

PEACE IN MOTION NEWSLETTER WINTER 2018

Dear all,



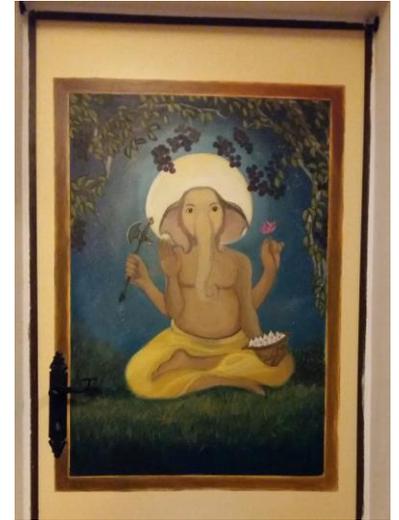
In our Summer Newsletter, we wrote 'the last seven months gave us little rest so we are looking forward to a relative quiet end of summer and fall, with more time to breathe out in December and January.'

We're in this breathing-out time now, as 2018 is coming to a close and we have more than a month ahead of us with no planned activities or workshops. This means time to catch up with loose ends in the house.

Coming April, we have been living in the Khankah for ten years, so some things are in need of repair. This summer, our son Jochem and his wife Anushya spend two weeks with us and Jochem – a carpenter and painter – did a great job repainting parts of the outside of the house, while Anushya, a painting artist specialized in murals, found time to paint a Ganesha in the basement.

Breathing out also means time to prepare workshops in a relaxed way, make a start with new writing and dance projects and finish some of the older projects, together with all other things that have been waiting for some time.

But most of all it means spending time with each other and with our family.



With this Newsletter, we want to wish you all a lovely end of 2018 and an inspiring 2019. We hope to see some of you at Khankah Samark or elsewhere in 2019.

Love, Wali & Ariënne

In Memoriam Michael Schouwenaar (Dec. 20 1944 – Dec. 7 2018)

In our previous Newsletter, we wrote about our visit to Suresnes, France, to join the Federation Retreat, held in the house where Hazrat Inayat Khan lived with his family. Little did we know that this would be the last time we saw Michael Schouwenaar, our Dutch Sufi friend from Sufi Contact, a Dutch branch of the Inayati Sufi family. He proved a master in hiding the tumor that like a time bomb had been clicking away his time on earth for well over a year. As always, he even joined in yet another hilarious setting of a play from Inayat Khan by Nawab Pasnak.

We first met Michael in the early nineties and were impressed by his ability to be a channel for Inayat Khan when conducting the Universal Worship. He came to our house and told us about his idea to form a Sufi Exchange Group Netherlands (SUN), where the different orders would meet to share experiences. No politics, but a coming together of an informal group of friends with similar interest. With his proverbial enthusiasm, we never knew whether the plan originally was his or whether he had adopted it, but all the Dutch Sufi Orders joined and until we moved to Belgium in 2003, we met on a regular basis, learning more about each other and each other's Sufi Orders in the process.

His open heart was always in for something new, so we weren't surprised Michael caught the bug of Murshid SAM and couldn't get enough of the Dances and the Walks, that he had experienced at the meetings of the Federation Retreat in the US and Europe.

We know that everyone is unique, but every time we met Michael it became obvious that some people are more unique than others. We'll miss you, Michael and we are grateful to have met you.

We here also want to express our gratitude to Annemieke Bouman, who found a subtle and personal, heartfelt and profound way of sending updates of Michael's condition.

Below are pictures of him from the invitation card for his funeral.

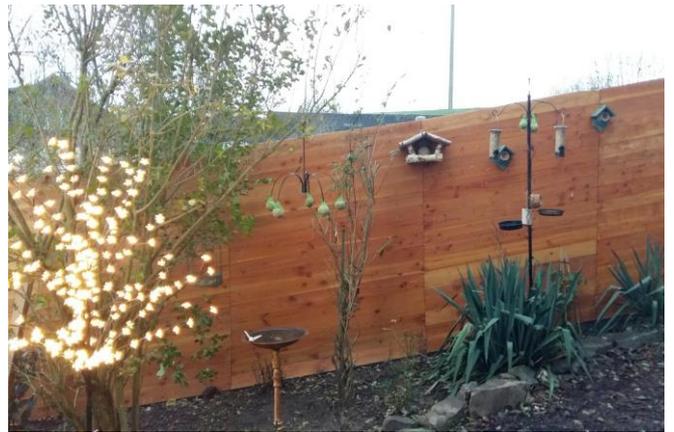


Samark's West Wing

The fence and wall that we constructed last Summer (see our previous Newsletter) is growing on us. We remodeled the garden and the lanes, did some planting and replanting (thanks to a generous gift from the participants of the Sufi Year Group) and sooner than we could have hoped for, the fence has become a natural part of Khankah Samark.

In summer, we sit in the west garden to cherish the evening sun. This 'West Wing' now is an open-air room, sheltered on four sides and with the sky as roof. Next year, we hope to finish the project by adding a window to the wall and planting some more flowers and bushes.

