

Welcome to the Prayer wheel

God is Breath: An online Virtual Sangha

Beloved Friends on the Path,

In 2013, Murshid Wali Ali Meyer offered an inspired year-long series of monthly classes focusing on the core teachings of our lineage stream, through the lens of study of the Breath. This proved to be a profound and transformative experience for the 30 students who committed to the exploration. A similar number of students were able to access the class through video recordings, including a few local study circles.

As the class progressed, a strong sense of trust was developed in the container, and the individual students wove together into a true sangha. This proved to be especially effective in supporting the ongoing practices. All members of Khankah SAM were invited to participate. This led to the inception of a rhythm of daily shared practice as all residents were engaged in the same assignments.

In the past, when the Esoteric Studies program was made available online, we received feedback that there were two primary obstacles for these dispersed students. Maintaining the commitment to both the recordings and the practices was found sometimes to be difficult for those studying in isolation with audio only.

These experiences, as well as inner inspiration, have led us to envision the creation of an online "virtual sangha" to support the students who are drawn to avail themselves of the online archived God is Breath recordings.

COURSE COMPONENTS

The online material consists of video recordings with an audio only MP3 option, texts/ readings, and a daily practice program that was modified monthly to reflect the focus of that stage of the program.

The recordings:

Each class in the 11 session series was video-recorded with multiple camera angles, edited and formatted into YouTube segments. In each segment, time-stamps were created for the different topics, teachings, dances, walks and other practices. Thanks to the technology, a viewer on a non-mobile computer can click on a time and advance to that location. This allows a student to choose to review the parts of the day that most interests them. Those using mobile devices will manually forward to the identified location in the recording as needed.

The texts:

Wali Ali distilled the core teachings on the Breath from our lineage. His selections are drawn from:

- The Gatha papers and the Bowl of Saki of Hazrat Inayat Khan with commentary by Murshid Samuel Lewis
- Githa and Sangitha papers and the Sufi Message volumes of Hazrat Inayat Khan
- Writings of Murshid Samuel Lewis including: the Githa *Dhyana: Meditation*; Forty Lessons on the Breath; the Sangatheka on the Performance of Zikr, the Sangatha *Fana-fi- Sheikh; Malikiyyat: teachings on the path of the Master and correspondence*
- and other materials.

A selection of the daily practices, which vary by month:

The most central practice is the observation of the Breath

Sitting meditation and contemplation

Walking and Tassawuri Practices

Wazifah Practices

Breath Practices including the Purification Breaths, Kasab and Shagal Sura Ikhlas

Journaling

In the later portion of the series: Mujahida and Mushahida

The Online Virtual Sangha

To support the study of these materials, a Virtual Sangha program was launched in March 2014. It is currently facilitated by Omar M'sai under Wali Ali's guidance.

It includes these components:

- Access to the online materials: video links, audio files of the same material for mp3 listening, texts and Ryazat (practice) assignments. In addition to the existing class recordings, an excerpted set of video segments comprised of Wali Ali's teachings and breath practices was created from each day of class material.

It is expected that all students will at minimum review the excerpts, study the readings, and engage in the practices each month.

- "Prayer wheels" of seven students with a mentor are formed. Mentors are selected by Wali Ali. The original 8 Prayer Wheels have long completed the series, but with each passing year several

new Wheels begin turning, so even more are now complete or nearing completion. These circles of eight participate in:

- Video Conference sessions:

Once a month, each prayer wheel meets via video conference. We have adopted Zoom as our videoconferencing tool. It is possible to participate audio only, or by a phone call-in as well. During these meetings, there is an opportunity for sangha members to check in, and the mentor presents the month's Ryazat assignments for the sangha to practice together, answers questions, and facilitates discussion.

- Email circle: Each member of the prayer wheel will be expected to participate in an email circle. This offers an opportunity to share experiences, challenges, transformations, interesting linked subjects, etc.

- Email access to Wali Ali for questions related to the practices and teachings.

Registration

This program of study is open to initiates of any of the Sufi orders rooted in the legacy of Pir-o-Murshid Hazrat Inayat Khan, with permission of their guide. Others may apply for acceptance on a case-by-case basis.

Fees: \$40 per session: all the materials for each full day of the recorded program, first payment is \$120 for the first three classes. Those who prepay for the full series are given a discount, \$400 for access to the complete program of 11 classes.

Omar M'sai is the registrar. Please contact him at mojonoire@gmail.com to affirm your place.

Payment:

Class fees may be paid via check or paypal.

- Checks are made out to WALI ALI MEYER and mailed to him:

Wali Ali Meyer
410 Precita Ave.
San Francisco, CA 94110

- Paypal payments are made to wali@marinsufis.com Please identify the Virtual Sangha in your payment.

Upon receipt of class fees, the links and passwords for the recordings and class materials are sent.

- Dana (heart offering) for the mentors will be appreciated but not required.

All past students, both local and distant, and any graduates of a prayer wheel are invited to participate in the virtual sangha at no additional cost. Please sign up to be included in a prayer wheel. Your experienced presence will be of value to the wheel.

Class schedule and expectations

Interested students may register and receive the keys to the recordings as soon as the group has agreed upon a monthly meeting time and there are 7 students and a mentor.

Students are expected at minimum to have read the texts and reviewed the excerpts designated by the mentor for that meeting. The Ryazat for the month will be presented by the mentor during the video conference meeting. (These are also available as taught by Wali Ali in the full recordings, so those who aren't able to attend the Zoom meeting will be able to continue their study with that resource.)

The sangha will take two months to study each day-long class. There is a wealth of materials in each day's program and there is no benefit to rushing through. The true benefits of this line of study are gained through practice over time, not through concepts. The pace will be determined by the sangha. The first three classes, which are the initial commitment, will take six months. Thus the full series will take two years to complete.