

# MADISON SUFIS



*"Thy divine compassion  
radiates in fullness through the  
heart of the mother.,"*

**Hazrat Inayat Khan**

## ***Mother's Day Special Universal Worship Service***

via Zoom

**Sunday, May 10**

10:00 a.m. - noon

**Please look for the zoom link a few days before.**

***Many of you have come in past years to this special  
Universal Worship honoring the Divine Mother.***

We usually create an enormous altar containing sacred objects, pictures of Avatar and Illuminated Souls, and pictures of loved ones, ancestors and other inspiring beings. Then we share our stories.

This year I invite you to be ready to show us a picture or object, sculpture or work of art that embodies the many divine qualities of the spirit of the Divine Mother. ***Qualities we will invoke are courage, kindness, wisdom, forgiveness, beauty, steadfastness, and light-heartedness.*** If you can, let your stories and objects reflect one or more of these qualities.

We will light candles to these main themes. Please have your own candle(s) ready to light if you wish. If there is another quality you wish to name you may.

Please let me know if you are willing to share something. We will try to let everyone say at least a few words and, of course, you may attend without needing to share anything

Info & questions, please contact Jamila Joy,  
[jamila@madisonsufis.com](mailto:jamila@madisonsufis.com) or 608-338-0709.

## **Special Events**

**Pir Shabbda Khan**

**September 11-13**

## **Rescheduled for 2021**

**Big Love  
in Times of Impermanence**

**Tasnim and Saadi**

**March 25 - March 28**

### **Dances of Universal Peace**

**1st Friday, May 1 via Zoom**

**3rd Friday, May 15**

**7:00 - 9:00 p.m.**

A zoom link will be emailed before each event.

Jamila, 608-338-0709

### **Ziraat Lodge**

**Wednesday, May 6 via phone**

**7::00 p.m.**

If anyone is interested in calling in please contact me well before that time so we can set something up. I can accommodate a limited number of people using a regular phone line. If you wish to participate please let me know through my email. Rachel

Rachel.roang@gmail.com.

### **Grassroots Gathering**

**Friday, May 8 via Zoom**

**6:30 p.m. - 8:30 p.m**

**Open mic, followed by conversation.**

Please join grassroots for "open mic." Please come with an offering of the heart to share - poetry, art, music, stories, jokes, videos, photos, meditations, readings from Murshid or others. It is not required to offer something, in order to attend; your presence is a heart offering.

Rafiq, 608-338-0709

### **Healing Service**

**Sunday, May 17 via phone**

**11:00 a.m.**

Please contact me before that time if you want to be included in the call. I have limited access to phones and it will be conducted (of course) remotely. Any names you would like to add to the healing list please send to my email.

Thank you and may all beings be well at this time!

[Rachel.roang@gmail.com](mailto:Rachel.roang@gmail.com).

### **Rahmat's Class**

**To Be Determined**

Rahmat will send an email to the newsletter group if he holds class this month. If he does we will continue to explore practices of presence through, Zikr, Wazifa, and silent meditation.

Rahmat, 608-338-0709

[madisonsufis@gmail.com](mailto:madisonsufis@gmail.com)

### **Karima's Sunday Heart Gathering**

**Sunday, May 24**

**11:00 a.m. - 1:00 pm via Zoom**

TOGETHER not Seperate. How do we all grow through this, slower rhythm taking care of our own energy. Please join in for being in the moment. Learn from one another.

Khayr=WELL being self others. (Say 33-101x)

MAY our faith increase .

All loving care heart to heart, Karima

Call a week in advance if you are new.

Karima, 608-338-0709

### **Sufi Songs and Teachings**

**Wednesday, May 27**

**7:00 p.m. - 8:30 p.m.**

Jamila Joy will lead **via Zoom** this class of songs, practices and readings from the Githa papers of Hazrat Inayat Khan. This class is for mureeds.

Please contact Jamila ahead of time if you wish to attend for the first time.

Call me with questions, thanks, Jamila  
608-513-3950

## Pir Shabda's April 2020 Message

Beloved Family,

Sending my deepest prayers and aspiration for each of you, your families and relations, and all beings for well-being, outer and inner, in this time of crisis for humanity.

Having temporarily lost the ability to meet together, dance together, be together physically, I am so grateful that in this period of history we have the tools of virtual meeting available to us. I am particularly enjoying our bi-weekly [Saturday Ruhaniat Family ZOOM Gatherings](#), Holding Hands in Virtual Space across the globe, and hope you will continue to join us for those gatherings (recordings of previous gatherings in the link). The next one is Saturday, May 2, at 11:00AM PDT.

It gives me joy to know that as people in Delhi experience what it is to live in a place without smothering smog, it will be more difficult for them to go back to "life as it was," now that they have seen the possibilities. And the same is true the world over. We have seen the possible and it is time to investigate how to change.