Our feathered friends love the sheltered West Wing even more than we do, for thanks to the fence, we now have many more places for bird-feeding devices, so it has become an airport for the courageous birds that stay here to face the winter.



Winter Retreat



As the participants of the Samark Summer Week already experienced, we shortened our weeklong retreats with one day as a way to make them more affordable for all.

So also our Winter Retreat will run from Saturday February 9 (starting with the evening meal) until Friday February 15, ending with breakfast.

In this week, we will focus on the journey of the soul, this mysterious part of our inner being that according to mystics travels from heaven to earth to live in the cage of a human body, only to return to the heavens sadder but wiser from her earthly sojourn. Somehow, the soul needs to do this in order to fulfill the purpose of creation.

On her journey to earth, the soul passes through the 'worlds' of the angels and the jinns. When the body stops breathing, the soul returns to her source. In us lingers the memory of this journey and with this memory also the jinn and angelical side of our being. Part of the spiritual path is to try to awaken this memory so it can serve ourselves and others during the short time we live in our physical body.

In this retreat, we will work with Inayat Khan's teachings on this subject and with the teachings of classical Sufism – like Ibn 'Arabi's *imaginal* world – and other spiritual paths on

the soul.

As always in these retreats, the ultimate goal is not to 'know' more, but to be able to apply some of the teachings in daily life.

Sufi Year Group



In five long weekends, the Sufi Year group focused on the Sufi psychology of heart, spirit and soul, zikr, the two wings of love and understanding, the different faces of the One and other major Sufi concepts that became a living reality by working with them and experiencing them through the Walks and the Dances. For many participants and for us as well, this experience and deepening of the teachings and insight of the Sufis from al-Ghazali and Ibn 'Arabi till Hazrat Inayat Khan and Murshid SAM could have gone

on

longer, but all good things must end, so in September we had the last weekend of the Sufi Year Group.

The picture of this part of the garden may seem wintery bare, but not for us, for *inshallah* these two vines will offer the Khankah red and white grapes.

The fruits for us symbolize the Sufi Year group, as they were bought them and other plants with a generous voucher from the local garden center the group presented us. Here is a picture of the first shopping we did.



We hope that the flowers will be a symbol of the Sufi Year group and flourish in the Khankah soil just as the Sufi teachings from the Sufi masters may flourish in the inner soil of us all!



The Sufi Year group

Dance Training Program

Through different modules dispersed over the six weekends, the training program will focus on aspects like focus in body awareness, in rhythm and turning, in music, working in a group, interaction, working with energy et cetera. We will work with the background and mantras from different traditions, using our newly published book *Unity and Diversity*.



As the one and only way to become a Dance leader is to dance and dance and dance, we will do a lot of dancing, thus also creating a repertoire for the beginning, and adding to the repertoire of the more advanced dance leader. Every weekend, we will have a feedback session. Experience has taught us that the best way to

learn to lead the Dances, is leading in a safe, nourishing and supportive atmosphere.

This is precisely the aim of the feedback sessions. The feedback will be supportive and often reaches deeper into more general themes, interesting for all. The feedback will be mainly on the style of leading, working with the energy and with the group. Through this form of feedback, we can all experience different styles of leading. Awareness of these differences may help each participant to look different at his/her own style. This way, we can all learn and teach at the same time.

Our manuals 'The Art of Dance Leading & Mentoring' with its self-assessment for Dancers and Dance leaders and 'On with the Dance!' will serve as a background.

In the feedback sessions, we will use attunement to the Elements and Planets, relating to the mantras and sacred phrases of the Dance. This will also be practiced in the Spiritual Walks.

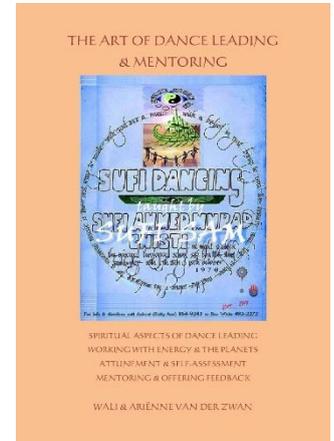
Further attunements involve attunement to the originator of a specific Dance and other role models the leader may have.

Beyond practical tools for posture and creating an atmosphere, attunement has an important function in realizing not you are the standard and measure, but something higher. This is expressed in the Sufi idea of *tassawuri* (walking with, walking in the footsteps of a master or teacher), which eventually may lead to *baraka* (spiritual charisma or magnetism).



When SAM was among us teaching the Dances, his Saturday evening advanced dance class consisted only of the Walks. The Walks can be used as a simple and very effective tool to check your own relationship with the archetypes behind the elements, planets and deities. After that, it is up to the student to assess them and – if needed – balance them out, strengthening some, weakening others, waking up even others. As said in the module on feedback and attunement, the elements and planets can be used as a tool for leading the dances. They can also serve a wonderful purpose in daily life.

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Dates

The complete training will take six weekends from Thursday (evening meal) – Sunday (lunch)

2020 13 – 16 February; 23 – 26 April; 3 – 6 September;
29 Okt. – 1 November

2021 25 – 28 March; 3 -6 June

Finances

The costs per weekend are € 400 all in, so the full training will amount to € 2.400. Participants can pay per weekend or receive a discount of € 200 by paying the full € 2.200 at once or in three terms (€ 200 down payment, € 1.000 before the first weekend and another € 1.000 later).

