

# MADISON SUFIS



## Dances of Universal Peace

**1st Friday  
June 3**

**3rd Friday  
(Long Dance Night)  
June 17**

**In person and via Zoom**

(See pg. 3)

## Dances in July

There are no scheduled dances on 1st or 3rd Fridays but please be on the lookout for an announcement in case we can organize a pop-up dance event outside somewhere.

Jamila. 608-338-0709 or  
[jamila@madisonsufis.com](mailto:jamila@madisonsufis.com)

*Pir Vilayat Inayat Khan*

*June 19, 1916 - June 17, 2004*

“As ours is a way of light,  
the work we do as followers of the path of Sufism  
is to help others become conscious  
that they are beings of light.

Just like a potter works with clay to shape a pot,  
work with light practices helps individuals  
become more luminous and radiant.  
Becoming more skilled in the art of illumination  
catalyzes transformation.

How would the world be different if,  
for example, all of us were to  
reclaim our inheritance  
as members in a "tribe of light"  
who vow to bring enlightenment  
to all creation.”

**Vilayat Inayat Khan  
Awakening: A Sufi Experience**

Dances of Universal Peace

1st Friday, June 3

7:00–9:00 p.m.

Gates of Heaven Synagogue  
302 East Gorham Street

Welcome back to Dancing in Person!  
We will also use our usual Zoom link.

Join us for an evening of our favorite and seasonal Dances of Universal Peace at our old home base, the Gates of Heaven.

We ask that every one in person be vaxed and boosted. ALSO, please do a Covid self-test with a negative result on Friday. This will help our community stay healthy. Masks are optional. We look forward to being together again and may adapt Dances to generate a feeling of safety and ease.

Questions? Jamila@madisonsufis.org or 608-338-0709 (leave message)

3rd Friday, June 17

7:00–9:00 p.m.

the new Tai Chi Center  
1304 S. Midvale Blvd                      Long Dance Night

In person and via Zoom, we come together on the Urs of our beloved, Pir Vilayat Inayat Khan.

There are no scheduled dances in July. However, if an outside pop up dance event is arranged we will send an announcement.

Ziraat Lodge

Wednesday, June 8      In-person or  
5:00 p.m.                      via phone

We will be having an in person Ziraat in my backyard at 2709 Willard Ave. Gathering for the service at 5:00, you are invited to stay for a potluck picnic supper. I will be providing a soup or a veggie dish. Hope for good weather!

Bring something to eat if you want . . . don't if you don't want to.

Anyone who wants to join remotely please contact me at Rachel.roang@gmail.com. I will give you a phone number to call. See you then!

Ziraat uses a metaphor of agriculture to develop the mind and experience deep ecology.

Noor Rachel, Rachel.roang@gmail.com  
Gayatri, annaswegan@gmail.com

Universal Worship Service

Sunday, June 12                      via Zoom  
10:00 - 11:00 a.m.

All are welcome to join in Universal Worship, celebrating the one Message interconnecting all religions and spiritual paths.

Rev. Majida Nur, Kathy Kasper  
608-338-0709 or madisonsufis@gmail.com

Healing Service

Sunday, June 19      via Zoom  
11:00 a.m.                      (Doors open at 6:50 pm)

You are welcome to join us for the Healing Service where we attune to the healing energy of the Divine Spirit.

If you'd like to add someone's name to the healing list, please ask for their permission prior to contacting Noor Rachel or Gayatri. You may also request a Zoom link to the service from either of them.

Gayatri, annaswegan@gmail.com  
Noor Rachel, rachel.roang@gmail.com

## June Classes

### Karima's Sunday Heart Gathering

**Sunday, June 26**

**11:00 a.m. - 1:00 p.m.**

A very dear friend Bill Elliott, who many of you know, will be joining our gathering to offer his wisdom, sense of humor, latest inspirations and loving kindness meditation. Bill wrote his first book, *Tying Rocks to Clouds: Meetings with Wise and Spiritual people on the meaning of Life and Death*.

Hope to see you. I will let you know if Heart class will be on Zoom or in person the week of class.

Enjoy breath by breath the magnificence of this springtime beauty! Call 608-338-0709 a week in advance if your new to Heart Class.

Continue to offer the wazaif of: Faz'l =divine blessings for ones own being, for all family, friends, for community, families with profound grief and loss, for all transpiring in Ukraine, for the Holy Lands, Mother Earth.

The Green Rules which are about ourselves and this sacred earth. The Emerald Earth Contemplations bring awareness to the ethics of one's relationship with Nature. Anyone can work with these contemplations, in the same way that a herald works with the metal rules of the Silver, Copper, Golden Rules. (See website for more on this.)

