

Peace in Motion Newsletter

Summer / Fall 2010

We're just home from the annual Mir Camp in the Crimea, the close of our 'outdoor season'. Again we worked with Rumi and this inspiration, combined with the Crimean sun, has given us *inshallah* the energy for the busy upcoming months. Here's a photo from our visit to the Mevlevi tekke on the last day. Even though the tekke now is run like a museum (dating from the 15th century, it is the main touristic attraction of Efpatoria), we were allowed to do a full session there, uninterrupted by tourist and excursion groups. Again we worked with Rumi, using his poem 'I died as a mineral' as a guide towards our mineral, vegetable, animal, personal and human soul and beyond. It was



deeply inspiring and we received many insights, so we want to deepen more for Sufi psychology as a theme for Camps and Retreats.

The Summer Camps

We look back upon a fruitful summer. On Saadi's request, we offered at the Summer School (wow, the last week of June does seem long ago!) a program around Inayat Khan's 'The Path of Initiation and Discipleship', especially designed for upcoming and new mureeds. We bonded with the three representatives of the German youth, one of them we have known since she was a small girl. How wonderful to see the young people grow and stay with the message in their own way, asking all sorts of questions, being so deeply interested in their

personal and spiritual growth and taking responsibility for it. The Summer School has raised funds so sponsor youth to participate, so please write us if you know of young people interested in Sufism and visiting the Summer School, which will be next year from July 2nd – 9th.



The Czech Camp was lovely as ever and luckily attracted more people than last year, so we feel all were able to carry the camp through the worst of the financial crisis. For the first time we used a theme to guide us through the days. We chose for SAM's 'Spiritual Brotherhood'. All concluded the theme and the daily meetings with the staff of invited and emerging teachers really added to the Camp and the feeling of us being a sangha for a week. We wished these young German girls would have been there. They would have loved the musical approach with modern pop rhythms, djembé and electric bass guitar.

The new venue impressed us so much with its lovely and tender atmosphere and nature, that we decided to also do the Winter Retreat there, as Renée and Gerard are considering to sell the Mill. The Mill has served us so well all these years, but it would feel strange to come there with a different owner and atmosphere, so we agreed this summer with Renée to move to another site. The venue (at Skalka u Doks) is easy to access and for many regular visitors closer by (60 km North of Prague, with the buss stopping before the porch). We hope again to meet people from different countries.

In due time we'll send you the program. Here are already the dates: February 19 – 26, 2011.

Khankah Samark



In between the Camps we worked in our house, supported by Ralph, our son Jochem and Udo, a local wizard with stones and concrete.

In August we went to the Netherlands to visit Ariënne's father and on the way back to pick up our children. They stayed the best part of a week with us and really love the house, which will be a holiday house to them and their friends, like before in Belgium.

Brechje had just come home from her world trip and couldn't stay too long, as she had to return home for her job, earning money for a next trip to India where she took up a study as a silversmith. Jochem almost finished

his study to become a fine carpenter for furniture and stayed on to help us finish the house, mainly working in the basement bathroom. After he left, we finished it with tiles the beautiful tiles we had bought in Portugal, especially for this purpose. The tiles give the basement a Mediterranean flavor.

We're happy to say the essential work in the house is done, although there always will be work to do of course. The basement turned into a lovely kitchen and dining space and we often sit there for tea or coffee – just the two of us – to feel and enjoy the atmosphere.

The rooms are ready to receive up to 16 or 18 people. Thanks to a generous donation from a Dutch woman, enthused by our stories of our move to Germany, we were able to buy a good stove in the kitchen. The rough work on the dance room is done, except for electricity and heating, so all we now need is money for the last bits: ceiling, walls and floor. We trust all will be ready before next year's summer, so we already start planning. It is exciting work to make our original visions more concrete. We want to start small and not too often, so all can grow organically.



