

# Peace in Motion Newsletter

## Summer 2019

Dear all,



*We just finished the Samark Summer Week, where we dived into the different religious traditions, as seen through the window of nature. The depth and intimacy of the group is still with us.*

*Luckily it wasn't as hot as the weeks before, when the thermometer hit + 40°. Before the announced heat wave, we worked hard to get the house and garden ready for the visitors of Khankah Samark. As we've been living here ten years now (we moved here in April 2009 and opened for workshops in 2012), parts of the house asked for fresh paint and other forms of maintenance.*

*As you will read below, we have been focusing on the life of Hazrat Inayat Khan and his teachings in relation to his prayers. This deep attunement resulted in a new book by Wali (Draw us closer) and made us switch from the planned Dance Training program in 2020 towards a Year Group, focusing on Inayat Khan.*

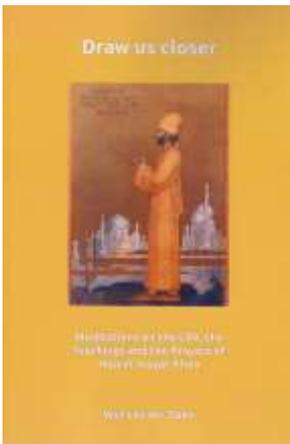
*For the same reason, we have decided to move the Samark Summer Week in 2020 to Suresnes, where Inayat Khan lived the last period of his life and held the annual Summer Schools.*

*In this Newsletter we also look back upon the previous half year, which started with the Samark Winter Retreat, focusing on the journey of the soul from pre-birth until after-death, and took us to Australia, Moscow and Dublin.*

*Enjoy reading!*

*Love, Wali & Ariëne*

### **Draw us closer, the book**



*Wali's new book Draw us closer on the Life, the Teachings and the Prayers of Hazrat Inayat Khan brings together many aspects of the life and the mysteries around the death of the Indian Sufi Master, who brought his Message of Love, Harmony and Beauty to the West and over the years westernized his Sufism into an open, undogmatic and inclusive spiritual path, honoring all traditions and focusing on inner development and growth towards spiritual Liberty.*

*The book brings together many stories on Inayat's life in Indian and in the West and describes the difficulties he had in trying to make his audience and students understand something of his Message. With the background to his teachings on praying, covering subjects from faith and sincerity to optimism and mastery and an opening to the different lines of the prayers Saum, Salat, Khatum, and Nayaz, the book is a valuable introduction to Inayat Khan, his teachings and his prayers. Inshallah the German translation will be available next year. Below is an excerpt of the Introduction.*

On a personal level, writing this book and rereading Inayat Khan's lectures and biographies proved a more than rewarding journey to connect on a deeper level with the Indian Sufi master. Especially his compassion for humankind, expressed in the unwavering focus on his mission to spread the Message of Love, Harmony and Beauty and in the time he took for his audience and his students, never thinking of himself, but always trying to offer a helping hand, made a deep impression on me.

With this writing project, I welcomed the opportunity to revisit the earlier booklets on the *Nayaz* and *Khatum*. These booklets tried to link some of the teachings of Hazrat Inayat Khan with the classical Sufis of the Golden Age that I had been studying for some time in an effort to retrace the teachings of Hazrat Inayat Khan and Murshid SAM.

For the present book, these texts have been shortened and adapted, as much of the Sufi background already has found its way into *The Sufi Path of Love and Understanding*.

For the biography of Inayat Khan in the opening chapter, I revisited some of my favorite anecdotes that were etched in my memory since I first read them and added new ones that struck me. Many of the quotes have been placed in their wider context, thereby offering the reader some insight into Inayat Khan's own views on his life.

The aim of the biography is not so much to tell the story of Inayat's life – which has been done in an excellent way by many – but to gather together facts and anecdotes of the Indian Sufi master's life that may bring him alive for the reader.

