

## STEPHANIE FOREST DESCRIBES ADNAN'S WORKSHOPS

This Friday night Sufi classes are happening all over New York State and throughout the country and Europe and wherever Adnan may be. People meet and dance to the music and chant in the Sufi tradition. These people enter in one state and then leave in another. The renewed state may be one of inner harmony and joy.

In the workshop we exercise softly into a gradually deepening meditation. The movements may become vigorous or even trance-inducing. Variations in the movement may depend upon: the individual or collective attributes the students bring to the class; the nature of the teacher; the progression of the music, or even the weather. No matter how subtle the movement is, or how alluring the music is, or compelling the pulse of the drum, always there is a corresponding opportunity to integrate the inner self with the present. Accompanied by the natural flow and rhythm of sound, motion and breath, eventually, we let go of our linear thought processes. And in its place is a refined awareness of a subtle sense of continuity. This means a new and very different experience of being alive in time and space. Each person may describe this experience in their own words. It is this experience that leads to profound and fortunate changes.

Of great interest to the practitioner of sufism is this most intriguing process of being taught to and learning how to remove everything and anything that can get in the way of our direct experience of being totally present, in the moment. In this way, nothing can get between the observer of God and God. We cannot get any more direct than this. During the class there is almost no discourse. There certainly are no instructions. We are not searching for anything to happen or to understand. We are in the space of being, in the moment. In a moment of time a eternity is presented. You and the Spirit are one. This is real cosmic energy. This is the deepest spiritual nourishment.

In sufism there are no props, gadgets, days of the week, hours of the day, or ceremonial rituals to perform, sacred art or statues for meditation, or even holidays to observe. Opening into a state of emptiness and timelessness to be with the Divine Energy does not require first remembering a pre-specified number of details to perform or giving precedence to one moment over another. In the life of a sufi, every moment is packed with the spirit. And this means any day and every day is a great day to be closer to Allah.

The sense of connection in a Sufi class is like having the teacher, the higher self and the Spirit over for a fabulous party. It's actually very playful. And you never know, a rainbow around the moon may appear or a view of a luscious garden becomes especially radiant in hues of herbal green and sunflower yellow, growing into an azure-lit sky. And now, and now, your heart is opening, tenderly, allowing you to experience a harmony of love songs you have been wishing to sing the lyrics to for all of your life long. A blessed feeling of confidence and trust arises within each dancer and soon all are peaking with exaltation, as if giving birth, to a totally new being. At the end of the class, the dancers give big warm hugs and smile and plans will be made for dinner parties and gatherings. And in this way, in the way of the Sufi, in the way Adnan teaches, another pocket of peace on earth is found.

If all the people on Earth could experience even just one minute daily, the rejuvenating energy and radiant spiritual vibration that is present in one of Adnan's workshops, there would be no war, no destruction, no waste. Instead life would dawn; the very foundation of worldwide peace now begins...

*Stephanie Forest received a B.A. Hons. in "Anthropology and the Study of Comparative Religion" from the University of Lancaster, England. She has extensive studies in the healing arts of the Wise Woman tradition and the self-liberating path of Dzog Chen. She has also explored in depth the dances of many countries, yoga and astrology. All these things helped to shape her view of universal laws and cosmic truths. When she met Adnan in 1993, she embraced sufism as it contains everything she was searching for. She teaches Dance, Sufi style, since 1994.*

## STUDENTS TELL OF THEIR EVOLUTION IN ADNAN'S WORKSHOPS

The Work is the essential fountain of youth experience that ever existed. Adnan, you humbly offer us the privilege and the very rare opportunity to witness, experience and learn about the Glorious Truth. A miracle performing miracles...

Your gift, Adnan is in bringing what is an essentially impersonal universe, to a more personal place of possibility. You make the sweet eminence of reality tangible.

You have been wonderfully consistent. I draw strength from your continuous commitment to the truth. It is admirable.

The workshop today was a microcosm of universal perfection. Not a hitch, a glitch nor a second out of time. We floated upon the nourishing waters of Allah, the rejuvenating spirit of all life, the ultimate essence of goodness. With increasing thankfulness and gratitude, we can just be, with you, in the shared space under one sky.

Such an inspiring session of Koranic chanting. None of us will ever be the same again. The entire atmosphere is swimming in divine love.

I desire more work, more workshops, more deep connections to what is real, majestic and loving. You are our guide to heavenly bliss on earth. Your teachings are of the highest value and I enjoy your sense of humor just as much.

So this Sufi path is open and right for change, for a total rebirth. To develop and obtain more subtle states of divine union with Allah. This can be done progressively, with style, vivid color, adventure, harmony, health risks, lots and lots of humor, a lightness of being, with serenity and bliss and glory and absolute, absolute love. This is the way, yes? To union, surrender with you always, all ways. I want this.

There exists so many deeper, richer ways for us to experience oneness with Allah. I know this for sure because you have been the one to show us many, many times. Am I grateful? You will never believe how much.

Whoever knew these kinds of states, so exalted and sublime, were ever possible??? Nowhere else in the entire universe does this happen without you and it is always happening. There is the connection of the sweetest union in the workshops and then there are those extremely precious moments, rare and priceless, the highest, highest treasures when you take us with you soaring into the sky, like a bird, with the birds and kaleidoscope of rainbow colors across the white clouds, the expansion, the firmament, the sun and the moon all moving together, all one until I am utterly saturated, totally oblivious to anything, except the drowning in pure love, drowning in pure love.

I want to thank you for helping so much with the chanting. While it still is a great challenge to keep the focus, I am much more confident. I had given it up entirely as impossible. Because of you I know all things are possible and the magic of the universe is made manifest whenever you are around.

— Stephanie Forest, Great Barrington, Massachusetts

Awareness coming and going in waves. Waves of bliss, harmony, joy getting closer to the divine infinite...

Presence.

Sharing, dancing my way to my own true self.

Challenging moments melting into the clarity of Spirit.

This was summer 2000 at Sufi Camp

— Nuria Vidal, Barcelona Spain

I attended your brief workshop at Safety Harbor, Florida. By imitating your erect posture, hands on my knees, eyes closed (and perhaps too by just being there with you) I found that I could empty my mind of thought and feel a calmness with which I was hitherto unfamiliar. Although I have previously attempted meditation by ceaselessly repeating a mantra, such meditation has never before been of such depth and tranquility as I achieved at your workshop. I cannot say that I have the slightest idea quite how this came about, and, in fact I do not care. But I should like to do it again.

— Alvin S. Hyde, M.D., Ph.D., Psychologist, Hyde Associates, Inc., Key Biscayne, Florida