

A Moment for Change

By Rhonda Geraci

The 21st Century hails threats of disaster or an opportunity for change. I don't know about you, but I opt for the latter. Which is why I encourage you to do something you've never done before. Step out of your box, cubicle or corner office and come into a whole New World. A world you discover with the help of a Master Teacher, Adnan Sarhan.

Adnan is a Sufi Master, who uses a 1200-year-old Technique to bring you to a magical place where the hum of pagers, cell phones and computers is replaced with the beat of your own heart. Where the hot air of business deals is cooled with your own breath and the song and dance of excuses and "what ifs" are upstaged by a soul performer — you.

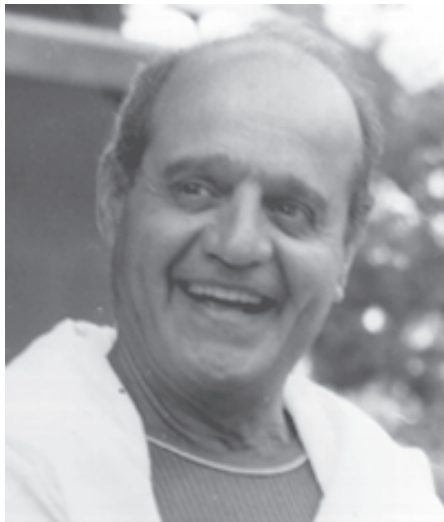
Sufi means purify. By purifying your mind, body and spirit you are propelled into a reality that is much different than the illusion we live in. Instead of living in the past or planning for the future you are transported into the moment. Being present in a moment is an activity Westerners are not accustomed to; but we've all been there once or twice. It usually happens under negative circumstances; car crashes, accidents in the home or upsetting news. However, there's no mistaking its impact, because once we're there, time seems to stand still.

Well, just imagine being able to capture that moment in a very positive way. In a place where time not only stands still but actually expands. Suddenly, you no longer need more hours in the day; and the possibilities are endless.

Daniel Stern, a well-known drummer, composer and co-owner of Accoustech Music in Atlanta, introduced me to Adnan's work. He was drawn to Adnan's internationally acclaimed drumming techniques which he'd opened the Earth Summit in Brazil with, by special invitation from the United Nations. Adnan's drumming is purposeful and unpredictable. It sings powerfully or

taps softly. It is a tireless continuum of sound that never settles on any particular rhythm. Hearing him drum, kept me in a super-conscious state I'd never experienced before. Adnan calls it wakefulness because it wakes up your heart and opens you to your true spirit.

Originally from a Sufi family in Bagdad, Adnan began teaching as a very young child. So he has a deep understanding of the exact stage of



Adnan Sarhan

development a person is in. He also has an uncanny ability to know when to exercise, move, chant, or whirl; or play his drum, deff or finger cymbals to take you where you need to go. Sufis believe true intelligence only comes through experience.

Adnan's unique Rapid Method Technique gives you those experiences; and they are very individual in nature. One that stands out for me took me to an incredible moment filled with joy; then it swept me up and asked me to dance.

I never knew what dance was until I started working with Adnan. Now that's a pretty strange thing to say coming from an ex-professional ballerina, but it's true. When Adnan's hypnotic rhythms vibrated through me, I got lost in the moment and the moment was expanding and every intricate sound of music was crisp and clear; and I heard it through

every pore of my skin. Suddenly, something amazing happened, my body became the music. My ego seemed to disappear. No controlling, judging, or criticizing, could happen. My body was simply dancing the dance of my spirit and letting it dance me.

Engaged in this special moment, I felt so free and clear, I was able to tap into a purer source of intelligence and absorb it with the retention of a child. After such an experience, it was no surprise to hear Adnan's work is known to cure everything from smoking, over-eating, drinking, and drug abuse to catalyzing other major transformations. R.J. "Josh" Reynolds, III became a major patron and student of Adnan's work for just this reason. He even helped Adnan support the Sufi Foundation's efforts to fight destructive habits.

Pure intelligence is the highest quality you can get. So when you get it, it not only promotes real healing, it allows you to express yourself in more creative and innovative way than you thought possible. Leslie Williams, another student of the work said, "I noticed that self-created boundaries of what is or isn't possible disappeared." Which is why she could start her successful import clothing company without any previous experience. In just two years with the work, I've finished writing a young adult novel, a picture book and have several others in the works. The best part is these experiences aren't considered exceptional.

I had no idea how much I would gain from this work in such an amazingly short time. I only wish I had met Adnan earlier. Back when I was a struggling ballerina in New York or even further back when I was drowning in adolescence. But as they say, when the student is ready the teacher will come. Adnan is coming to Atlanta January 7th, 2000. Are you ready?

Rhonda Geraci is a freelance writer and student of Adnan Sarhan.

EXTRAORDINARY QUOTES BY ADNAN'S STUDENTS

I want you to know that the five days I spent in Sufi Camp had the most powerful effect on my life. I do not yet know how my future life will be affected by it, but I do know that there are forces at work beyond my understanding, and they have been there all my life. You and your work validated the very core of my being. I have continued to do the meditations with your tapes and am learning to trust and have patience.

— Shirley Bass, Psychologist, Calabooses, California

Since the very first time I met you my life changed so dramatically that I always find it hard to believe. I was into all kinds of habits like coffee, cigarettes, alcohol, cocaine and other drugs, always seeking never resting! Not that I was a junkie, but all this stuff chained me to a very strange rhythm of life. And then there was my relationship with my wife which had just broken and made me feel so terribly worthless. And all of a sudden there was a constant source of light in my life! Something that really makes sense. And little by little my whole environment became transformed. Things started to just work out without a need to bother about them. Everything just happened - and it still does. Very often I am just wandering and then I thank God that he sent me somebody to show me the straight path. And I thank you that you have brought light into my darkness.

— Patrick Almy, Zurich, Switzerland

I appreciate the work you do and my life has changed and is changing daily as a result of the Sufi experience.

— Sally Turpin, Houston, Texas

Sufi camp was a very positive experience for me and it jump-started my engines. There are things inside a person that intuitively knows when the spirit and life are integrated and that is what I felt at camp. The discipline of food and the quietness of the place was indeed good for me but more importantly, I felt the difference in myself when I slowed down and worked on different levels of existence. I respect your commitment to something higher than this debilitating world system that people live by. Thank you for adding so much to my life, Adnan.

— Jeanne Turpin, Houston, Texas

You have given me strength and confidence beyond my imagination.

— Aristedes Mitasaki, London, England

Dancing with you motivates me to be my best, to be light and divine and beautiful and empowered, to dance from my center and drop deeper into the moment, to become every movement, completely... as if there was ever anything else to be concerned about?

— Isabelle Rudolphi, Hamburg, Germany

I attribute much of my success to the depth of information I received from you and the Sufi Camp years. I am always greatly thankful for having met you and immersing myself in the Sufi Work.

— Bill Trimpi, Aptos, California

This work has given me a deep satisfaction because now every little thing is a gift, and I am grateful to feel this work transform my ignorance and darkness into comprehension, love and peace.

— Tamsin Murray, Dance Therapist, Byron Bay, Australia

I have never forgotten everything that you brought me in Paris, the first time that I met you. "Go with the waves." It is not always easy but it is the best way to be happy and to feel peace in the mind.

— Evelyne Grenet, Rouen, France