Six months ago, the Shift Network, likely the largest "online" school on our planet reaching over 170 countries, asked me to teach a course for them. And now with the current circumstances, I feel so grateful to the Spirit of Guidance for making it happen!

Many of you have attended the free events that led up to [my course](#) which begins Tuesday, April 28th at 11:00 AM PDT, which does cost money but is also available for free on scholarship for those who need it. Just apply! This past Tuesday I did a [free Q & A](#) to lead up to the course and so far, it has been viewed by 9241 people! May the Message of God Spread Far and Wide!

Naturally, our local Zikr Circle is suspended until further notice and the same is true for retreats and camps in general. I would imagine this to be the case until we have a vaccine.

A few weeks ago, we instituted a Ruhaniat Pandemic Relief Fund, funded by mureeds for mureeds. Just go to the [SRI Website](#) and follow the prompts to either request support or make a donation. As of a few days ago, we had raised over \$25,000. and giving it away as the requests come in.

Meanwhile let us strengthen our practice, increase our service where possible and keep manifesting Loving Kindness and Compassion in all our relations and to ourselves.

The text for this period is Murshid Sam's **Ten Lessons on Walk**. These include some of the greatest lessons he gave for our everyday life. Likely, many of you have already made them an integral part of your being but let this be a good reminder and also provide you with the text for sharing with others.

Much love,  
Shabda

## Ten Lessons on the Walk

By: Murshid Samuel L. Lewis  
(Sufi Ahmed Murad Chisti)

*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.*

### 1. Walk

### 2. Breath (First 2 lessons were published in our October, 2019 newsletter.)

### 3. Thought

The human body is such that its operations are associated in some way with the nervous system; in other words, there is no action without involving some kind of thought, conscious or subconscious or even unconscious. Thus also psychic power is involved.

We can learn much from a study of Nature, especially of the animal world, of the relation of the development of the nervous to the muscular system first and then to the gradual evolution into specialized organs. Anatomy is analytical and does not always help one to understand principles; physiology is dynamic and sometimes the study of physiology throws light on psychology, but the reciprocal is also true. Or, as the Buddhists teach, mind and body are one (not to be accepted too literally).

There is the understanding of instinct, which does not always come through study. Instinct may be called the unconscious or under-side of insight. It shows that man lives in a universe of mind though he is not necessarily aware of it. But when there is coordination of thought, effort and action, then the personality becomes more properly integrated.

It is more necessary to feel than to think about one's movements. Thinking about action alone can become a wearing thought and use up the mental magnetism. But if the mind is permitted to wander too much one can lose direction. Therefore in the practice known as **Walking Fikr** one must have a particular path, preferably a straight line, and it should be in fields or what are called "jungles" in the Orient, meaning where one does not meet people or vehicles.

If one has a goal, physical or mental, while walking, it brings all the magnetisms together. It is a living concentration. For instance a lover, going to meet his or her beloved, is endowed and imbued with a living spirit which makes action easier and fatigue disappears. If we practice a "Toward the One," whatever be the goal or purpose, walking becomes much easier. And therefore also sacred phrases may be thought or repeated, consciously or unconsciously.

## Ten Lessons on the Walk (cont.)

### 4. Spiritual Walk

The spiritual walk is one connected with esoteric training and development. It may have begun in the Buddhist fashion by simply counting breaths, a fixed number or a certain number. Or it may be done in the Sufi fashion which is not too different, excepting there are accepted cycles like 4, 10, 14, 20, 33, 100 or 101, etc.

Very often it is a good idea to encourage applicants and neophytes to walk and to watch the breath. This is the actual discipline in some orders. What is most important is to learn the relationship between God and man, between breath and life, and thus pass beyond the gates of so-called death.

Then one should breathe concentrating on **Toward the One** with both inhalation and exhalation, the same phrase. This can be done best by leaning on the breath, but also one can take so many steps to each breath. This is somewhat more complicated. In between comes in listening to music wherein the rhythm is most important. Besides, those who have had training in meditation and this **Darood (Toward the One, etc.)** will find it easier and more comfortable. It comes naturally.

As one breathes in and out with this concentration, all the essence of the universe can enter with the breath, and also all the poisons can go out of the system. If this is not sufficient, one can be taught sacred phrases, but for a group **Toward the One** is very good. Besides, a group so joining builds up magnetism, and as the group progresses from Walk to ceremonial or ritual and from ritual to dance, the dynamism and magnetism of both person and group increase; and also the capacity for the Divine Baraka manifesting on the earth-sphere increases.

If this is assigned as a spiritual practice, it should be in blocks of 100 steps, add one at the end (101, 301, etc.). But in a group, blocks of 10 are sufficient, 10, 20, 30, etc.

However, the group also benefits from meditation, and especially any attendant musician should be skillful in meditation. In the absence of the musician or musicians, suitable music should be used, not too loud, but with definite rhythms which can easily be appreciated.

