

## PEACE IN MOTION NEWSLETTER JUNE 2013

Dear all,

We've been very busy traveling, writing, working on Khankah Samark and in the garden, but finally have some time to sit down and write this Newsletter. Our last Newsletter from December met with an unforeseen response and we are grateful so many of you appreciate reading it.

2013 for us is an exciting year, as this is the first year we were able to fully plan our year program for Khankah Samark, starting with the Winter Retreat. Also, it brought us again to Saratov, at the Russian Volga.

But let's start at the beginning, for like last year, we exchanged the cold European winter for the warm climate of India.

Enjoy!  
Wali and Ariënné

### GOA

Down with the flu since the New Year Retreat, we flew to India to meet our daughter and son-in-law in Goa, where they started a small restaurant. Immediately, we felt the healing effects of the warm climate, for the flu was over in two days and we were able to fully enjoy Palolem Beach. In the mornings, we worked in 'Little World', as business was booming and all hands were needed.



With the only *chai* for sale in the area and the meticulously prepared mueslis, omelets and the likes, but most of all due to the intimate and friendly atmosphere, the restaurant at the end of the season hit the number one spot on Internet's Trip Advisor, the place with no strangers, only friends you haven't met yet.

We had lovely talks with people from all nations, cut more fruit than ever and took the afternoons off for a swim in the ocean and leisurely beach life. The warm water proved very healing for Ariënné's wrist. She had broken her wrist, slipping on an icy spot near our house and we thank all who sent her best wishes and put her on a healing list. The warm water of the Arabic Sea made all practices the physiotherapist had

recommended feel easy.

It felt like a holiday, the first one in years, as usually we would consider staying home holiday!

### INDIAN ECSTASY

After two weeks, duty called and we traveled north to Pushkar to prepare our 2014 pilgrimage to India. It was lovely to be back on familiar ground and it was even better to have a purpose. When all was organized and after a visit to our Indian family-in-law, we went on to Delhi to finalize our preparations and to celebrate the Urs, the day of passing of Hazrat Inayat Khan (February 5<sup>th</sup>, 1927).

In Delhi, we were fortunate to experience a street festival,

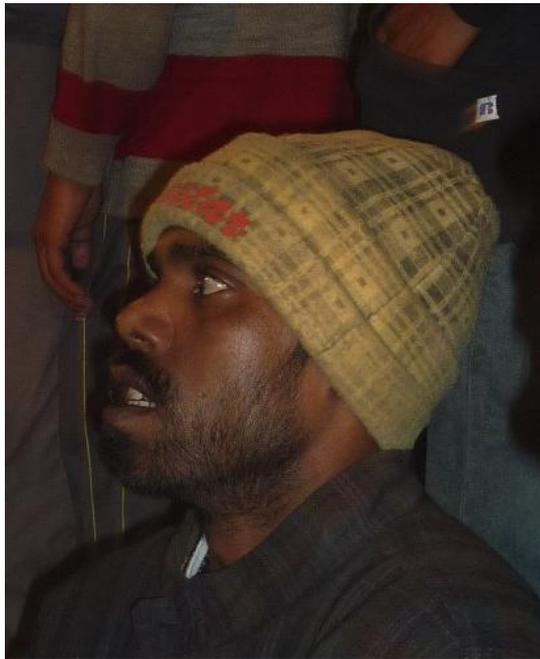


as January 31 was an 'auspicious date'. The audience, people of all ages, was even more amazing to watch than the spectacle itself, a pantomime with lovely costumes and held together by a singer, blaring his lyrics over loud speakers. All understood the story anyway. When Krishna walked around the villain anti-clockwise, this person was definitely doomed and victory was with the good, so Krishna walked clockwise around the hero. Krishna looked very androgenic and it took some time to realize the actor was male.

All the time, the audience was absorbed in a way that we've seldom seen.

Girls of five with heavy make-up, adult men in ecstasy. It was almost voyeurism to make pictures while people had their inner or outer moments, but looking back, we are glad we did. Here are two examples of deep inner and expressive outer ecstasy and some more pictures of the festival.

For more on India, please see our website ([India Impression](#)).



