

# MADISON SUFIS



## Dances of Universal Peace

**1st Friday  
December 3**

Zoom link will be sent

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

*We came whirling out of nothingness*

*scattering stars like dust.*

*The stars made a circle*

*and in the middle -*

*we dance.*

*- Rumi*

## Future Seminars

Plans in Process

*Everyone has been made for some particular work,  
and the desire for that work has been put in every heart.*

*- Rumi*

## *Rumi's "Wedding Night"*

*The night of December 17,  
is the (solar) anniversary of the death  
of Jalâluddîn Rûmî,  
who died in 1273  
in Konya, Turkey . . .*

*The observance of the anniversary of a sufi saint  
is called (in Arabic), `urs, which means "wedding,"  
because the saint is believed to have attained "union"  
(or utmost nearness together with other saints and the prophets)  
with God, the Only Beloved . . .*

*by Ibrahim Gamard,*

*<https://www.dar-al-masnavi.org/wedding-night.htm>*

*"Seek the wisdom that will untie your knot.  
Seek the path that demands your whole being."*

*- Rumi*

### Ziraat Lodge

**Wednesday, December 8** via Zoom  
**7:00 p.m.**

Ziraat uses a metaphor of agriculture to develop the mind and experience deep ecology. Anyone is welcome. Please either of us and a link will be emailed before this event.

Noor Rachel, [rachel.roang@gmail.com](mailto:rachel.roang@gmail.com) Gayatri Ann, [annaswegan@gmail.com](mailto:annaswegan@gmail.com)

### Healing Service

**Sunday, December 19** via Zoom  
**11:00 a.m.**

Noor Rachel will conduct the Healing service in December. As it is the time of the solstice, a silence will be observed to honor the still time of the year. A zoom link will be sent to those who are interested in participation in the service.

If you would like to place someone on the healing list, first ask permission of the person, and then contact Noor Rachel or Gayatri Ann to place them on the healing list.

Questions? Email:

[Noor Rachel, rachel.roang@gmail.com](mailto:rachel.roang@gmail.com)

[Gayatri Ann annaswegan@gmail.com](mailto:annaswegan@gmail.com)

### Sufi Songs and Teachings

**Tuesday- December 22** via Zoom  
**7:00 p.m. - 9:00 p.m.**

Jamila Joy leads this class for Mureeds using Songs and Practices along with teachings from the Githa Papers of Hazrat Inayat Khan and other resources from the Inayatiyya & other traditions.

In December class will meet on the 4th Wednesday, the 22nd.

Contact Jamila Joy if you are interested in this class. A zoom link will be sent in advance of the class.

[Jamila Joy, jamila@madisonsufis.org](mailto:jamila@madisonsufis.org)

[jjwoodsky@gmail.com](mailto:jjwoodsky@gmail.com)

### Universal Worship Service

**Sunday, December 12** via Zoom  
**10:00 a.m.**

The theme for this month's service is "Animal Blessings."

From Pir-o-Murshid Inayat Khan:

"Sages, such as St. Francis, have spoken with rocks, birds, and animals, not as we talk, but by means of an insight into things. And every object expressed itself to them, speaking to them about its past, its present, and its future.

How wonderful that the animals and birds also know the future! Horses, dogs, cats know when someone is going to die. Yet, man does not know it. Why should he not know it? Because his soul is so absorbed in the earth plane and in earthly things, which the birds and beasts and animals are free from. For they sit quietly and meditate and concentrate. Man never sits quietly. Therefore, the animals and birds, through their silence, are capable of knowing what man does not know."

All are welcome to join Universal Worship. A Zoom link will be sent out a few days prior to the service.

Rev. Murad, [jodycurley@gmail.com](mailto:jodycurley@gmail.com)

### Karima's Sunday Heart Gathering

**Cancelled in December**

See you all next year, January 2022, Happy New Year

*May we see clearly the light each of us carries.*  
-Upanishads

Here is a gift from Murshid Inayat Khan to hold in our hearts as we step into the New year filled with hope, grace, well being for all, love and more love .

Carry in our heart: Cherag Roshan=Lamp/lit  
Murad Hasil=Desire /fulfilled

Murshid would share this practice with his family. Going into the lamp of your heart.

*Every desire is fulfilled with the engagement  
with what is and what may be.*

Keep the light burning - lit within. Whatever darkness we may face keep that light burning. Our faith and destiny will be fulfilled in service to the one. " Lights kindle one another and take part in the illumination of humanity.  
Deepest of Blessings to All.

Karima, 608 338-0709



## Ziraat Winter Message by Kainat Felicia Norton,

International Head of the Inayati Order Ziraat activity

***"O, Space ! Symbol of Divine Silence, we passively offer our homage to Thee."  
(from Harrower Papers of the Ziraat Papers of Hazrat Inayat Khan).***

***"Wide space, the womb of my heart, conceive my thought, I pray, and give birth to my desire".  
Hazrat Inayat Khan***

In Winter we enter into the depths of silence, peace, repose, patience and discover the ever glistening light deep within the dark womb of being. This is a time for spaciousness; there is naturally less focus on outer form and more on inner depth. The seed is buried deep within the dark depths of the earth and nurtured there. The state of the seed is the ether state; all the elements are together undifferentiated, in the state of unknowing, the midnight sun, faith beyond form.