For the chapters on Inayat Khan's life, different sources sometimes offer different details and circumstances. This is how memory and oral history works when written down later. Although this may not satisfy the western need for exact knowledge, in the end the effect the events had on the young Inayat are more important than the actual historical accuracy.

### Draw us closer: The Year Group



The title of this Year Group is taken from a prayer of Hazrat Inayat Khan. We will work with Inayat Khan's biography (from his *Autobiography*, his *Confessions* and biographies from other writers), opening up to a deeper understanding of what drove him to dedicate the major part of his short adult life to teaching his Message of spiritual Liberty in the West. We will look at the issues he had to face and his last goodbye and journey to India.

His biography shows that themes we will work with like the Unity of Religious Ideals and the God-ideal (the nearness and the distance of the One) can be traced back to his youth as described in his *Autobiography*. Other themes like faith, sincerity and optimism, the path of Mastery, and equanimity can be derived directly from his prayers and his lectures on the aspects of prayer. Understanding and applying these teachings to daily life can help us in daily life and have proven to be excellent antidotes to many of the diseases of our time like low self-worth, earthly perfectionism, stress and the like.

Inayat's lectures not only can bring us closer to the teachings of the Indian Sufi Master. As Inayat Khan was practical and tried to reach his students and audience with his teachings, they also can have a direct influence on our daily life and the innumerable issues that we have to face every day.

The complete program will take four weekends in 2020 from Thursday (evening meal) – Sunday (lunch):

I February 27–March 1 (open for all, participants of the full program will go first).

II – IV April 23–26; September 3–6; December 17–20 (only for participants of the whole program)

At the time of writing, the Year Group already is more than half full, so if you are interested, best write us soon.

### Australia



We remember how the representatives from Australia at the International Dance Conference of 2002 at De Weyst, Netherlands, presented a map of the world with Australia in the center. All were astounded how isolated this old continent (and New Zealand) are and how long it takes to travel there from any other place in the world. Please, they said, come and visit us, even if it takes a long flight.

In 2010 we went there for the first time to lead the annual Easter Retreat. Last April, we returned and backed the Easter Retreat up with a weekend in Sydney and a workshop in Tasmania. It was wonderful to meet so many people that we teamed up and bonded with before in Australia and on our visits to New Zealand, that shares its isolation with the old continent.

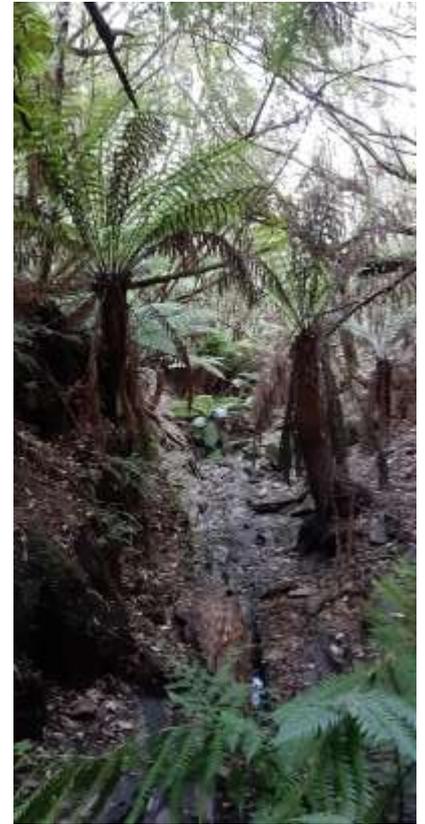
Refreshing old friendships made the welcome sweeter than we could have expected or hoped for. As our previous visit had been at the cusp of a new era for the Dances and the emergence of new leaders, a lot had changed and we had long talks about the development of the Dances in Australia, the possible role of Sufism in combination with the Dances and the like.

We were grateful to hear that some of our booklets on the prayers of Inayat Khan and on his Invocation had been used for study groups. As leaders announced and wrote us, the two new books on Sufism and on the different traditions will be used for similar purposes.

