

## Letter from Diane Reichard

The day that Adnan's Sufi work entered my life was the day my life completely turned around and transformed. When I met Adnan five years ago my life was totally black. I was as low as I could be and I was totally out of touch with myself and the world around me. I was a cocaine addict and dealer, taking cocaine from morning until night every day. I was like walking death with dark circles around my eyes. I weighed about ninety pounds and I did not care when or if I ate food. I would force myself to have tea and toast in the evening just to put something in my stomach. I did not work a job. I paid some of my bills with the money from the cocaine I sold, but mostly I left the bills unpaid and put the cocaine in my body. I could not sleep much because the cocaine keeps you awake and jittery. I had no pastimes other than sitting all night with my friends doing the cocaine until my lips would turn blue and the sun would be rising. I might as well have been dead and I almost did die when I started using a needle to put the cocaine in my arm to get more of it. I came very close to an overdose.

It was only about three or four months later that a friend talked me into taking a belly dance class with her. I did not want to do it, but this friend really pushed me and my boyfriend wanted me out of his way for a while so I agreed to do it.

It turned out that the class was taught by a student of Adnan's, Janet Periolat, and I really liked the class, although I found it hard to breathe properly while doing the cocaine. I liked the class enough that I wanted to do more and the teacher, Janet, told me that her teacher, Adnan, was coming in a few weeks and that I would like his classes even better.

Now I had never done any spiritual work in my life, nor meditation, although I knew these things existed from reading a little bit about them. But I really had no idea what I was getting into; I did a few evening sessions with Adnan and I loved them. Then I did a weekend workshop. This was the most powerful experience in my life, and I will never forget it. It was the turning point for me. I think that weekend Adnan saved my life. It was not gradual for me. The power of the Sufi work took over me that weekend and I had no control over what happened. I chanted, exercised and danced with the group, but it was like my mind was suspended. It was so deep for me that time stood still and I could not think for the two days of the workshop. Much of the time I felt I was dreaming. It felt strange but wonderful. I was a wooden puppet on a string and Adnan was the puppeteer pulling all the strings and rearranging everything inside of me, making me come back to life.

Sunday night I was in a new state. Adnan told me to go look in the mirror at my eyes. I had never seen them like this before, so wide open and filled with energy. It was incredible! Adnan told me he had connected my eyes with my soul. I had never felt so elated and so full inside, as if my body would burst. It was as if I had been numb all over and now for the first time I could feel myself alive. I was in awe of Adnan and his Sufi work.

I went home that night and as I walked in the door, my boyfriend, who was across the room, looked up, saw my face and was shocked. He said very seriously, "You are different!" That night he kept asking me to do some cocaine with him and I finally agreed. I could not believe how bad it made me feel and how much it ruined my good

feeling from the Sufi work. I got angry and decided right then I would never take cocaine again and I never did touch it again.

All of this happened to me from only one weekend of Sufi work! Since then I have continued to do the Sufi these last five years. I am still not as strong as I would like to be. There are times when I leave the work to do other things which I think are “very important,” only to find out each time that I am wrong. Every time I come back to the work, Adnan patiently shows me the way to get back on the right track. It seems like he never tires or runs out of energy to help me and hundreds of his other students. It really amazes me!

Now I am to the point where I know that the Sufi work is the most important thing in my life. I look at all the ways I have changed and grown and I cannot believe it! The drugs are gone, my diet has completely changed, no more Coca-Cola and junk food, and my face is no longer yellow and tense, but is rosy and shining. My body has changed and I can move in ways I have never moved before. The tension in my stomach is going away. I am able to work good jobs now like bookkeeping and accounting and I am able to relax and enjoy people again without so much emotional tension and paranoia. I feel like a worthwhile human being and I can see the beauty in the world and breathe it in the air. I can feel the love of God around me that I have never felt before, even throughout my Catholic upbringing. I can dance and feel the energy flowing. I can laugh and I can pray now, using the powerful chapters of the Koran in my daily life and seeing the power and the positive effect they have. All of these things I have never experienced before doing the Sufi work.

I feel stronger yet softer, more-independent, more compassionate, much more aware and, most of all, much more at peace inside myself and with the world. I take life slower now, watching more and savoring more and being part of it instead of avoiding it. There is so much to see and do and every little thing can be a joy now.

All of these things are the result of only one experience in my life: the Sufi work that Adnan teaches. None of the books I had read, nor the many counselors and psychologists I had paid, nor the drugs I took, nor the boyfriends I lived with ever made even a slight difference in my life except to confuse and weaken me.

It was only the Sufi work that had the impact on my life to completely change me inside and out toward the positive.

I have no way to thank Allah for dropping in my lap this wonderful gift of the Sufi work just when I needed it, nor can I begin to thank Adnan for always guiding me through it.

Sincerely and with love,

Diane Reichard