

## PEACE IN MOTION NEWSLETTER WINTER 2016

Dear all,



*The meadow in front of our house is white with frost. Time for our Winter Newsletter. Watching the news on television and reading the newspapers, we can almost copy the introduction of our previous Newsletter, as the world is still in turmoil with the war raging on in Syria and terrorist attacks on something as peaceful and innocent as a Berlin Christmas market or a boulevard in Nice, with people watching the fire-works. At the same time, you can cynically say you're almost losing count of the attacks in Turkey and the Middle East and the ongoing slaughters of Boko Haram in Africa. Pessimists would say there is nothing we can do. Or even, following Nietzsche, that God is dead. But as Hazrat Inayat Khan tells us:*

*An optimist takes the chance of losing; a pessimist loses the chance of gaining.*

*We can bring back in memory one of our spiritual ancestors Noor-u-Nissa Inayat Khan, who died for her and her father's ideal of spiritual freedom (Liberté! was her last word before she was murdered by the Gestapo). Or Etty Hillesum, who died in Auschwitz in 1943.*

*This Dutch Jewish woman wrote in the concentration camp Westerbork: 'It is not about keeping your life. It is about how you want to keep it.'*

*Etty wrote that against the overwhelming evidence of the opposite, she had to keep faith in the goodness of humankind. Otherwise, her life too would be meaningless and worthless. So she prayed for her guards.*

*Whatever we can do on our limited small scale may seem futile, but let us keep our realistic optimism – to use Inayat Khan's words – and continue our path, trusting that every positive step we take is a step towards peace, no matter how small.*

*May this Newsletter and the best wishes for 2017 that go with it to all readers and beyond be such a small step. Let us keep being inspired by these and other spiritual ancestors and continue doing what we are doing.*

*Toward the One!*

*Love, Wali & Ariënné*

### LOOKING BACK



Many years ago, we decided January would be our holiday month, as we used to work the whole summer. Looking back upon the heavy traveling we did the second part of 2016 – visiting both Russia and the US in one month – we're grateful for this time of breathing out.

Since 2012, January for us means going to India to visit our daughter Brechje. In 2012 for her wedding with Nitin, later to see their restaurant Little World and in 2015 to support her in giving birth to her first son Surya. All well timed within our holidays!

The timing cannot always be perfect, so we weren't there to witness the birth of our second grandson Satya. On September 16<sup>th</sup>, we were in

Riga for a weekend of Dances and Sufism.

Our grandparent hormones urged us to do something. Normally, we try not to give in to impulses, but in this case, we didn't resist and went for it. As Riga has the bear as totem, we bought the little truth-bringer (Satya means truth) a bear.

Back home from Riga, we picked up our son Jochem and brought him to the airport for his flight to India. So when we ourselves will fly to India, early January, the completely family *inshallah* will be united there. And we'll finally will be able to see and experience Satya in real life.



### LOOKING AHEAD: THE SUFI PATH OF LOVE AND UNDERSTANDING

September 2017, the first weekend of our upcoming Sufi Year group is planned. The registration for the program is above expectations, so there's only few places left.

In this program, we want to link the classical Sufi threads of Sufi psychology, the ladder of the *nafs*, the phenomenon of *Zikr* and other themes with the teachings of Hazrat Inayat Khan and Murshid SAM. We will be using some of the classical textbooks that Murshid SAM himself also used and dive a bit into the teachings of the al Ghazali brothers, Ibn al-'Arabi and Rumi, to name the foremost classical Sufis we studied the last years.

Here are some of the main themes:



The two wings of loving and knowing

The Sufi Psychology of the Heart and the Ladder of the Soul

The two Faces of the One

Creation and the Book of Nature

Direction and Guidance

The Invocation of Hazrat Inayat Khan: on the last weekend, we may see how our experiences are expressed in this often recited, but not so often understood prayer.