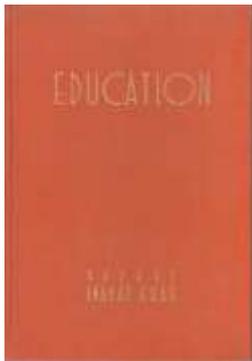
The weeklong retreat on Rumi at Ballina attracted some 30 participants and we dove deep into the teachings of Mevlana, as usual in our 'applied Sufism' form, so linking all teachings to daily life. For many, it was a meeting with Rumi the Sufi teacher, as many only know Rumi the poet. Once again it was remarkable to experience how apt Rumi's advices still are after 700 years. Of course, for he taught about the *condition humaine* and we are as imprisoned by our ego-self as people were in his days. Obviously, humankind has changed little in all these centuries...

Our dear old friend Robyn presented us with the beautiful hand-made dervish that you see on the picture of the altar.

Tasmania, the island south of Australia, is even more isolated than the continent, so few traveling teachers visit it. Do! We got a beautiful whiff of the wildness of nature and that alone is worth the visit. And of course the dancers are grateful for you offering a workshop there.



## Ireland



In 2002, we first were invited to lead the Dances in the Dublin area and – with one year missing – we came back every year. This year was the last time our dear friend Zahira Noor, the leading dance leader and Sufi guide in Ireland, organized the event.

Zahira Noor will keep the flame of the Dances and the Sufi path burning with her own events and the occasional organization of international events, but not on a regular base as before.

We here want to thank Zahira Noor and her lovely supporting husband Michael for all the years she was involved in organizing the dance events.

As Zahira Noor worked with children as a therapist, we offered her as a token of our gratitude a first edition copy of Inayat Khan's book Education.

There are people who want to take over the baton, but honoring her and at the same time re-assessing our travel scheme, we felt it better to first take a break, so in 2020 we will not be visiting Ireland. Instead, we will offer a workshop in the Czech Republic (Prague Area).

## Moscow: The Sufi Path of Love & Understanding



After a year of absence, we returned to Moscow shortly after coming home from Australia. Before the retreat, we went shopping in the outdoor sports store of the husband of our host Marina and received as present lovely head gear for the upcoming Sahara Pilgrimage.

As always, it was lovely to dive into the Russian spirit and heart quality, sharing stories and food in the kitchen and having a spontaneous late last night. We were deeply moved by people coming all the way to Moscow from Perm, St. Petersburg, Saratov and other places, sometime traveling for over a day to get to the venue.

As the title of the workshop shows, we worked from Wali's book on classical Sufism, focusing on the Sufi psychology of the heart and the imaginal world, the intermediate realm between us and the Divine. Traditionally, this intermediate world is seen as the home of the *djinns* (pure mind) and *angels*

(pure love). This is the home of our inspiration and intuition and Inayat Khan's Spirit of Guidance. Here's a story from the book on how this intermediate world, where mystics find their deepest inspiration and truth – a truth that goes beyond earthly realities – is looked upon in Turkey:

In an interview with a Dutch newspaper, a Turkish fortuneteller and her daughter explain how

this intermediate spiritual world works in folk belief. Fortune telling is forbidden by the Quran. That doesn't pose any problem, for the fortuneteller herself claims not to believe that the remains of coffee in a cup can predict the future. So it is okay for her to practice the art. As the Turkish saying goes: 'Don't believe fortunetellers, but don't do anything without them'. To the obvious question why they aren't rich from playing in the lottery, the daughter answers:

We don't get rich in the lottery, for the djinns don't want to tell us everything. Angels get their assignments from God and do as they are told. The djinns eavesdrop on them to get information. Some of this they pass on to us by whispering, by leaving signs in visions or in coffee cups.