## THE URS



This year 2013, the Urs was small. It gave the celebration a very intimate atmosphere. There was Indian music, lots of it, from ragas to Qawwali, from rudrah vina to modern jazz violin, from folk and rural to highly sophisticated. Rain seemed to ruin the Urs day, but the intimacy of the thirty odd of us in wet clothes and the nearness of the Afghani Chisti Pir, crying behind his glasses for the beauty and the perfume of it all, gave us an experience we won't easily forget.

In between we made further preparations for next year. So everything is arranged, but India being India, you never know!

Once home, we were in for a surprise, as the pilgrimage soon filled up with a lovely mix of people from different continents. It is heartwarming to realize Inayat Khan is so alive with so many travelers on the path.

## WINTER RETREAT

We started our annual Winter Retreat in 2001 in Estonia. In 2005, we moved the Retreat to the Czech Republic. 2013 saw the first Winter Retreat at Khankah Samark. The main preparation to make this possible was the construction of a veranda as a shelter against rain or snow, when going from the dining hall to the dance hall in the adjacent barn.

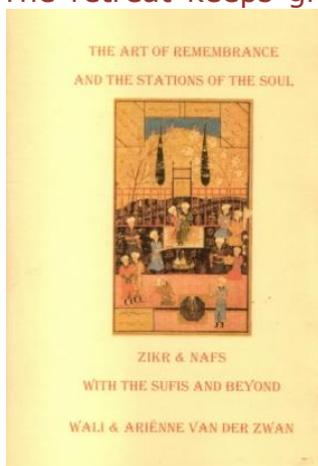


In summer, it'll give us the much

needed shelter again the sun. With people from five different countries, including the Czech Republic and Portugal, the Retreat kept its international flavor.

For us, it was a joy to be able to have this retreat at home and continue its long history with so many friends, thirsty for the experience of going deeper into the dances and the Sufi path.

The retreat keeps growing and this time, inspiration urged us to add practices and meditation to the main program, deepening its focus and adding to the experience.



The theme of Zikr as the Art of Remembrance and the question what could be the background and original meaning of the word '*ishq*' for love with its harsh ending Q, inspired us to further and ongoing study in the direction of HIK's background on the Sufi Path of Love and the levels of the Soul (*nafs*), which resulted in a new booklet (EN & DE). It is available through our website and at our workshops and we hope it will serve students on the path. For more on this, feel free to visit our website for the dance description of the [Zikr of Love](#), combining *la ilaha illa 'ishq* with the Sufi creed.

## SARATOV, RUSSIA



After some years in Moscow, it was time to visit Saratov again. Saratov lies at the Volga in Southern Russia and over the years has become one of the centers for the Dances of universal Peace in Russia. Their Sunflower festival is growing and growing and so are the teachers and organizers. And with them, their circles. Ya Shakur for this development and we felt honored to be invited to take part in this since 2003,

when we first visited this area and went to Samara. Saratov was next in 2005. What a difference in these ten years. Russia is almost another country. Ten years ago, all cars were old and had a lethal smell of fuel. Now the streets are furnished with cars like at home. Many people are still poor, especially in Saratov, but the overall picture is that of growing to the standards we are used to in the West.

But back to our visit. Someone counted and we had three circles with people from ten different towns and cities, including many of the regulars from the Moscow Retreats. As the venue was perfectly fit for a retreat and the event draw many travelers anyway, next year the event will be residential, giving all more time and space to get into the program.

We owe much to Russia, for not only did it give us the opportunity to develop as teachers for some fifteen years, it is also there that we first did our programs on the teachings of Rumi, like this time. We hope to revisit this Persian master poet at our upcoming Winter Retreat. In our free time, we visited the local market. Markets are always our favorite touristic attractions as there you see local life. We usually have something to hunt for, and this



time it was spices for *plov*, the Russian version of *pilaf*. Walking home, we went to the Islamic quarters and paid a visit to the local mosque, where the imam treated us as venerated guests from the West. As we are used to these days, we presented ourselves as 'students of Islam', as most don't understand our way of Sufism and this time too, it broke the ice. We ended with a large tour around the mosque, the school and the library, talking about Rumi. Al-Ghazali and

Ibn 'Arabi with the imam.