And here are some of the main ingredients:



Dances of Universal Peace & Wasifa Walk

Main Wasifas in connection with the themes

Zikr and other Sufi practices

Working with the breath

Sufi Morning Practices

Concentration, Contemplation and Meditation

Small groups to relate to daily life

Storytelling & Sufi poetry

### I GAINED NOTHING FROM BUDDHISM

We can't get enough of Sokei-An Sasaki's writings on Buddhism, so after the introduction in our previous Newsletter, here's an excerpt from 'Zen Pivot's' (Weatherhill 1998) with some of his collected lectures. See our previous Newsletter ([click here](#)) for more of this remarkable man.

The lecture is called 'Is there some benefit from studying Buddhism' and can be seen as a word game between the every-day meaning of 'nothing' and the Buddhist concept of nothingness or emptiness (*sunyata*), as expressed in the Heart Sutra. Sokei-An (1882, 1945) gave this lecture when he was 60 years of age.



I went through terrific agony studying Zen. I lost everything I had and gained nothing. But this gaining nothing is wonderful, and I am satisfied. When Bodhidharma arrived in China from India, the Emperor Wu-Ti of the Liang dynasty asked him a question:

'I am building many temples, and I have made a law permitting men to become monks, and many people have converted to Buddhism. Does my doing so bring any benefit?'

Bodhidharma answered, 'No benefit. There is none.'

We are still chewing this question as a koan, and many students study it. So why did Bodhidharma say, 'No benefit. There is none'?

Gaining benefit by doing something is an entirely human problem. If I am gaining something from Buddhism, I am not following Buddhism. This idea of benefit is such a small idea. Must there be something to gain

from everything you do? Of course, today is a day of utilitarianism, we are utilitarianists. Every moment we are thinking about what we can get. To spend a whole life and in the end gain nothing? A wonderful conclusion to accept and make the basis of human life!

To gain nothing, the state of no-delusion, or no-filth, is attained by *anasrava*, which the Chinese translate as 'no-leakage', that which destroys filth or delusion, *klesha*, and purifies the mind. Desire is a filth. Delusion is a filth. Clinging to conviction all of one's life is a filth...

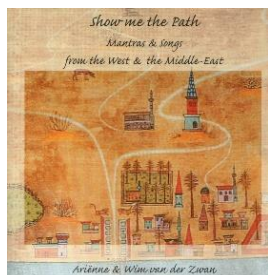
When a human being rids his mind of filth, he attains the state of empty mind. The dead weight of mind is removed, and your insignificant mind-stuff is voided, and you become pure-minded, simple-minded. This doesn't mean you become stupid, however; it means you become wise. You can see everything





clearly, for all mist is removed from your mind. The shimmering has ceased, and you attain *samyag-dristhi*, the Buddha's 'right view' – you see according to the knowledge of the Buddha. I sometimes think *samyag-dristhi* might better be translated as 'legitimate view' but I am still thinking about it. When you look at something with a legitimate view, you don't look at it with like or dislike, emotion or delusion, or notion, but according to Law, the Dharma. To gain nothing is always the conclusion of Buddhism.

### ALL THREE CD'S NOW DOWNLOADABLE



All our CD's are now downloadable as MP3 files from our website. Check it out at our website ([PIM shop](#)).

'Show me the Path', our first CD from 1999 and one of the first studio recordings for the dances, has long time been sold out.

Our second CD 'Heart Traveling' sought new musical pathways, using bass guitar and studio musicians on keyboard, clarinet, sax and horn.

This year May, we released our latest CD, recorded in Russia and focusing on the prayers of Hazrat Inayat Khan and mantras from the Sufi, Hindu and Buddhist tradition.

Musically, 'Send us the peace' goes back to the more meditative and devotional style of our first CD 'Show me the Path', but with the arrangements for keyboard, violin and recorder of 'Heart Traveling'.