### **Khankah Samark**

This year April, it was 10 years ago that we moved to Khankah Samark. To celebrate this, we realized the last part of the renovation. The wood of the former barn and present Retreat House plus Dance room are now insulated and plastered. Emphasized by the yellow bands around the windows, on the esthetic level, the retreat house and the main house now are more connected. On the practical level, we measured 23° when it was + 40° in the shade two weeks ago. On top of that, we did a lot of outside maintenance work. Also, we started upgrading the beds and mattresses, starting with the retreat house. As the wooden heart with wings, a birthday gift for Ariëne, made long ago in Lithuania, was in a sorry state, we restored and painted it and gave it a more prominent place. The photos below show the result.





# Program 2020 Wali & Ariënne



## January

Dec. 28 – Jan.1



### **Silvester Celebration** (Khankah Samark)

#### ***New Year Retreat: Heal my Body, Heart, and Soul***

This year, we'll focus on the teachings on Healing of Hazrat Inayat Khan and Murshid SAM and the role the Dances can play in this. As the title of the retreat suggests, we'll pay special attention to the healing prayer Nayaz. We'll look back in gratitude for what 2019 has brought our body, heart and soul and look forward to our next steps in life in 2020.

*German or English/German spoken.*

## Februari

27 – March 1



### ***Draw us closer***

Year Group on the life, teachings and prayers of Hazrat Inayat Khan. The first weekend is open for all, the other weekends for participants of the whole program.

## March

6 - 7

### **Dance Weekend Bremen**

*Einheit und Verschiedenheit (Unity and Diversity)*

*German spoken*

Contact [Renate](#)

## April

23 – 26



### ***Draw us closer***

Year Group on the life, teachings and prayers of Hazrat Inayat Khan. Open for participants of the whole program.

30 – May 3

### **Dance Weekend** Czech Rep ( Trhové Sviny (South Bohemia)

*Tuning the heart*

After many years, we return to the Czech Rep. for a residential weekend workshop in the Prague area. *English spoken with Czech translation*

Contact [Jirina](#)

## May

16 – 17

### **Dance Weekend Poland**

*Healing Body, Heart and Soul*

The spiritual side of the Dances of Universal Peace can show us how to lead a healthy life in which we have a sense of purpose and direction on all levels of existence. *English spoken with Polish translation*

Contact [Mariola Floresca](#)

29 – June 1



### **Samark Pentecost Retreat**

#### ***The Call of the Dervish***

Using Rumi's poetry, we will distill from his teachings every day a next step to bring us closer to our spiritual self and so to the Divine. This way, we'll learn to listen to our inner call, face our passion, understand we have 'two addresses' and learn to 'die before we die', all ingredients that drove Rumi to his beautiful poetry.

## August

2 – 8

### **Suresnes Summer Week** (NB: Sunday – Saturday)

*At home with Inayat Khan*

As we are focusing a full year with the year group on Inayat Khan, we were inspired to move the Summer Week to the house of Inayat Khan and his family in Suresnes (near Paris, France). There, we will focus on his life

and that of his family, out of which will emerge some of his teachings.  
NB: Places are limited.

## September

3 – 6



### **Draw us closer**

Year Group on the life, teachings and prayers of Hazrat Inayat Khan.  
Open for participants of the whole program.

## October

2 – 4

### **Ausbildungswochenende** ( Westflügel Syke, Bremen Area)

We will work from our Dance manual '*The Art of Dance Leading and Mentoring*'. With *feedback session*.

Contact [Hans-Peter Baum](#) *German spoken*

17 – 18

### **Dance Weekend Hamburg** (Germany)

*Der Pfad der Heiling (The Path of Healing)*

Yoga Centrum Hamburg.

Contact [Heinz Scheffler](#) *German spoken*

## November

14 – 15

### **Dance Weekend Glastonbury** (England)

*Theme to be announced*

Contact [Diana](#)

26 – 29



### **Samark Sesshin** (Khankah Samark)

*Zen & Zikr*

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

## December

17 – 20



### **Draw us closer**

Closing weekend of the Year Group on the life, teachings and prayers of Hazrat Inayat Khan.

Open for participants of the whole program.



*Wali & Ariënne van der Zwan*  
*E mail website*