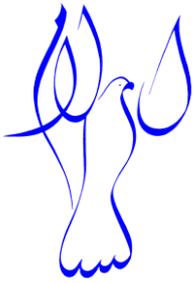


PEACE IN MOTION NEWSLETTER

WINTER 2015

Dear all,



Outside it looks like Spring, but it is almost Christmas, so time for our Winter Newsletter. We look back upon a very busy half year. We did a lot of traveling, as you will read below. On top of that, we moved our business, until now under Dutch tax law, to Germany. Don't tell us Europe is one, for the bureaucrazy (no typo, that's how we spell the word nowadays) has been more than we could have fathomed.

The fall was an intense period. Europe was flooded with refugees, there were the attacks in Beirut, Paris and Tunisia and many felt threatened by the Islamic State. We were on the Paris Airport a week before the attacks, returning from our pilgrimage to Tunisia.

The only thing we could do was to ask for guidance. We went back to Hazrat Inayat Khan, Murshid SAM, Thich Nhat Hanh and the Dalai Lama. We heard the mayor of Amsterdam, say that courage is the ability to cope with your fear.

Fresh back from Tunisia that suffered from three attacks this year, we understood and expressed our feelings and thoughts through our workshops. This deeply colored our annual Sesshin Zen & Zikr and the workshops thereafter in the Netherlands and England.

Once again, it made us grateful for the teachings to be found on the spiritual path, the Dances and our spiritual ancestors and guides.

Love, Wali & Ariëne

USA



After many years, we returned to the USA to offer workshops and share our teachings and music & dance in the Lake Michigan area and in Seattle/Tacoma. On invitation, we stopped over in Boulder and with our friends Guy and Sveta visited Lama to see the gravesite of Murshid SAM, now under construction.

It was lovely to be back in the USA after more than ten years. With the participants, we felt a hunger and thirst for the Sufi path, as expressed in the themes of the workshop and in our booklets, and for the dances that we took with us, mostly from European origin.

The Mother's Trust Ashram near Chicago, dedicated to Ramakrishna's students Vivekananda and Gauri Ma, deepened our contact with this Vedanta path that we had been studying for some years already. On invitation, Wali lectured on the Vedanta influence on Hazrat Inayat Khan, notably through his Sufi creed 'Ishq Allah mah'bud Allah' (see our booklet 'Zikr and the Stages of the Nafs' for more on this). We felt the inspiration and hope one day to visit the original Ramakrishna ashram in Calcutta, India.



From Boulder to Lama, New Mexico is a full day's driving. To us it was like a small, but lovely American road trip, bringing us to Mexican flavor.

As it was late September, Lama was officially closed, but still open for unexpected guests like the four of us. The welcome was most heart-felt and warm. We immediately felt at home here. With Malik, the manager of the construction site, we dived into the history of SAM's former *Makbarah*, now turning into America's first ever *Dhargah*.

This history showed that SAM's grave has been an ongoing process from the very beginning. The white quartzite stones, for example, were put there later during a Wali Ali workshop to cover the original earthen mound.

Being there on the location and feeling the *baraka*, we felt it made sense to continue this process and felt gratitude for Pir Shabda's vision to turn the *Maqbarah* into a *Dhargah*, which is supported by the full Murshid Council, the council of elders.



On the E-mail forums, the road that had to be constructed for the trucks to enter the site had been a big issue. We were prepared and looked for a wide, tarmac road that disgraced the scenery. All we found was a lovely and rather small dirt road, following the curves of the landscape and bringing us the SAM's gravesite. As we had been doing similar digging work at the Khankah to be able to enter and mow about one acre of lower meadow (which met with protests from one of our neighbors) we had a déjà vu experience.

NB: The Ruhaniat has raised over three quarters of the needed sum to finish this project. Please click [here](#) to donate to this project. Small amounts are welcome too!

We meditated at the grave, did practices and visited the nearby grave of Murshida Vera, Sam's early Sufi student. After that, we decided to share some dances on the famous wooden Lama floor. Just the four of us, but we didn't want to miss this opportunity!

We stayed the evening for the weekly Zikr at Lama. Much to our surprise, we were asked to lead it, as the leader for that evening had his arm in a cast. We didn't have to be asked twice! It was a privilege and a joy to lead the dances.

When we said goodbye, we realized there is more to Lama than the Dharga. It is a beautiful place with plenty of *baraka* and worth visiting, even apart from SAM's Dhargah.

We hope to return one day!



Sahara



Every three or four years, we seem to get an itchy feeling telling us it is time to go back to the Sahara. Last October was our fourth trip since we first went there in 2006 with Saadi. The pilgrimage soon filled up with over 25 participants, but then the terrorist activities in Tunisia started, resulting in a negative travel-advice of most EU countries.

We waited until the end of August and decided to go for it, following Hazrat Inayat Khan's advice to be a realistic optimist. After all, we'd be there after the tourist season and Khalifa, the leader of the Bedouin clan who were to guide us, kept informing us all was safe.