In the Gathas papers, Murshid says that the ancient Greek mysteries were thought to be a course in agriculture. The journey of the soul can be likened to the seed put into the darkness of the earth and finding its way into the light and blossoming into its full potential. The Greek mysteries, called the Eleusinian mysteries, have a rich symbolic correspondence with Murshid's Ziraat teachings on how the soul " realizes for itself that Divine element."

Demeter, Greek goddess of agriculture, fertility and grain, is in retreat in winter and the earth rests. Demeter's daughter Persephone, abducted by Hades is now below the earth in the subterranean underworld. During winter in the first week in February, it is said, Demeter searches the underworld for her beloved daughter. She descends herself below the earth, carrying a torch, and shines a light into the depths of darkness, in an attempt to find her lost daughter. It is our soul's finding and reconnecting with its true essence, in the depths of darkness by shining a light. The Greek philosopher, Apuleius is quoted in Murshid's Gathas papers as saying: "I went to the boundary between life and death, I passed through the four elements, I stood on the threshold of Proserpina [Persephone], at the time of deepest midnight, I saw the sun shine in brightest splendor."

In the Ziraat teachings Murshid describes the journey of the soul : "as if an angel from the highest Heaven came down and descended to the lowest depths of the earth, and from there, feeling after and longing for the Paradise it has left, has worked its way through the lower creation and arrived at the form of the human being. Although in essence, even after touching the deepest depths of the earth, the soul is divine, in order to realize for itself that Divine Element it has a task waiting even after being human, and it is the manner in which that task is accomplished and the object gained which is called Ziraat...". There is a correlation between uncovering our Divine Essence after descending into the depths of the earth and of the seed breaking forth above the earth into the light and into grain and fruit after being buried in the dark black earth.

Winter is a time of dreams, of envisioning within unconscious depths, of retreat from the outer realm to the inner roots and ground of the earth, to nourish and restore from within. All creation comes first out of the yin, the dark depths. Early February marks Demeter's search in the underworld for her daughter with a lighted torch as well as the celebration of Candlemas, Feb. 2, the day when the being of Mary, the light bearer, is illuminated with light and candles, representing purification. In Celtic tradition, this same date is honored as the midpoint between the Winter Solstice and the Spring Equinox and is called Imbolc, meaning womb. It is at this time of year we may begin to feel the subtle stirring and quickening of new life in the womb of Being and we hear the slight trickling sound of underground waters again. Light shines in the darkness, the midnight sun rises and new life begins to stir beneath the earth hidden from view.



**PRACTICE:**

- 1) Find a quiet moment to sit and start to exhale with a sigh. After some breaths the sigh becomes softer and changes into a breeze. Allow the air to drain out the mind. Thoughts and feelings are dissolved in the air. While inhaling feel the air touching gently the inner walls of the nostrils, the eyes and the forehead and the brain are relaxing.
- 2) Become fully aware of the flow of the breath, its rhythm and after a while feel how the breath becomes slightly softer.
- 3) Be aware of the rhythm of the breath and feel the rhythm of the heart at the same time, witnessing the dance of spirit and matter inside your own body.
- 4) After a while try to feel the echo of the heart pulsing in your hands, around your shoulders and head and slowly the pulsing felt all around the body as a kind of pulsing layer or skin. Then inhale and exhale through the pulsing magnetic field and feel how it will gently extend and start to move like a wave.
- 5) You can feel the magnetic field surrounding you and the body inside like a mould, a matrix, a womb, a void.
- 6) After a while you still feel the form of the matrix, the womb but it feels as if the heart becomes the center which draws in and pours out the waves of energy, love and light. The heart is resonating within the whole universe, becoming wide and cosmic.
- 7) Give up any concentration, feel the easiness of breathing and stay a moment in peace and silence. The heart is a wide peaceful place, surrounded by silence. In this winter-state, the heart dreams and gives birth to a deep wish. It's a silent birth, no excitement, the breath doesn't change, it goes on smoothly. The mind has no objection, the heart is not irritated, the wish is in harmony with your values and feelings. The wish born in your silent heart is the dream of nature, the dream of the elements and also the God in which you believe wishes as you wish. Your wish could be considered as an extension of the Divine wish. There is no separation.

During the remaining weeks of this winter you may descend into your heart as Demeter does with her torch and look after your wish, with love, and cherish it without disturbing the peace. Don't put any tension, expectation or wanting on it. It dreams by itself, about its own becoming, abiding in peace, surrounded by a zone of deep dark silence. You have nothing to do, except not to forget about the wish. Keeping the wish in its peaceful state, the day will come when Demeter's light will be seen.