For the complete paper go to:

<https://www.ruhaniat.org/index.php/major-papers/dancing-walking-concentrations/2160-ten-lessons-on-the-walk>



May, 2020

## The Zephyr April 2020

04 April 2020

Dear Companions on the Path,

As the virus continues its worldwide migration, each day brings news of another friend becoming ill. The poignancy of our interconnectedness has perhaps never been so palpable. We live in each other. May our healing prayers reach one another across land and sea. May our hearts fly to each other over hill and dale. May this ordeal only deepen our solidarity and our determination to pour our breath into the breeze of compassion that blows through everything.

In Arabic, the word for loving-kindness is 'inaya. A few years ago, we transitioned from the name The Sufi Order to The Inayati Order. In doing so, we honored our founder Hazrat Inayat Khan and affirmed the ideal of loving-kindness as our core aspiration. At the time, we made it clear that we intended to be known equally as the **Inayatiyya**, and that we would eventually move entirely to that name.

Discussions in recent days between the International Board, the boards of various countries, the Message Council, the Astana, and myself have culminated in the agreement that now is the time to conclusively take up the name the **Inayatiyya**. In doing so, we are reaffirming Murshid's original vision, which envisions the Order (also known as the Esoteric School) as one of several Activities collectively united in order (or tariqa), but contains other modes of participation and service as well.

Murshid seeded seven Activities. Five remained active through the twentieth century: the Esoteric School (i.e., the Order), Kinship, Universal Worship, Healing, and Ziraat. The sixth, The Knighthood of Purity, was revived and given full form in 2010. As we now adopt the name the **Inayatiyya**, there is timeliness in at last recognizing the proto-Activity Music as the seventh and final Activity of our Movement.

Murshid's murshid blessed him saying, "Fare forth into the world, my child, and harmonize the East and the West with the harmony of your music. Spread the wisdom of Sufism abroad, for to this end art thou gifted by Allah, the most merciful and compassionate." As his work advanced in Europe, Murshid appointed "Musical Representatives." Following his father, Pir Vilayat gave great attention to music as a spiritual art. Today there are many capable and inspiring musicians among us. An effort is underway to revive the songs of the Gayanshala and the hymns of Shaikh-ul-Mashaik Maheboob Khan. There is an opportunity to intentionally sustain and transmit our canon of sacred songs and to infuse elevated music into all of our gatherings.

It gives me great pleasure, now, to introduce to you the pioneer Vice Presidents of Music in the **Inayatiyya**, for North America and Europe respectively: Tarana Sara Jorbin and Ophiel van Leer. Please join me in giving a hearty welcome to these inspiring musical trailblazers as they enter their new roles. Tarana and Ophiel are working closely with the Inayati Musicians Guild, and all musicians in our Movement are warmly encouraged to join this collaborative fellowship. The Guild meets regularly at the Astana and online for practice, or meshk.

Dear friends, in this strange time in which we find ourselves, I hope you are well. I send out prayers toward you every day. I feel your prayers, in turn, and I am grateful for them.

Yours ever,  
Pir Zia

<https://inayatiorder.org/the-zephyr-april-2020/>



May, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dances of Universal Peace via Zoom 7:00-9:00 pm	2
3 Universal Worship Service via Zoom 10:00 am - noon <b>Mother's Day</b>	4	5	6 Ziraat via phone 6:00 pm	7	8 Grassroots Activity Opne mic / Conversation via Zoom 6:30 pm	9
10 Healing Service via phone 11:00 am	11	12	13	14	15 Dances of Universal Peace via Zoom 7:00-9:00 pm	16
17	18	19	20	21	22	23 <b>Ramadan ends at sundown</b>
24 Sunday Heart Gathering via Zoom 11:00-1:00 pm	25 <b>Memorial Day</b>	26	27 Sufi Songs and Teachings via Zoom 7:00 - 9:00 pm	28	29	30
31						

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## Milwaukee Area Activities

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### Universal Worship

UW in Milwaukee Tower

May 3

10:00 Springing Upward

Call Sara if you wish to connect: #146 or 414-299-0219

### Dances of Universal Peace in Waukesha

UUU Congregation

506 N. Washington Ave.

7:00 pm - 9:00 pm

Direct questions to: Patti Kies, 262-642-9289 or  
pattiburncake@hotmail.com

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## Donations

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We ask that you consider making a donation to the Madison Sufis. \$30 per year is suggested as a donation to support the newsletter and the work of the Madison Sufis although any amount will be gratefully accepted.

**Pay online with credit card at:**

<https://www.madisonsufis.com/donate>

**Or checks** may be made out to: ***Madison Sufis***

and mailed to us at: **P.O. Box 46463**

**Madison, WI 53744-6463**

Thank You,

Basir, Treasurer, Madison Sufis

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