—based on the teachings of Hazrat Inayat Khan and the Chishti Sufi masters (in dialogue with Hatha Yogis of India)—the heartbeat is coordinated with the breath to create a grounded meditation experience rooted in the body’s natural rhythms, emphasizing the immanent aspect of the divine. (Sunday, July 10, 10:45-12:00 pm, Stam Dining Room Classroom)

SESSION DESCRIPTIONS (Continued)

Jehanara Wendy Tremayne will offer four exploratory sessions on foundational aspects of Sufi teaching and practice open to seekers of all levels of experience:

Guidance (Irshad): Recognizing Divine Guidance in Everyday Life – In Sufism, spiritual guidance may come either from the murshid, one's personal 'guide,' or from a direct experience of the world around us. This session will explore the idea that guidance is often hidden in plain sight in our everyday lives, and that accepting this view can empower us, and help us to overcome the feelings of impoverishment that keep us from giving our true gifts to the world. (Thursday, July 7, 10:45-12:00 pm, Thayer Classroom)

Breath (Nafas): Breath Practice as a Path of Self-Discovery – Sufis teach that God is the breath within the breath. Breath knows no boundary; it moves effortlessly through space and time, visiting distant worlds and returning to us. Thus, the Sufi attempts to ride the breath like a magic carpet through the universe. In this session, we will explore its use in Sufi spiritual practice as a contemplative tool and path of self-discovery. (Friday, July 8, 10:45-12:00 pm, Thayer Classroom)

Appearance & Reality (Dunya & 'Alam): Exploring the Nature of Reality – The Sufi recognizes two aspects of world—dunya and 'alam. The false world, dunya, is what covers and obscures the naturally luminous world of reality, 'alam. This session will focus on how the Sufi attempts to cut through the false world of appearances to find what Pir Vilayat Inayat Khan called, "that which transpires behind that which appears." (Saturday, July 9, 10:45-12:00 pm, Thayer Classroom)

The Path of Beauty (Jemal): Exploring Beauty as a Tool for Discovering the Real – It is said, "God is beautiful and loves beauty." Thus, Sufis have always sought to discover God in the beautiful. Becoming sensitive to what is beautiful, the collector of beauty is released from the hold of the ego and discovers the face of the Real everywhere. In mirror-like fashion, one catches a glimpse of a special gift, their own nature as divine. Jami says of this mystic secret, "You are nothing but a mirror in which beauty is reflected. Beauty and its reflection are from one source, it is both treasure and treasure house." (Saturday, July 9, 10:45-12:00 pm, Thayer Classroom)

Satya & Mirza Inayat Khan – Using Biblical stories, readings and practices from the Inayati lineage, Satya & Mirza will offer four exploratory sessions open to seekers of all levels of experience on how four classic Sufi themes relate to everyday life:

The Journey (Suluk): Traveling the Sufi Path in Everyday Life – In Sufism, the spiritual practitioner is often called a salik, a 'traveler,' and the spiritual path, suluk, the 'journey.' In the past, these were meant literally, as the Sufi often set out on the road, pursuing a very different life-path from that of the householder. In this session, we will explore what it means to leave life as you know it and enter a journey of mystery in the midst of everyday life. (Thursday, July 7, 2:00-3:15 pm, Thayer Classroom)

SESSION DESCRIPTIONS (Continued)

Steady Love & Passionate Love (Mahabba & 'Ishq): Exploring the Love Inside Oneself – Love is a primary theme of Sufism, generally discussed as mahabba, steady, relational love, and as 'ishq, passionate, ecstatic love. In this session, we will explore the steady and ecstatic love relationships within one's own being. (Friday, July 8, 2:00-3:15 pm, Thayer Classroom)

Faking Ecstasy (Wajd): A Grounded Approach to Spiritual Achievement – In early Sufi texts, there is much discussion of ecstasy (wajd) as a hallmark of spiritual achievement, and criticism of those who pretend to enter into ecstasy falsely. Here we will discuss a more grounded approach to spiritual achievement as a process of sweeping away false constructs and beliefs to make oneself a vessel for divine love, even if there is no guarantee it will appear. (Saturday, July 9, 2:00-3:15 pm, Thayer Classroom)

Witnessing God (Mushahada): Seeing the Divine in the Present Moment –The idea of witnessing (mushahada) in Sufism refers to having an awareness of divinity in the present moment, to being present to the divine in that moment. This session will focus on resting in the present moment with full acceptance of it, even in the midst of life's difficulties. (Sunday, July 10, 2:00-3:15 pm, Thayer Classroom)