As usual, the last evening was party time Russian style. Lots of singing with piano and guitar and exchanging of songs. We were feasted on parts of a real

opera, made especially for the Sunflower Festival. We couldn't believe our ears, hearing the wonderful compositions and looking at the singers who identified themselves immediately with the characters they played.

And of course, there was the Russian banquet. Goodies, more goodies and going beyond the goodies. We'll be back next year!

#### EIAB & THICH NHAT HANH



Khankah Samark lies some 15 km from EIAB, the European Institute for Applied Buddhism of Thich Nhat Hanh in Waldbröl.

We visited them shortly after we moved to Germany, only to see that they had moved one year earlier and had a lot of work to do. Our second visit at Easter showed most of the work had been done and had an unforeseen aftermath. A chance meeting at the dinner table, someone putting in a good word for the

Dances and at our Pentecost Retreat, two of the EIAB nuns joined us for the first day. They ended up staying the whole retreat, joined in on the Sufi morning practices and in the feedback told the group they loved the Dances and the dharma talks, which brought them something outside of their usual practices.

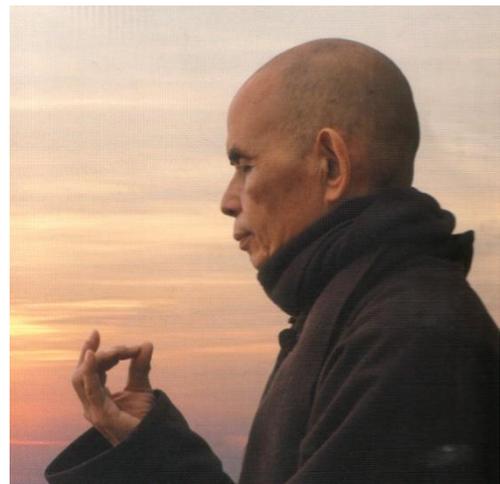
Consequently, they invited us to work with them for a day with 12-year old schoolchildren and later at open day and the annual retreat with Thich Nhat Hanh.

At the open day, the garden was finished. A featured element is its 22 m high beautiful Stupa (the highest one in Europe), made from the pillars that the Nazis had left at the former psychiatric hospital. Healing the Nazi history is now part of the daily Buddhist practice at EIAB. Another part is reaching out to the local schools, working with tolerance and interfaith.

The nuns told us that they actually could not afford buying the hospital, but that the town of Waldbröl saw their coming of such importance that they dropped the price, even though others were willing to pay more.

How wonderful to hear these things still happen! At the open day, the mayor of Waldbröl was present, together with the architect (who almost offered his garden design for free), the garden center and others, showing how EIAB has rooted in Waldbröl in such a short time.

The Mindful breathing at the retreat of the Vietnamese Zen master also inspired us to an adaption of a song by Joe and Guin Miller (*Breathing in and Breathing out*, [see our website](#)). *Inshallah* we'll see more of EIAB and its monks and nuns!



#### SAMARK: CARAVAN



As the Winter Retreat had a waiting list, as well as and the forthcoming Summer Week, we decided to buy a caravan to fit in an extra couple.

Living in a rural area off here, as it was easy enough to find help in digging and leveling out the place for the caravan, sheltered by old apple trees. One of the first hits on Internet gave us the ideal caravan: small enough to fit in the allocated spot, large enough to accommodate a couple. The

caravan was imported from Holland, is of German make and was sold by a Russian dealer. Peace in Motion in a nutshell!

As you can imagine, we had a great time putting in all gear and making it ready for the Summer Week! The first inhabitants will be Brechje and Nitin, who'll cook for the group this summer.

The whole area around the caravan, at the back of the orchard, once a meadow for the horses and full of nettles, has been 'tamed' and is now part of the garden. Ariënne's father (who became a sculpture and painting artist after his retirement), in remembrance of Ariënne's late mother (she was a librarian) donated a statue of people reading. It stands right at the beginning of the path to the caravan



#### WHAT'S NEXT?

We're looking forward to the EU Summer School, where we'll focus on Murshid SAM's paper 'The Perfection of the Heart' and the Summer Week, two weeks later. In a similar format as last year with the Little Prince, we'll now focus on Rumi's teachings, hidden in his famous poem about dying as a mineral, plant and animal. As the week signed up quickly, it seems to serve a goal for seekers on the path who want to deepen their experience by investigating different spiritual topic, using their own life experience, helped by the questionnaire we prepared. This formula proved it's worth the first time with 'The Little Prince' and we are looking forward to deepen this formula, quite different from the Winter Retreat.