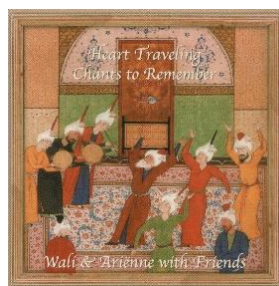
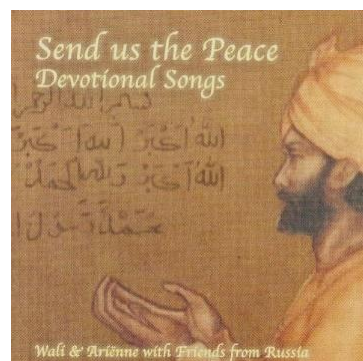
We are grateful that both the CD and the dances have been well received, both in Europe and the USA.

Some of the dances, like the Nayaz and the Invocation Bismillah, have traveled with us for quite some years and were eagerly waiting recording.

Others, like Nyogen's Gate Gate, The Bodhisattva Ideal (May all beings be well and happy in Sanskrit) or the song on the Four Immeasurables are relatively new.

On our website, you can have a taste of the music of some of the songs. All the write-ups are available in the accompanying booklet (EN and DE). Some are also downloadable directly from our website.

Here's the write-up of one of the Dances, Nyogen's Gate Gate.



## Nyogen's Gate Gate

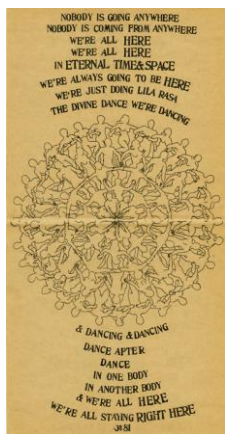
F (D)    Dm (Bm)    Bb (G)    F (D)    Bb (G)    F (D)    Bb (G)    C (A)

Ga - te    Ga - - te    pa - ra - Ga - - -te    Pa - ra - Sam - ga - te    Bo - dhi so - ha - -

Words	traditional Buddhist from the Heart Sutra
Music & Dance	Wali & Arienne van der Zwan
Chords in brackets	guitar with capo on III

<i>Gate Gate</i>	<i>Going, going</i>
<i>Paragate</i>	<i>Going beyond the going</i>
<i>Parasamgate</i>	<i>Going beyond the beyond</i>
<i>Bodhi Soha</i>	<i>Into enlightenment. So be it.</i>

## The Heart Sutra



The words of this chant come from the Prajnaparamita Heart Sutra, one of the best known Sutras in the Buddhist tradition. It is seen as the essence of Buddhism, which according to Thich Nhat Hanh is 'a clever way to enjoy life'.

This Vietnamese Zen monk completed and commented upon the Heart Sutra in September 2014, short before he suffered from a stroke. Both translation and commentary can be found on the website of Plum Village.

In his commentary, Thay (as his students call him) goes deeper into the meaning of the most famous part of the Heart Sutra, namely form is emptiness, emptiness is form. Highly relevant for students on the spiritual path and bringing the Heart Sutra from mere theory to the earth level of experience (in short: Thay speaks about NO THING instead of NOTHING, leaving space for a higher energy, usually called GOD, to fill the void), but outside the scope of this dance and dance description.

*Therefore Sariputra, it should be known that  
the Insight that Brings Us to the Other Shore  
is a Great Mantra, the most illuminating mantra,  
the highest mantra, a mantra beyond compare,  
the True Wisdom that has the power  
to put an end to all kinds of suffering.  
Therefore let us proclaim a mantra to praise  
the Insight that Brings Us to the Other Shore.  
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!*

In his earlier book on the Heart Sutra (*The Heart of Understanding*, 1988), Thay interprets the SAM in SAMGATE as referring to everybody, the sangha, all beings, thus expressing the bodhisattva ideal. See the dance description of the '[Bodhisattva Ideal](#)' and the '[Invocation Bismillah](#)' for more on this ideal.