*Love and Warm Blessings,  
Kainat Felicia Norton, Head of the International Ziraat*

To learn more about Ziraat visit:  
<http://www.ziraat.org/>

Nature Meditation with Pir Zia Inayat Khan

Sundays, December 5,12,19

3 pm ET\*

Zoom link: <https://us06web.zoom.us/j/89984833850>



December, 2021

## Solstice Season of Light 2021

30 November 2021

Dear Friends,

The sun, moon, and stars give light ...

We gather today for Giving Tuesday, a worldwide celebration of generosity. Over the last three weeks, so many of you have shown your immense generosity by helping us successfully meet, and then exceed!, a matching a gift of \$50,000. Thank you for donating an amazing \$61,854 in a very short amount of time.

As of this morning, together with the match itself, and including several multi-year pledges, we have raised \$204,424 toward this year's appeal. Our overall appeal goal is \$250,000. It is our hope to raise another \$45,576 by December 31st, 2021.

If you have benefited by the offerings of the Inayatiyya, from Murshid's teaching and the reassurance of spiritual community, please consider giving a gift this year. All gifts — of any amount — received by Monday, December 20th will include an invitation to a special Solstice Season of Light Meditation & Zikr w/ Pir Zia on Tuesday, December 21st, 3-4:15 pm EST/9-10:15 pm CET.\*

May we share in light this coming Solstice!

With deepest appreciation,  
Alia for the Inayatiyya

**Solstice Season of Light**  
**Meditation and Zikr with Pir Zia Inayat Khan**

Tuesday December 21st, 3 - 4:15 pm EST

To donate go to:  
<https://inayatiyya.org/event/solstice-season-of-light/>

Beloved Family,

Hope the changing of seasons is treating you well. For those of you who celebrate Thanksgiving, may we each find the deep well of gratitude for all that we have been given in this precious life.

We are gradually gearing up to start teaching in-person in 2022. Hopefully, the world situation will support the wisdom of my choices. We start with a local Celebration of Murshid Sam's Urs, which will also have a Zoom component.

March 11-17, 2022 we are planning an in-person Sufi Sesshin at Mandala Springs Retreat Center in Cobb, California. Still don't know what protocols we will use, but likely there will be a need for everyone to be vaccinated or recently tested.

Beginning in April off to Germany for the Jamiat Ahm Gathering followed by teaching in the countryside of the Czech Republic.

It is likely we will also have a Mendocino Sufi Camp in 2022 and a retreat at the Southwest Sufi Community from August 16-21, 2022.

Our daily walks in Nature continue to be inspiring with our Red-tailed Hawk friend, Blanca, showing up nearly every day since I wrote you last.

For our next wazifas let's recite YA RAQIB and YA HASIB. These lead to the practices of Murakkabah- the one who concentrates with Love at the root; and Muhaasibah - the one who takes an honest account, both such important life skills.

I would like to suggest one more practice for the month (and the rest of your life) It is the breathing practice of SHAGAL. Outwardly it is the closing of the doors of the body to connect with the inner senses. Instructions attached.

Much love,  
Shabda

### Text and Commentary to Study

This month we continue reading *Yours in the Infinite*, a series of letters from Hazrat Inayat Khan to Murshida Rabia Ada Martin 1911-1926. We last read these wonderful letters in 2016. To quote Mother Krishnabai:

"Better to read the same book one hundred and eight times than to read one hundred and eight books."

Read the letters, pages 17-24.

To download the document *Yours in the Infinite*

Go to <http://files.constantcontact.com/162dcf2e401/9cc91006-16c0-4228-af24-9f1b8c4368dd.pdf>

### **You can still make a 2021 contribution to the Madison Sufis.**

Donate online using credit card or PayPal.

Simply go to <http://www.madisonsufis.com/donate>.

If you prefer make a check out to Madison Sufis  
and mail to: Madison Sufis -P.O. Box 46463.  
Madison, WI 53744-6463.

Thank you for your support,  
Basir – Treasurer, Madison Sufis



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Dances of Universal Peace  via Zoom 7:00-9:00 pm	4
5	6 <i>Hanukkah ends at sundown</i>	7	8 Ziraat Lodge  via Zoom 7:00 pm	9	10	11
12 Universal Worship  via Zoom 10:00 am	13	14	15	16	17 <i>Urs Mevlana Jalaluddin Rumi</i>  1273	18
19 Healing Service  via Zoom 11:00 am	20	21 <i>Winter Solstice</i>	22 Sufi Songs and Teachings  via Zoom 7:00-8:30 pm	23	24	25 <i>Christmas</i>
26	27	28	29	30	31 <i>New Years Eve</i>	

## **Southeast Wisconsin Activities**

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### **Milwaukee Universal Worship Service**

First Sunday, December 5  
10:00 a.m.

Call Sara for info at 414-299-0218.

Love & Peace

### **Dances of Universal Peace**

Third Thursday Dances of Universal Peace to be held virtually on **December 16th, at 7pm** with theme *Opening to Joy*.

When we dedicate any good that we can create to others, we find it seems to envelop and permeate us as well. A link to join can be accessed through Prajna Patti Kies

[pattiburncake@hotmail.com](mailto:pattiburncake@hotmail.com)  
or 262-642-9289.

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