General Sessions

Amir O'Loughlin will offer four continuous general sessions on a major theme of Sufi teaching and practice open to seekers of all levels of experience:

The Ocean in a Drop: Symbology (Naqsh-band) in the Inayati Sufi Tradition – On the Sufi path of Love and Beauty, the words and teachings of the spiritual master pierce the intellect in order to penetrate to the deepest core of the heart and soul. The language that reaches these depths is that of mystical symbolism, whose vehicles include music, poetry, the visual arts, and the Divine Names. This is the meaning of "Naqshband," to 'engrave' or affix an image or seed idea on the heart of the beholder through concentration, contemplation and meditation.

Devi Tide will offer four continuous general sessions on a major theme of Sufi teaching and practice, open to seekers of all levels of experience:

The World ('Alam): A Universalist Sufi Approach to Healing the World – Hazrat Inayat Khan teaches: "When the soul comes into the physical world it receives an offering from the whole universe; and that offering is the body in which to function. It is not offered to the soul only by the parents, but by the ancestors, by the nation and race into which the soul is born, and by the whole human race." We will explore how one brings the Whole of the Living Self into your experience of Life. In these sessions, each day we'll use meditation to perfect the experience of Source, do practices to awaken Divine power, explore the difference between Ego and Awakened Self (magic and spirituality), and stretch consciousness into Life by exploring ancient practices (shared by all indigenous traditions) for the healing of the self and planet. (Thursday-Sunday, July 7-10, 10:45-12:00 pm, Council Chambers)

SESSION DESCRIPTIONS (Continued)

Advanced Sessions

Gayan Macher will offer four continuous advanced sessions on a major theme of Sufi teaching and practice, open to initiates with a deeper experience of Sufism. (Please note that these sessions will have a developmental progression, and while it is of course fine to sample the first session and not return for the rest, those who are truly interested should try to commit to all four sessions.)

Letting Go & Rebirth (Fana' & Baqa'): Exploring Subtle Receptivity and Resistance – In these four sessions, we will progressively explore the Sufi concept of fana'-baqa' (letting go of the ego and the subsequent rebirth in divinity) and its implications, with an emphasis on our subtle receptivity and resistance to the divine action upon us. Fana'-baqa' is a recurring process that begins with letting go to make way for that which is more real. A shell is broken, an attachment given up, an illusion exposed before the wings of freedom can open. In the midst of such change, there is no way to know where things are headed. We might cling to the familiar, even if it is a cause of suffering. To give ourselves over to the process of fana'-baqa' asks everything of us. It is what makes the spiritual path noble, sacred, and true. (Thursday-Sunday, July 7-10, 10:45-12:00 pm, Gregg Pavilion)

Taj Inayat will offer four continuous advanced sessions on a major theme of Sufi teaching and practice, open to initiates with a deeper experience of Sufism. (Please note that these sessions will have a developmental progression, and while it is of course fine to sample the first session and not return for the rest, those who are truly interested should try to commit to all four sessions.)

It's About Living! (Hayy): Opening to Our True Existence – In these four sessions, we will dig into the traditional Sufi concept of dying before death (mutu qabla an tamutu) as a process of learning to 'eat death' in order to live more fully, exploring together the meaning of two important awakenings: 1. Awakening the Heart, the Organ of Love, in order to understand its innermost secrets—that we are loved, that life is safe and good, and that to love is the greatest happiness—so that we can get on with the great adventure of living; 2. Awakening the Soul, the Organ of Light, to liberate awareness from body/mind, working in meditation to discover the ever-present, all-pervading, eternally luminous nature of consciousness. (Thursday-Sunday, July 7-10, 2:00-3:15 pm, Gregg Pavilion)

A FEW NOTES

We welcome you to this year's Season of the Rose! Here are a few notes for your time with us...

Co-Directors

Your Season of the Rose Co-Directors are Maryam Bonfonti and Khairunnisa Sanchez, both hailing from Salt Spring Island, British Columbia, by way of Montreal, Boston and the Abode of the Message in New Lebanon, New York. Maryam and Khairunnisa are graduates of Suluk Academy's Gulzar class (2015), experienced organizers, and good friends to all of you. They will oversee the gathering's staff and logistics throughout the program, as well as make announcements each day.

Inayati Staff

It takes many people to make a gathering this size happen! You will see our staff, a mix of experienced organizers and volunteer helpers, at the Registration & Information table, assisting faculty during sessions, welcoming and guiding us throughout the day, serving as audio and video technicians, and generally being of service. Look for one of us if you need anything at all.