The first weekend is open for all. The following weekends are only open for people who sign up for the full course.



Program 2019 Wali & Ariënné



Februari

9 – 15



Samark Winter Retreat (N.B. Ends on Friday morning)

The Journey of the Soul.

This 19th Winter Retreat will be dedicated to the inner journey that our soul-self may take on our spiritual path. This means going through forgiveness and repentance toward the world of inspiration and intuition.

March

15 – 16

Dance Weekend Bremen

The Art of Remembrance

Contact [Renate](#)

April

13 – 14

Dance Weekend Sydney (Australia)

Contact [Zebunissa](#)

16 – 21

Dance Retreat Australia

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. Contact [Zebunissa](#)

May

17 – 19

Dance Retreat Moscow

The Sufi Path of Love and Understanding

Contact [Marina Kamila](#)

25

Dance Day Dublin

The Sufi Path of Love and Understanding

Contact [Zahira Noor](#)

June

7 – 10



Samark Pentecost Retreat

The Aramaic Lord's Prayer

As we have a whole weekend, we can dive deep into this prayer of Jesus.

29 – July 6



Ruhaniat Summer School (Proitzer Mühle, Germany)

Annual gathering of the EU Sufi family with EU Sufi teachers.

Contact [Qadima](#)) or [Aziz](#)

English/German spoken.

July

27 – 2 August



Samark Summer Week (NB: Ends on Friday)

Unity and Diversity

The Unity of religious Ideals is a cornerstone of Hazrat Inayat Khans Message. With nature as the window to the divine, we can look at the nature traditions and see what we have lost. We can also look at the modern traditions and see what we have gained to support us in our daily life.

September

7 – 8

Dance Weekend Poland

After many years, we return to the north of Poland for a Sufi and Dance

retreat.
Contact [Floresca Mariela](#)

21 - 22

Dance Weekend Hamburg (Germany)
The Sufi Path of Love and Understanding
Yoga Centrum Hamburg.
Contact [Heinz Scheffler](#) *German spoken*

27 - 29



Samark Dutch Retreat

As De Weyst was not available this year, we moved our annual Dutch Retreat to the Khankah, enabling all Dutch dancers to visit us.

October

7 - 18



Sahara Pilgrimage

Desert Life

The experience of the Desert can be so powerful that many travelers keep returning. On request of many, we will return to the Sahara for the fifth time. To wander and wonder, to retreat and rejoice, to laugh and love and most of all to be one with the Desert and thus deepen the contact with the inner self. N.B: Waiting List

November

1 - 3

Dance Training North (Bildungsstätte Bredbeck, near Bremen)
We will work from our Dance manual 'The Art of Dance Leading and Mentoring'. With *feedback session*.
Contact [Hans-Peter Baum](#) *German spoken*

21 - 24



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

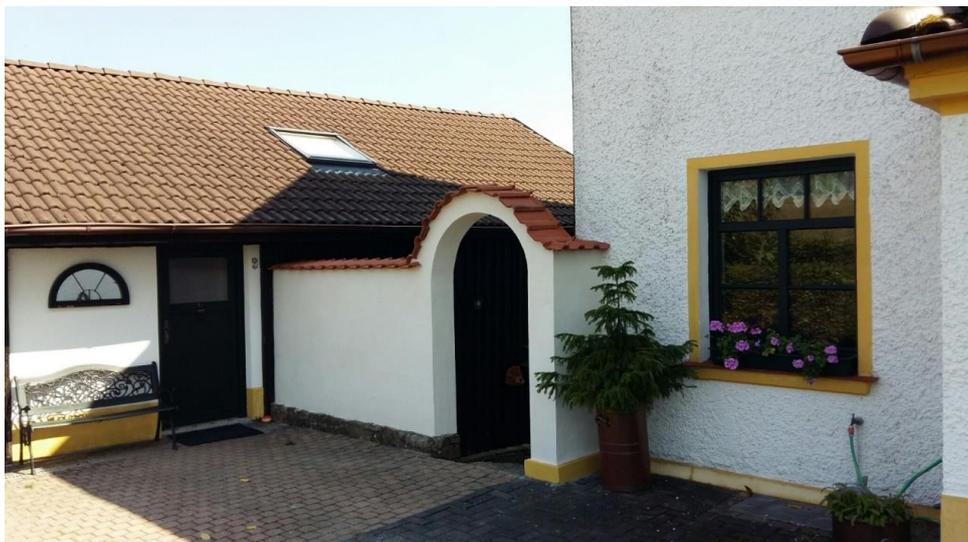
28 - 1 January



Silvester Celebration (Khankah Samark)

New Year Retreat & Celebration

Retreat and celebration to look back in gratitude for what 2019 has brought us and to look forward to unfolding of some of our next steps in life in 2020. *German or English/German spoken.*



Wali & Ariënne van der Zwan
[E mail](#) [website](#)