Murshid SAM thought the Heart Sutra so important that he asked his students to learn it by heart. Here is this [metric translation](#). He himself learned a walking meditation with arm movements for the Gate Gate from his Buddhist Zen teacher Nyogen Senzaki (1876–1958). This walking meditation, which we learned through Murshid SAM's original student Wali Ali Meyer and through Saadi Neil Douglas-Klotz & Kamae Amrapali Miller, forms the basis of the movements to the mantra. As four different melodies are given, this can also be done as a chant. We usually don't teach all melodies for the dance, but simply invite people to use the counter melodies or find their own ones.

### Movements

As said, the movements go back to Nyogen Senzaki, Murshid SAM's Zen teacher. As such, we hope they may convey some of the *baraka* of our ancestors.

As this is a partner dance, first define partners.

The partner part can be called out at leader's discretion, after which the leader can either go back to part I or ask the group to do the movements to the center, coming nearer to the center at each repetition.

1. Gate Gate
2. Paragate
3. Para Sam Gate
4. Bodhi Soha

### Part I (no partners)

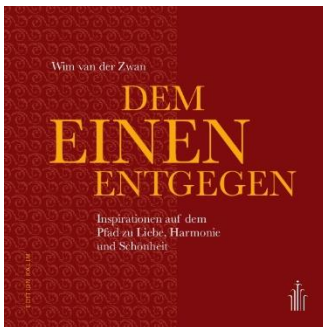
1. Stand in line of direction (clockwise). Step L of GA-, R on -TE, fingertips on the heart on GA- and opening slowly outward from the heart on -TE. Repeat for the second GATE.
2. Turn anticlockwise, keeping the same rhythm with the feet and opening the arms, starting with fingertips on the heart as in 1, now opening more fully.

3. Face center and describe wide halo, again starting the movement with fingertips on the heart.
4. Bow to the center in Namaste and come up again, in time to turn to line of direction for repeating 1 – 4.

## Part II (with partners)

1. Face partner, standing in place. Same arm movements as 1. above.
2. Make a half turn clockwise with partner, same hand movements as 2. above.
3. Stand facing partner, movements as in 3. above.
4. Bow to partner with Namaste and come up on the first four counts.  
Make a half turn through the center, keeping hands in Namaste, towards new partner on the last four counts.

## FIRST BOOK IN GERMAN



Just before Christmas, Wali's first book in German was published by Heilbronn Verlag as part of a new series of books, called *Edition Kalim*.

And beautiful the book it!

'Dem Einen Entgegen' is not a translation of the booklet with the same name, written in 2010 about the Invocation of Hazrat Inayat Khan, but of an original Dutch book, published by Sufi Publications in 2013, written in a more general style and not specifically for the Dance and Sufi community.

Dorothee Vogelsang made the translation from Dutch into German.

The book sees the Invocation as different steps on the spiritual path, thus opening the Invocation for all spiritual seekers and travelers, Sufi or not. At the same time, it shines light on the often used, but as often little understood words of the Invocation and its stumble blocks like the use of words like 'Master' and 'Perfection'.

In an addendum, the book refers to the traditional Sufi-Islamic background of the different parts of the Invocation.

German readers can click [here](#) for a PDF overview of the book.

*Dem Einen entgegen* is available through us, by [Heilbronn Verlag](#) and on [www.amazon.de](#).

## GUITAR WEEKEND



As it had been so long ago, we felt inspired to organize a weekend for accompanying the dances on the guitar.

A similar weekend had been the very first activity at Khan-kah Samark, before even the workshop room was finished. This time, we asked Arjuna (see picture with Wali in India) to support Wali.

Arjuna has been offering guitar classes at our Winter Retreat for many years and is one of the musicians at the Ruhaniat Summer School.

It was lovely to be able to share new ideas and insights, working with different strumming patterns, playing according to the four elements, working out rhythmic patterns, and finding our alternative chords to underpin the affect. Affect is the relationship between the music and the words. Much, but not all of this is written down in the Guitar Manual 'Play it again (for) SAM', in short PIAS, after the famous Humphrey Bogart line from the 1942 movie Casablanca. This way, we tried to offer ingredients for arranging the musical accompaniment, guiding them towards playing guitar fitting the atmosphere and attunement of the dance.

