

Subject: A Message from Wali Ali re Becoming the Stillness Classes

From: Carolynn Bryan <barakatcb@gmail.com>

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To: undisclosed-recipients;;

Beloved Ones of God,

Peace and Blessings be with you and all your relations.

Many of you have gone through the practices of the God is Breath class, which really is a kind of summary of the heart and soul of the esoteric school of Hazrat Inayat Khan and Sufi Ahmed Murad Chishti. The prayer wheels—virtual sangha groups—continue for those who are engaging in this presentation of the material for the first time, or returning to it.

I also feel that it is very important to continue our practices in our lives, and one of the great things about the God is Breath Class was that people were inspired to keep up their practices and their awareness throughout the day, and the same has been true of the prayer wheels.

However, the process is never over, even if we go over it many times. Especially, when we get into the practices such as Mushahida and Mujahida and the monistic Shiva Yoga system Hazrat Inayat Khan embraced which is expressed in the Radiance Sutras, the Centering Exercises. In wanting to prepare and continue to rise to this level, I have put together continuing workshops entitled Becoming the Stillness Between the Breaths with a lot of emphasis on these and other closely related practices.

The classes have been videoed thanks to Ali Charles and are available to you through Barakat my esoteric secretary [barakatcb@gmail.com]. I highly recommend them for you to engage with, and I am available for discussion as things come up for you.

Love,
Wali Ali