People asked us why we didn't start with the dance and kept it for last. The answer is that we lead a busy life and want to come home in a nice and ready house. Besides, we'll need the basement kitchen as our 'summer kitchen', as we'll be outside in summer most of the time. So much to our surprise and joy we read the following in a book on Sufi Psychology (Heart, Self and Soul) by R. Frager, a follower of the Halveti/Jerrahi Order:



When Sheikh Tosun was about to open the first Jerrahi Sufi Center in the United States, Sheikh Muzaffer said: 'First open a kitchen. A Sufi Center is really a kitchen. If you can feed people's bodies, then perhaps you become able to feed them spiritually as well.'

'Eat, Dance and Pray' together the Jerrahi way!

Here is a picture of the future dance space. The room is about 7 x 7 meters, so ideally fit for the groups until 16 – 20 people. The floor is sealed, the walls are scraped off and everything is waiting for the ceiling, plastering and flooring. As you can

guess, we are anxious to experience the acoustics, once it is finished.

Health



Luckily Ariënne's arm is much better. The functioning still isn't 100% and physiotherapy is continued, working towards being able to dance *Shimeny Khaotham*, which yet is still impossible. Most other dances work now more or less for both arms. In case you wonder, the photo here is from last year, so well before a big Australian wave dislocated her shoulder.

The time and the Camps – with Reiki and massages – did a lot of good. Making awkward and unscheduled movements did the muscles and ligaments well, so most pain is now gone, except for the nights. All good wishes and support added to the process of healing.

Ya Shakur to all these wishes sent to Ariënne, whether know or unknown to us.

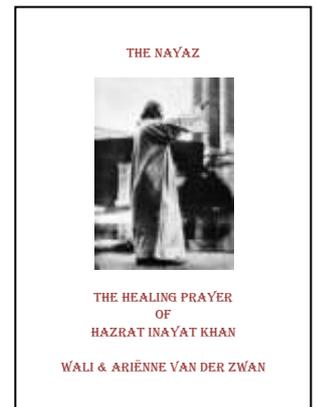
Both our bodies are tired from the hard and for us unusual manual work we did the summer, working on Khankah Samark.

Leaving for the Crimea we felt our sore backs and the fingers felt awkward, picking out chords rather than a hammer or screwdriver, but the reward has been great and it feels good that our old bones are still capable of doing this kind of work!

Website & new booklets

Inspired by the Winter Retreat 2009, we wrote a new booklet on the possible meanings of the well know, but often puzzling Invocation of Hazrat Inayat Khan. It is available in English and German. At the same time, we published a booklet on the Nayaz, the healing prayer of Hazrat Inayat Khan, as a result of the inspiration for the Nayaz Dance, which came in 2008 in the Crimea. This booklet will be translated into German this fall.

You are invited to visit our new website. Not everything is ready, but we added lots of goodies, like reports from Camps and other events dating back up to ten years, photo galleries from the early times of our dance activities till the recent years, a new web shop to order booklets and CD's and so forth.



Autumn

Since we moved to Germany, different people have asked us to come over and do workshops in their home town or village, so – apart from the yearly training in Haus Regenbogen, Eifel – we now have different locations to dance in our wider area and beyond. That doesn't mean we stop traveling, for we are heading towards a very busy rest of the year, with workshops abroad on most weekends.

The first full weekend of September, we'll have a guitar weekend. It'll be our first actual program in Khankah Samark, even though it is only in the house. You can imagine we are looking forward to it!

Part of the autumn is taken up by the pilgrimage to the Tunisian Sahara (October 15 – 26). The group was full, but due to cancellations, we again have two places for late deciders. It'll be our second journey to the Sahara, meeting again with the Bedouin and their sweet camels, hearing their stories, music and looking at their dances in the evening. Here too we hope to deepen our relation with Rumi's work.

Before this trip we retreat into the English sesshin (Sept. 30st – October 3rd). We set ourselves to doing a sesshin at least once a year and are grateful to the English organizers for offering us this possibility in the location we used to do the New Year Retreats with James, now well over 10 years ago.

New is a Moscow Retreat, our very first residential retreat in more than a decade of work in Russia. Residential retreats are uncommon in Russia, so it will be an adventure. For

Westerners it'll be a great opportunity to experience the typical Russian atmosphere in the nice setting of a Buddhist monastery, one hour from Moscow. Details will follow later.