With the MIR Camp in August, our summer is quite full. Programming MIR at Khankah Samark means we stopped our participation to the Czech Dance Camp. MIR (Russian for 'peace') until now happened in the Crimea at the Black Sea. As all Russian participants

and some visiting Westerners know, we had amazing experiences with this Festival near Yefpatoria, but two years ago, we had to move and felt the Camp had had its days, so we stopped it. Who knows, we may go back one day to visit the amazing Mevlevi Tekke again.

Now, with a sabbatical of one year, MIR is back in Germany. Like the former MIR Camps, this one is also designed for Russian speakers, so we'll have our friend Misha again as interpreter. As much of what we do at Khankah Samark is new, we don't know yet if MIR will be on a regular base or not, or if we broaden it for East to meet West. Time will tell.

We also took a sabbatical with the New Year Retreat in England. Inshallah, we will pick up this thread in 2014 at Khankah Samark.

For the rest of our program, please see the following schedule. 2014 isn't fully booked yet, but these dates may serve you already to plan your agenda for 2014. A more expanded overview is found [on our website](#) with regular updates.

We hope to meet you at one of the workshops or retreats!



2013

July

20 - 27

**Samark Summer Week** (Khankah Samark, Germany)

***From Mineral to Human & Beyond***

*The week start with dinner on Saturday evening and ends with lunch the next Saturday*



This week we explore Rumi's famous poem about dying as mineral, plant, animal and human being, symbolizing our capacity to rise above our limitations to heights unknown:

*So why would I be afraid to die as a human,  
If I only gained by my deaths?*

In this Summer Week, we'll dance and sing to understand what Rumi is telling us about our daily life. We'll explore together, as all of us know more than each individual.

NB: Waiting List

August

17 - 24

**MIR Retreat: The Little Prince** (Khankah Samark, Germany)

After many years of the MIR Retreat in the Ukraine, on request we now follow up with MIR at the Khankah. The retreat is designed for the Russian dance and Sufi circle and will be in English with Russian translation.

NB: Waiting List



September

13 - 15

**Sufi Weekend Khankah Samark** (Germany)

***The Art of Healing***

*Friday (evening meal) - Sunday (lunch)*

Introduction into the Art of Healing from the Sufi tradition of the Middle East and Inayat Khan.

With song and dance, spiritual walks, Sufi practices, working with body and breath, ritual etc.



20 - 22

**Dance Weekend Algarve** (Portugal)

After some years in the Alentejo, we return to the lovely Algarve to meet up with the small, but dedicated Portuguese dance circle.

Theme to be announced.

27 - 29

**Dance Weekend Perm** (Russia)

*The Sufis and the Path of Love*

Contact Sveta [perm.sveta@mail.ru](mailto:perm.sveta@mail.ru)

October

5

**Dance Day Dublin** (Ireland)

*The Path of Love*

Contact Ann Hamida Noor [anne.gill33@gmail.com](mailto:anne.gill33@gmail.com)

12 - 19

**Samark Resourcing Program** (Khankah Samark, Germany)

*From evening meal until Saturday after lunch.*

An individual program to reconnect with the source and your reason for being on this Earth, finding your direction in life, to live consciously and to make decisions that will help you on your path.

Max. 6 participants. Write us for more info.



## November

14 - 17



### **Sesshin: Zen & Zikr** (Khankah Samark, Germany)

*From Thursday evening meal till Sunday lunch*

In a Sesshin we alternate dancing with meditating. We opt for a longer weekend, so all can really get into the rhythm of a Sesshin. A wonderful way to go deeper inside and let the dances do their inner work. To further the inner process, part of the weekend will be in silence.

Be sure to register in time, as the two previous sesshins filled up very early.