The weekend asked for more, so we for May 2017 (11 – 14) we scheduled another weekend. The weekend is open for up to 8 participants, as this way we can offer both teachings in a group and on an individual base.

All we ask is an open mind and the ability to play the standard chords (barred chords not needed). At the moment of writing, we have 4 participants from the Netherlands and Germany, so feel free to contact Wali if you are interested.





# 2017 Year Program Wali & Ariënne



## Januari

Dec 28 – Jan 1

**Silvester Celebration** (Khankah Samark)

***New Year Retreat & Celebration***

*From Wednesday dinner until Jan. 1st, late lunch.*

Retreat and celebration to look back in gratitude for what 2016 has brought us and to look forward to unfolding of some of our next steps in life in 2017.

## February

Feb 25 – March 4

**Samark Winter Retreat** (Khankah Samark)

*The Art of Prayer*

After many retreats on the Prayers of Hazrat Inayat Khan, we now let the Gitas of Hazrat Inayat Khan with Murshid SAM's commentary and other writings guide us to deeper understanding of prayer as such. We also will focus on some of the well-known prayers in the Dances. With Dances of Universal Peace, Storytelling, Sesshin, Feedback sessions, Guitar classes in the afternoon with Arjuna etc. *English/German spoken*

## March

17 – 18

**Weekend Bremen**

*Gib Nahrung unserem Körper, unserem Herzen, unserer Seele*

Our yearly short Sufi and Dance weekend retreat in Bremen. Contact Renate at [E-mail](#) *German spoken.*

## April

6 – 9

**The Art of Dance Leading** (Khankah Samark)

*Return Again*

Return weekend for the participants of the Dance Training 2015/16 and others who want to train with us or deepen their dance experience. *English/German spoken*

13 – 16

**Russian Spring Retreat** (Moscow, Russia)

*The Inner Life (after Hazrat Inayat Khan)*

After many years leading this Retreat in Saratov, we now return to Russia's capital for a residential retreat outside of Moscow.

An ideal way for non-Russians to experience the beauty & flavor of the Russian Dance circles. Contact Marina Kamila Savelyana at [E-mail](#) *English spoken with Russian translation*

## May

6

**Dance Day Dublin** (Ireland)

*Healthy Living*

This year, we'll dedicate our yearly dance day in Dublin to Inayat Khan's and Murshid SAM's writing on Health & Healing.

Contact Zahira Noor at [E-mail](#)

11 – 14

**Guitar Weekend** (Khankah Samark)

*With Wali and Arjuna*

Guitar weekend for techniques and attunement to accompanying the Dances of Universal Peace. Max. 8 people.

19 – 21

**Dance Weekend Algarve** (Portugal)

*Theme to be announced*

After many years, we return to beautiful Algarve to support the Portuguese dance circle. Contact Anne Rasquin at [E-mail](#)

## June

2 – 5

**Samark Pentecost Retreat** (Khankah Samark)

*Give sustenance to our bodies, hearts and souls*

*Friday dinner – Monday late lunch*

As in previous years, we dedicate the Pentecost Retreat to a line of one of the Prayers of Hazrat Inayat Khan. By focusing on this line from Saum, we hope to receive provision for our daily life.

*English/German spoken*

24 – July 1

**Ruhaniat Summer School** (Proitzer Mühle, Germany)  
Annual gathering of the EU Sufi family with EU Sufi teachers.

August

5 – 12

**Samark Summer Week** (Khankah Samark)

*Rumi's Seven Advices*

This year, we will focus on Rumi's 'Seven Advices'. These connect our inner being with our outer behavior and are excellent tools to work with, also outside this retreat. With DUP, stories and poetry, chanting and practices, Sesshin, a possible visit to EIAB, zikr and ritual. By sharing, we will deepen each of the advices. NB: Please register very early, as in previous years this week already filled up in January.