Invitation to begin-40 days with each. When all complete, at least 400 days, a ceremony will take place which invites you to become "A Guardian of Nature".

The Green Rules - An Introduction

To view video go to:

<https://vimeo.com/708177659>

Contact Karima if you have questions.  
608-338-0709

### Sufi Songs and Teachings

**Tuesday, June 28**

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

**Hybrid**

Songs and Teaching class will be on the 4th Tuesdays in June and July, i.e., June 28th and July 26th,

Please contact Jamila if you are interested in attending this class. We will return to meeting in person at the home of Cynthia Alima.

Info and a zoom link will be sent in advance of the class.  
[Jamila Joy, jamila@madisonsufis.org](mailto:Jamila Joy, jamila@madisonsufis.org)

### **How many of us are our self?**

If we were our self we would all be  
spiritual. We are not our self,  
we are far from it!

A great Indian poet expresses this idea  
in this way,  
'Apart from accomplishing things,  
for man to be a man  
is the most difficult thing'.

It means that for a human being  
to be human is the greatest difficulty.

He is born a human being;  
yet the first thing he ought to be  
is what he is not,  
he is anything but a human being.

He is willing to be a solicitor,  
a doctor, a professor,  
but to be a human being –  
that is the thing he thinks of last,  
and mostly he does not even  
think of it at all.

- Hazard Inayat Khan



## **Ten Emerald Contemplations**

*My Conscientious Self:*

*Sense the presence of Nature in each breath.*

*Know yourself as a tendril of the living Earth.*

*Listen to the sacred voice of Nature within and with out.*

*Open to the wonder and beauty that Nature inspires.*

*Offer respect and gratitude for Nature's beautiful gifts.*

*Draw strength from the Earth. Give kindness in return.*

*Honor all the inhabitants of the Earth as kin.*

*Consider how your choices effect the future of the whole web of life.*

*Do your best to protect and restore the natural world.*

*Delight in the sun, the rain, the trees, the creatures, the soil and the breeze.*

- Hazrat Inayat Khan

Years ago Pir Vilayat Inayat Khan recommended this book to Shams.

### ***Kinship with All of Life***

**by J. Allen Boone**

This book tells of an interwoven web of the natural world, the relationships with animals and an animal healer and the Science of being in right relationship with all.

*Those who have the humility of a child  
may find again the key to reverence for, and kinship with, all of life.*

From the Forward of ***Kinship with All of Life:***

As we live through these kaleidoscopic days when confusion, distrust, conflict and misery are so common everywhere, it is revealing to note that people are finding reassurance and peace of mind beyond the boundaries of humanity. . . .

In this connection, it is interesting to recall that people of certain ancient times appear to have been great virtuosos in the art of living, particularly skilled in the delicate science of being in right relations with everything including animals. These people recognized the inseparable unity of Creator and creation. They were able to blend themselves with the universal Presence, Power, and Purpose that is forever moving back of all things, in all things, and through all things.

Life to those ancients was an all-inclusive kinship with nothing was meaningless, nothing unimportant and from which nothing could be excluded. They refused to make any separating barriers between mineral and vegetable, between vegetable and man and between and and the great Primal Cause which animates and governs all things. Every living thing was seen as a partner in a universal enterprise. Each had a universal contribution to make to the general good. which it and it alone, could supply. Everything lived for everything else, at all times and in all circumstances. . . .

- J. Allen Boone

An Excerpt from: ***Spirituality, the Tuning of the Heart***  
by **Hazrat Inayat Khan**

One might ask: Is it not natural to attain spirituality? Does it not come without any effort on our part? And if it is not natural, then what is the use of attaining spirituality? These are right arguments, and my answer is that spirituality is not only for human beings, but also for the lower creation, for every being: not spirituality in the sense we understand, but in that of being tuned to one's natural pitch. Even birds have their moments of exaltation. At the setting and rising of the sun, the breaking of dawn, in the moonlight, there come times when birds and animals feel exalted. They sing and dance, they sit on the branches of the trees in exaltation. Every day they feel this exquisite joy. If we go still further and have eyes to see life in those forms in which others do not see it, in the rock, in the tree, we find that there are times when even the trees are in a complete state of ecstasy. Those who move in nature, who open the doors of their heart, whose soul comes in contact with nature, find nature singing, nature dancing and communicating.