Late October, our caravan of fifteen pilgrims journeyed into the Sahara. As we had learned from previous journeys, we had prepared ourselves to let the Sahara be the teacher, inspiring the group and us. As the biblical and Quranic Prophets had walked the same magnificent eco-

system, inspiration was never far. With one participant having lived in Tunisia and speaking the Tunisian language (a dialect of Arabic), inspiration soon led us to deepen the Islamic and Sufi path. We shared how we have a choice between the loving and the wrathful face of the One; between a literal and a spiritual approach; between the nearness and the distance of the one, seeing the One as our Beloved or as our Judge.

You will be able to read more on this subject in '*Unity and Diversity*', our upcoming manual on the different religions for dance leaders and cherags and cheragas (due Summer 2016).

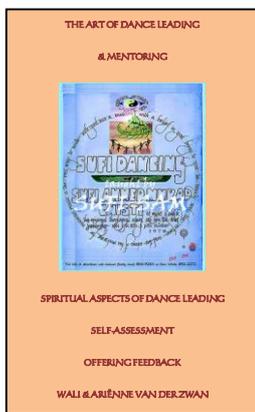


Siesta in the desert

The Art of Dance Leading & Mentoring

This year, we started our new Training Program. We took a break of many years of offering a training program, both in the Netherlands and Germany, as we needed new inspiration. Inspiration came and we both feel how good it was to retire for such a long time. Everything felt fresh and new and highly inspirational.

The program is interactive, as the questions of the participants lead to part of the program. Inspired by this, we set out to write a sequel to the successful '*On with the Dance*', which has been translated in seven different languages, based on some of these questions.



'On with the Dance' mainly concentrated on the technical aspects of Dance Leading. 'The Art of Dance Leading and Mentoring' focuses more on the inside and spiritual aspects of the dances. Some of the topics deal with attunement, the role of the Planets, Tassawuri, the making of a program and different types of dance leading in relation to the aim of the dance event (social, deepening, as side program, as retreat etc.). With chapters on offering feedback and a self-assessment, it also serves those who are on the path of mentoring. We hope to have the English version out by summer 2016. Here is a small excerpt about the ancestry of the Dances of Universal Peace from the upcoming book (which will be around 100 p. A-4) from the chapter on mantras:

In the broadest sense, a mantra can be any word or phrase that helps you to focus and attune or that invokes a certain atmosphere. Many mantras have gained this quality because of the long-term use of them as such. For the more you use mantras, the stronger they get. There is a well-known story of a dervish who walked on water in spite of his wrong pronunciation of the mantra. Here's a similar story from Tibet:

A Tibetan went to India, looking for a guru. He knocked on the door of a famous guru. The holy man had no time for him, waved his arm and yelled in Sanskrit: 'Get lost!' The Tibetan hardly knew Sanskrit and took the words as a powerful mantra with even a mudra given. He was delighted and retired in a cave to practice mantra and mudra. He was diligent and persistent and reached a high inner state. He then returned to the guru to offer him his gratitude. The guru complimented him with reaching enlightenment by such unusual means, but with an unshaken faith.¹

In the Christian tradition, MARIA has become a mantra because she was invoked to and addressed so often in times of need. In the black and dark Middle Ages God felt far away and Maria was the *mediatrix*, the medium to the unreachable and incomprehensible God and Jesus, who did nothing about the disasters that decimated the population. Maria, however, of human flesh and a mother who has lost her son, brought an immediate recognition to the mothers who lost their children in the raging wars and the Black Plague.



In our Dance and Sufi circles, phrases from Hazrat Inayat Khan are used as mantras. Although in English and relatively young, they contain so much energy of the Sufi master that they can help you to attune to him. This is one reason for starting a dance event with the Invocation: not because everyone does it and it has become a tradition or ritual, but because it is a wonderful tool for attunement for yourself and the group and because it unites your circle with other circles around the globe.

Here's Murshid SAM on using the words of Hazrat Inayat Khan as mantras:

In these times, the Message has been offered in English and although the English is a very involved and quite a derivative idiom, the power of the word of the teacher is indeed great and confers blessings to the pupil who repeats them.

Ryazat: Esotericism. Githa Commentaries Series I, p. 26

Following what we said above, the more you and others use the Invocation and other phrases of Inayat Khan, mostly from his prayers, the more the mantra quality of these phrases will live and the more they will become mantras.

Toward the One! ²

As another result from the Training Program, there will be an English version of our manual on the different spiritual paths, 'Unity and Diversity. Until now, this manual was only available in German and Dutch.

¹ After John Blofeld: *Mantras, Sacred Words of Power*. Dutch edition, p. 109 – 110.

² See our booklet to the CD 'Send us the Peace' with some dances from Inayat Khan's prayers.