Lewis & Clark Staff

Campus staff members are available to assist with any housing-related issues and/or needs. If you have any needs related to staying on campus, please contact Guest Services at the number listed in your room.

Registration & Information Table

We will have a Registration & Information table set up throughout the five-day program. Location: Stam Dining Room "Market Side." Hours: Wednesday, 2-7 pm, and during breaks throughout the program. Also, within the same area there will be a small selection of vendors with items for sale.

Meals

All of us staying on campus receive three hearty meals a day, beginning with dinner on Wednesday night and going through lunch on Monday. If you are a five-day commuter, lunch and dinner will be provided Thursday through Sunday. If you are a three-day commuter, lunch and dinner will be provided Saturday and Sunday.

All meals will be held in the Fields Cafeteria (Templeton Building):

Breakfast: 7:30-9 am; Lunch: 11:30 am-1 pm; Dinner: 5-6:30 pm. You must wear your wristband (given at registration) to access all meals.

Getting Around

Some of our meeting spaces will be close to one another, and some farther apart, especially between housing, meals and the South Chapel. Please give yourself 15 minutes or more to walk between locations.

A FEW NOTES (Continued)

Golf cart rides will be available for people with mobility issues, leaving the Templeton Building for South Chapel each day at 8:45 am, 3:30 pm and 7:30 pm. They will return you down the hill when sessions end.

Parking

Parking is free and should be easy throughout the course of our program. Please see the Lewis & Clark Campus Map for parking near various meeting locations and on-campus housing.

Physical Fitness

As guests of Lewis & Clark, we have access to all physical fitness spaces on campus, including the pool, workout room, tennis and basketball courts, etc. Check here for hours: http://lcpioneers.com/about/facilityschedules/Facilities_Schedule_Master

We are also on a gorgeous campus, along a green belt. During breaks, and when you feel called to do so, please explore the campus and adjacent Tyron Creek State Park.

Computer Use

If you would like to use wireless on campus, set your wireless to LC Wireless. Open a browser and there will be a form to complete to gain access.

Also, there is a campus Business Center set up next to the Concierge Desk in the Fields Foyer of the Templeton Building. We may use this center to check on flights, print out boarding passes, and do small copy jobs. The Concierge Desk is staffed at lunch and dinnertime. The Business Center computer is available 24/7.

Creating a Container

We are coming together to create a spiritual container for friendship and inner study. In the mornings, there will be musical attunements at 8:45 am each day, leading into our 9 am program. To help create this container, please enter the South Chapel as a sacred space. Please remove your shoes in the outer corridor and observe silence upon entering.

Also, consider cloistering your time a bit by staying on campus, and enjoying the group attunement, as much as possible.

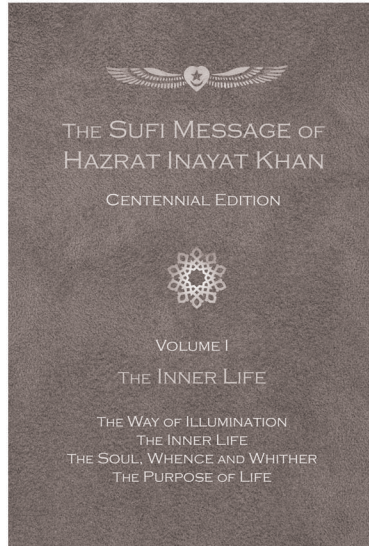
In Case of Emergency and Medical Issues

In case of emergency, or if there is a medical need, please call Inayati Staff on duty at the phone number listed by the Registration & Information desk. Please write this number down upon check-in.

First aid kits will also be located at the Registration & Information Desk, within each on campus housing building, and in the South Chapel. (There is no medical assistance on campus during the summer.)

Sufi Message Online Class with Pir Zia Inayat-Khan

Four Thursdays, September 8 – 29, 2016



Based on “The Inner Life” from the newly authenticated, updated and gender neutral version of *The Sufi Message Volumes: Volume I*.

Nazar: Before Meals

O Thou, the Sustainer of our bodies, hearts, and souls,
Bless all that we receive in thankfulness.
Amen.

Prayer for the Universel

O Thou, Who art the Maker, Molder, and Builder of the universe,
Build with Thine own hands the Universel,
Our Temple for Thy Divine Message
of Love, Harmony, and Beauty
Amen.



The Inayati Order

A Sufi Path of Spiritual Liberty

www.inayatiorder.org