

From: **Carolynn Bryan** <barakatcb@gmail.com>

Dear Ones,

Here is a message from Wali Ali about these immeasurably rich classes that are also available as recordings:

Dear Friends,

The series of workshops entitled Becoming the Stillness Between the Breaths continues and develops our ability to go more fully into the advanced practices that were focused on toward the end of the God is Breath curriculum. That means going deeply into the practices of Mushahida and Tassawuri, as well as a strong development of ability in concentration.

Another very important aspect of the program is our work with a monistic Yoga system attributed to Shiva that was recommended by Hazrat Inayat Khan to his mureed Paul Reps, indicating that he could find it in Kashmir. Reps followed up, and the Centering Exercises were offered first in Zen Flesh, Zen Bones. Now that this body of material has been developed further through different translations of the original Sanskrit, we are using this expanded palette to enter the Peace from which all real power is expressed.

Those who have gone through the God is Breath material or who have deeply engaged with such practices as Sufi mureeds are best qualified to take on this material.

Love and Blessings,
Wali Ali

Five Becoming the Stillness between the Breaths classes are scheduled for 2018: January 13, March 10, May 26, September 1 and December 1. If your schedule allows, please join us. The classes are videotaped so those at a distance can benefit from the teachings offered as well. Recordings of the 5 previously-held classes are currently available and transcripts are currently being made which many are finding useful for deepening in the practices offered. For those who find it advantageous to pursue deep practice with the support of a sangha, there is the possibility of forming an online Stillness Wheel/group to explore the teachings together.

In-person classes are \$99 which include a sumptuous lunch at Khankah SAM around the corner from the Mentorgarten. Recordings are \$40 per day-long class. Contact Barakat (barakatcb@gmail.com) for payment details, or keep reading!

If you have a PayPal account, payments can be made to wali@marinsufis.com, preferably using the

Friends & Family option to avoid transaction fees, and making a Note as to what the payment is for. Alternately, checks may be made payable to Wali Ali Meyer and sent to Barakat Stillness, 410 Precita Ave., San Francisco, CA 94110. **In either case**, notify Barakat by email when a payment has been made so that you will be sure to receive the links and passwords in a timely fashion.

Abiding in Stillness and deep Peace,
Barakat