29 -  
Dec. 1

### **Winter Weekend De Weyst** (Eindhoven area, Netherlands)

#### ***Op weg naar Eenheid (Toward Unity)***

*From Friday 20:00 till Sunday 16:00*

This weekend, we explore the Invocation of Hazrat Inayat Khan as a spiritual path towards joy, depth, freedom, joy and mastery (in the sense of realization of the Self). Dutch spoken

## December

20 - 22

### **Christmas Weekend Haus Regenbogen** (Bad Münstereifel, Germany)

#### ***The Aramaic Lord's Prayer***

*From Friday evening meal, ending Sunday at 16:00*

The weekend before Christmas is a wonderful time to experience the Aramaic Lord's Prayer in song and dance. As the weekend is designed to focus on different aspects of this prayer, we also invite people, unfamiliar with this prayer in Aramaic. Haus Regenbogen haus-regenbogen@t-online.de

# 2014

Feb 1-12

### **Indian Pilgrimage**

Two-week pilgrimage to India, visiting Delhi (Dharga Inayat Khan & Urs), Ajmir (Dharga Moineddin Chisti) and Pushkar (holy Hindu city with the only Brahm Temple in India), thus combining Hindu and Sufi India. Included is the Urs (Feb. 5th), the celebration of the passing of Hazrat Inayat Khan at his tomb in Delhi. In 2014, the Urs will be hosted by the Ruhaniat. Click for more info and also see our Indian impression.

NB: Waiting List

## March

1 - 8



### **EU Winter Retreat at Khankah Samark:** *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.

As usual, we will focus on DUP, also using stories and poetry, chanting and practices, zikr and ritual. Please book soon if you're interested, as places are limited and in 2012, the Retreat had a waiting list.

14 - 15

### **Dance & Sufi Weekend Bremen** (Germany): ***The Path of Love***

In this short weekend, we'll go back to some of the the roots of Inayat Khan's Creed 'God is Love, Lover and Beloved'. Through practices and the Dances of Universal Peace, we can experience what Love means to us and how it can bring us closer to one another and to the Divine. *German spoken* Contact Renate [E-mail](#)

27

### **Creation Spirituality and the Aramaic Lord's Prayer**

La Verna, Derkinderenstraat 82, Amsterdam, Netherlands  
Evening lecture on the Aramaic Lord's Prayer, seen through the lens of the four paths of Creation Spirituality. Starts at 20:00. The lecture is followed by a dance day on Saturday.

Info & Contact: La Verna [E-mail www.laverna.nl](mailto:www.laverna.nl)

29

### **Creation Spirituality and the Aramaic Lord's Prayer**

La Verna, Derkinderenstraat 82, Amsterdam, Netherlands

Dance day, focusing on the Aramaic Lord's Prayer, seen through the lens of the four paths of Creation Spirituality. The dance day can be followed, independent of the lecture.

Info & Contact: La Verna [E-mail www.laverna.nl](mailto:www.laverna.nl)

**April**

13

### **Easter Celebration** (Khankah Samark, Germany)

#### **Open Dance Day: The Aramaic Lord's Prayer**

*Start 10:30, coffee and tea from 10:00. We close the day with a joint meal.*



We shine light upon the background of the most danced Prayer in our tradition and then dance the whole prayer. A great way to get to know the beauty and intimacy of Khankah Samark.

17 - 20

### **Saratov Retreat** (Volga area, Russia)

Details later to be announced

**May**

2 - 4

### **De Weyst Spring Weekend** (Eindhoven area, Netherlands)

NB Winter Weekend: Nov. 28 - 30

7 - 11

### **Federation retreat**(Sufi Temple, Katwijk, Netherlands)

Annual gathering of all Inayati Sufi Orders

24

### **Sufi Healing** with Wali & Ariënne and Ilona Vorslav (Russia)

Khankah Samark, Germany



*Start 10:30, coffee and tea from 10:00. We close the day with a joint meal.*

Ilona is the leading Sufi guide in Russia, specialized in the Healing Ritual of Hazrat Inayat Khan. Through Dances and practices we'll build up the energy, needed for this group ritual of distant healing. Khankah Samark offers sleeping facilities for people who come from further away.

**June**

6 - 9

### **Pentecost Retreat** (Khankah Samark, Germany)

Further details to be announced



**July**

19 - 26

### **Khankah Samark Summer Week** (Khankah Samark, Germany)