After a brake of several years, we are returning to France for workshops in Paris (November 20/21), the Ardèche (Nov 24) and the very South (Nov. 27/28), where our friend Michel is building a retreat center.

December will be filled with our annual dance retreat in De Weyst (Dec. 10th – 12th), where we hope to meet the Dutch Dance Circle and share new Dances and deepen older ones, just as we are looking forward to meet old friends and make new ones. Dancing in Holland and especially in De Weyst keeps being a bit 'going home' for us, so we are looking forward to the event, although we try not to look too much ahead and stay with the present.

So let's end with the New Year Retreat that we have been doing for two earlier years in England. It'll be a real return this time, for Springhead is the very place where we started these New Year Retreats in the nineties, assisting James Burgess. We hope some people from the continent will come over to join us, as the venue is easily accessible from Dover.

After the Retreat we hope to breath out. As usual we try to keep the month of January open and free for our own study and spiritual practice, opening up for inspiration en preparation for the Winter Retreat.

We wish you a fruitful harvest of the fruits you have gathered this summer and healthy nourishment – both physical and spiritual – to carry you through the winter, strengthening inside and getting ready for new growth when the sun gets warmer again in spring.

Love & Light,

Khankah Samark
September 1st, 2010
Wali & Ariënne

Late Summer - Winter Program 2010

Wali & Ariënne

September

- 4 – 5 **Khankah Samark** (Germany)
Guitar weekend with Wali. Open tuning, working with the elements, strumming and rhythmic patterns etc.
- 11 **Remscheid** (Germany)
A Universal Worship in Dance & Song
Contact Monika ☪ m.reifegerst@gmx.net
- 18 **Dance Day Malahide** (Dublin Area, Ireland)
Contact Ann Hamida Gill anne.gill@unison.ie
- 23 – 26 **Training Haus Regenbogen** (Germany)
Second weekend of three. See www.hausregenbogen.de
- 30 – Oct. 3 **Zen & Zikr** Springhead, UK.
Silent retreat (sesshin), alternating dance and meditation.
Contact John Rees at skylark@jsrees.orangehome.co.uk

October

- 10 **Dance Day Lindlar** (Germany): *The Aramaic Lord's Prayer*. Contact Maria
z.f.impulse@t-online.de
- 15 – 26 **Rumi in the Desert**
Retreat & Pilgrimage into the Tunisian Sahara, Contact us for last two places

November

- 4 – 8 **Residential Dance Retreat Russia** (Moscow Area)
Contact Aliela ☪ aliela@inbox.ru
- 20 – 21 **Dance weekend Paris** (France)
Contact Fabienne fabienne.soude@wanadoo.fr +33 (0)139 747 744
- 24 **Dance Evening Ardèche** (France)
Contact Michel ☪ michel.dumoutet@hotmail.fr
- 27 - 28 **Dance Weekend Ariège** (Southern France)
Contact Michel ☪ michel.dumoutet@hotmail.fr

December

- 10 -12 **Weekend De Weyst** (Handel, Netherlands, Eindhovenarea) contact us
Dutch spoken
- 16 – 19 **Training Haus Regenbogen** (Germany, near Köln).
Closing weekend of three: Islam & Sufism Contact:
www.hausregenbogen.de
- 29 – Jan. 2 **New Year Retreat** with Wali & Ariënne (Springhead, UK). Celebrating and deepening the past year.
Contact Sue ☪ sue@suerichardsworkshops.co.uk

2011 (preview)

EU Winter Retreat: February 19 – 26 Unveiling the hidden treasure

We had to find a new venue and were lucky to find Skalka u Doks in the Czech Republic, close to Prague.

As usual, in the mornings we deepen the theme, deepening our insight in our own beings and learning how to cope with everyday life in our process to become fully human.

The afternoons are for advanced walks and feedback sessions, the evening for zikr, celebration and ritual.

With possibilities for other dance leaders to take part in the program.

For a full overview of the activities, please visit our new website which is constantly updated for new events

Wali & Ariënne van der Zwan

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