It is not only a legend, a story of the past, that saints used to speak with trees. It is an actual fact, and it is the same today as in the past. Souls are of the same nature, they are the same. The only difference is that we have become unbelievers, we have no confidence in life, we have become material, we have closed our eyes to what comes before us. Today souls can become saints and sages just as before. Are the stars not as before? They communicate also today with the one who is able to respond to nature. But we have turned our back to nature, we live in an artificial world; there is no self confidence in us, no belief. Naturally we have not only become materialistic, we have become matter! Therefore those who ever have attained to spirituality have attained by awakening the quality of heart.

Sufis in all ages, mystics of India, Persia, and Egypt have considered the awakening of the heart quality to be the principal thing in life. For all the virtues that the priest can teach and prescribe, the virtues that one is told to practice in life, come naturally when the heart opens. Then one need not learn virtue, virtue becomes one's own. All virtues as taught by people – how long do they last? If there is any virtue it must come by itself: spirituality is natural. And if animals and birds can feel spiritual exaltation, why not we? But we do not live a natural life. We have tried in our civilization, in our life, to be as far removed from nature and natural life as possible, breathing an artificial atmosphere to withstand climatic influences, eating food that we have prepared and improvised, turning it into something quite different from what nature had made and given us.

Besides that, the deeper we go into the life of the community, the more we find that we are not on the track as we ought to be. We seem to have lost our individuality. We have called it progress – a progress towards a certain condition. And there we begin to feel that we are in a maze. Now has come the time – and more and more so every day – that thoughtful people, wise people who are just and honest realize, 'We are not progressing, we are in a maze and we are looking for the door.' I spoke with a great scientist, and in spite of all his knowledge what did he say? 'We do not know where we are. We have made inventions, but we do not know how to control them to the best advantage of life'.

Invention apart, the first question is how to make the best of our life, how to make the best of this opportunity which is passing us by. Every moment lost is incomparably more valuable than the loss of money. As man will realize this he will more and more come to the conclusion that he has gone on and on thinking he was progressing, but that he has been moving around in the same maze. If only he found the door, that door which is called by the wise spiritual attainment! However well educated one may be, however much progress one has made, however much one has collected or accomplished, however much power and position one has gained, only one thing is everlasting and that is spiritual attainment. Without this there will always be dissatisfaction, an uncomfortable feeling. No knowledge, power, position or wealth can give that satisfaction which spiritual attainment can give.

There is nothing easier and nothing more difficult in the world: difficult because we have made it difficult, easy because it is the easiest thing possible. All other things we have to buy and pay for – even water. For spiritual attainment we do not need to pay a tax, it is ours, it is our self, it is discovering our self, finding our self. Yet what one values is what one gets with difficulty. Man loves complexity so much! He makes a thing big and says, 'This is valuable'. If it is simple he says, 'It has no value'. That is why the ancient people, knowing human nature, told a person when he said he wanted spiritual attainment, 'Very well; for ten years go around the temple, walk around it a hundred times in the morning and in the evening. Go to the Ganges, take pitchers full of water during twenty or fifty years, then you will get inspiration'. That is what must be done with people who will not be satisfied with a simple explanation of the truth, who want complexity.



June, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					Dances of Universal Peace  Hybrid 7:00-8:30 pm Gates of Heaven	
5	6	7	8	9	10	11
			Ziraat Lodge  In-person or via phone  7:00 pm			
12	13	14	15	16	17	18
Universal Worship  via Zoom 10:00 am					Dances of Universal Peace Hybrid 7:00-8:30 pm Tai Chi Center  <i>URS of Pir Vilayat Inayat Khan 2004</i>	
19	20	21	22	23	24	25
Healing Service  via Zoom 11:00 am  <i>Pir Vilayat Inayat Khan born 1916</i>						
26	27	28	29	30		
Karina's Heart Gathering  11:00 am -12:30		Sufi Songs and Teachings  Hybrid 7:00-8:30 pm				

## **Milwaukee Area Activities**

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### **Milwaukee Universal Worship Service**

MKE Universal Worships

Continue through Summer

Call to connect: 414-299-0218

### **Dances of Universal Peace**

**Third Thursday Waukesha/Delavan WI Circle  
will concentrate on the theme Nurturing Beauty.**

**Virtually on June 16, 2022, at 7pm**

**We will concentrate on the theme Celebrating Blessings**

Through sharing spiritual practices, chants and body prayer, we will widen our view to see gifts and blessings that have come to us, even amidst difficulties.

We both honor cooperation to smooth the rough edges, and take the time to notice where we have been provided for in ways that deeply bless our world.

The Zoom link/info is available from Patti Kies  
pattiburncake@hotmail.com or 262 642-9289.

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