Year Program 2016 Wali & Ariënne



February
20 - 27

Samark Winter Retreat

The Purpose of Life

From Saturday evening dinner until the next Saturday breakfast
On different occasions, Inayat Khan talked about the purpose of Life, always starting with our longing for Life, Love and Joy, for Insight and Peace. Every day, we will address one of these longings. With Dances of Universal Peace, storytelling, Sesshin, Feedback sessions and guitar classes in the afternoon with Arjuna etc.

English/German spoken

Only few places left, no more single rooms



March
11 - 12

Dance & Sufi Weekend Bremen (Germany)

Im Garten des Herzens

Our yearly short Sufi and Dance weekend retreat in Bremen.

Contact [Renate](#) German spoken.

17 - 20



The Art of Dancing & Dance Leading

Fourth weekend of training program. Only open for participants of the whole program.

April
7 - 10

Russian Spring Retreat (Saratov, Volga Area)

Like previous years, we will visit Saratov and its flourishing Dance & Music Circle for a residential retreat.

Contact [Salima](#)

English spoken with Russian translation

23

Dance Day Dublin (Ireland)

Contact [Zahira Noor](#)

May

13 - 16



The Art of Dancing & Dance Leading

Fifth weekend of training program.

18 - 22

Federation Retreat (Berlin, Germany)

Gathering of different Sufi Order of the Inayati family.

June

9 - 12



The Art of Dancing & Dance Leading

Sixth and last weekend of training program.

July

2 - 9

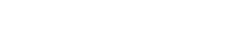
Ruhaniat Summer School (Proitzer Mühle, Germany)

Annual gathering of the EU Sufi family with EU Sufi teachers.

English/German spoken

August

6 - 13



Samark Summer Week: The Conference of the Birds

From Saturday evening dinner until the next Saturday breakfast.

Following Attar, we will visit the different valleys on the spiritual path. With DUP, stories and poetry, chanting and practices, Sesshin, Samark Cinema, zikr and ritual. By sharing, we will deepen the theme per day.

English/German spoken

NB: No more single rooms

September

16 – 18

Dance and Sufi Weekend Riga (Latvia)

Please contact Bashiran at bashiran7@inbox.lv

English spoken with Russian translation

22 – 25



Samark Sufi Weekend: The Sufi Path

From Thursday evening dinner until Sunday, late lunch

Introduction weekend to the Sufi Path through Inayat Khan, Murshid SAM, Rumi and other well-known Sufi masters.

With practices, dances, dharma talk et cetera.

German spoken

October

06 – 09

Dance and Sufi Weekend Perm (Russia)

Theme to be announced

Contact Svetlana Tarasova at svet_tara@mail.ru

English spoken with Russian translation

15 – 16

Dance Weekend Hamburg (Germany)

Zikr, die Kunst des Erinnerns

Yoga Centrum Hamburg. Contact [Heinz Scheffler](#)

German spoken

28 – 30

Dance Weekend Mother's Trust Ashram (USA, Lake Michigan Area)

Contact [Jessica Sitara](#)

November

02 - 06

Jamiat Khas (Abode of the Message, USA)

Leaders Retreat of the Ruhaniat.

10 – 13



Samark Sesshin

Zen & Zikr

From Thursday evening dinner until Sunday, late lunch

In a Sesshin, we alternate dancing with meditating. To further the inner process, part of the weekend will be in silence.

German spoken

18

The Little Sufi Prince (Utrecht, Netherlands)

Lecture on the Little Prince, seen through the eyes of Sufism.

Lecture in Dutch: De Kleine Soefi-Prins.

Theosofische Vereniging, Kruisstraat 307, Utrecht NL

Dutch spoken

25 - 27

Winter Weekend De Weyst (Area Eindhoven, Netherlands)

Theme to be announced.

Dutch spoken

December

03 -04

Dance Weekend Stroud (England)

Theme to be announced

Contact [Neesa](#)

15 - 18

Sufi & Buddhist Retreat EIAB (Waldbröl, Germany)

with Wali & Ariëne and Bi Nghiem (Sister Ingrid)

As this retreat will be in EIAB, the monastery of Thich Nhat Hanh and his disciples, we will partly follow the daily routine of the monastery and its sisters and brothers. We will mix this experience with the teachings of Hazrat Inayat Khan. Participants pay for their stay in EIAB. Honoraria is dana (self-chosen free gift).

For registration and more info: [EIAB](#)

28 - Jan 1

Samark Silvester Celebration

From Wednesday dinner until Jan. 1st, late lunch

Retreat and celebration to look back in gratitude for what 2015 has brought us and to look forward to unfolding of some of our next steps in life in 2016.

On New Year's morning, we'll dance the Aramaic Lord's Prayer to welcome the New Year.

Depending on the participants, the Retreat will be German or English/German spoken.

Wali & Ariënne van der Zwan

+49 2294 993 78 41 (land line) + 49 171 125 38 03 (GSM)

Unterbirkholz 7 D 57587 Birken-Honigsessen, Germany

samark@peaceinmotion.eu

www.peaceinmotion.eu