*English/German spoken*

September

7 – 10

**Sufi Year Group** (Khankah Samark)

*The Sufi Path of Love and Understanding*

In this first weekend of a series of 5 on the Sufi Path, we will explore some of the main themes of classical and universal Sufism. Through the Sufi psychology of the *nafs* (ego), we will work with our own inner being, trying to find our way 'toward the One'.

The first weekend is open for all, depending on availability. The other weekends only for those who subscribe to the whole series.

The next weekend is on October 19 – 22, 2017.

Dates for 2018: April 12 – 15; June 7 – 10 and September 6 – 9.

*English/German spoken*

23 – 24

**Dance Weekend Hamburg** (Germany)

*Send us the Peace*

Yoga Centrum Hamburg.

Contact Heinz Scheffler *German spoken*

October

1 – 8

**Samark Harvest Week** (Khankah Samark)

*Harvest what you can. Sunday dinner – Saturday breakfast*

This week, we will make the garden and garden furniture winter-ready and – depending on the weather – harvest and process the fruit from the orchard. We offer free food and lodging & morning practices (*dana is accepted*). The dances and other activities in the evening activities will be led by us and by the participants of this week. Max of 8 people. Please [E-mail](#) us for more details.

12 – 15

**Sufi & Buddhist Retreat EIAB** (Waldbröl, Germany)

*The Heart of compassion*

with Wali & Ariëne and Bi Nghiem (Sister Ingrid)

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 & Murshid SAM, who was both a Sufi and a Zen Master. Participants pay for their stay in EIAB. Honoraria is *dana* (self-chosen donation).

Registration: [E-mail](#)

19 – 22

**The Sufi Path of Love and Understanding** (Khankah Samark)

Second weekend of a series of 5.

Only open for participants to the whole series.

November

23 – 26

**Samark Sesshin** (Khankah Samark)

## 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*

## December

- 2 -3 **Dance Weekend UK** (England)  
To be confirmed
- 8 - 10 **De Weyst Winter Weekend** (Handel, Eindhoven area, Netherlands)  
*The Art of Remembrance Dutch spoken*
- Dec. 28 - Jan 1 **Silvester Celebration** (Khankah Samark)  
**New Year Retreat & Celebration**  
From Thursday dinner until Jan. 1st, late lunch.  
Retreat and celebration to look back in gratitude for what 2017 has brought us and to look forward to unfolding of some of our next steps in life in 2018.  
*German or English/German spoken.*

## About us



Wali and Ariënné van der Zwan are senior mentors in the Mentor Teachers Guild and they guide students in mostly Western and Eastern Europe. By co-teaching, they interweave of masculine and feminine energies and combine strength with beauty, depth with lightness, joy with energy, clarity & focus with ease.

Wali and Ariënné follow the Sufi path for their spiritual depth, background and support and are khalif and sheikha in the Ruhaniat, the Sufi Order of Samuel Lewis and Inayat Khan. They have two adult children, living in the Netherlands and India.

## Khankah Samark

Khankah Samark is situated in the Oberbergisches Land, a rural area East of Cologne, far from the maddening crowd yet in close range to motorway and train. We advise you to book early if you want to participate, as some events tend to sell out quickly and have a waiting list.



## Registration

Unfortunately, we had to raise our prices. Fortunately, we can keep some reduced places, in case money is a problem for you.

For all events at Khankah Samark:

Long Weekends (Thu. - Sun.)	€ 90 lodging	€ 290 Honoraria & food
Reduced price	€ 90 lodging	€ 220 Honoraria & food
Weeks (Sa. - Sa.)	€ 210 lodging	€ 310 Honoraria & food
Reduced price (not for single room)	€ 210 lodging	€ 220 Honoraria & food
Surcharge single room (3 available)	€ 50 (weekend)	€ 100 (week)

We don't want money to be the reason for not being able to visit the Khankah. Apart from the reduced price, we always try to keep some places with extra reduction for visitors from low currency countries: Weekends: € 260,=; weeks: € 320,= all in. Write us for more details.

You secure your place with a down payment to W. van der Zwan at:

IBAN DE59 3705 0299 0341 5533 26

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