

April 26, 1993

Dear Adnan,

I would like to relate to you some of what I have experienced as a result of having had the privilege of working with you here in Colorado: I first attended one of your workshops approximately fifteen years ago, and I experienced the healing power of your drumming. That day, I felt something leave me, something like a dark veil that I had been holding onto with great tenacity, but little awareness.

I sought to work with you again, but somehow the time must not have been right. I could never find anyone who knew when you would be in the area; and the few times I heard you were here, you had already left. Several weeks ago, a friend told me that you were going to be in Denver and Boulder, and gave me the number to call for information.

The first workshop I attended was in the evening. During the floor exercise work I became somewhat excruciatingly aware of what seemed to be energy blockages at various points throughout my body. These were not the same thing as muscle cramps, stiffness or soreness (although those were there too). The best analogy I can draw would be an electrical short circuit, a place where electrical energy is blocked in its flow, and the resulting heat often can burn up the circuit. If I substitute pain for heat, that's kind of how it seemed.

Then I attended the weekend workshop. I hoped the perception I had of energy being blocked would be helped. It was. I was not, however, prepared for the extent of the physical changes that occurred. I am forty-four years old. When I was eighteen, I was in an accident that severed the tendons and muscle on the inside of the calf of my right leg. The surgeons believed it unlikely that I would walk again, but they spliced the tendons and repaired the muscle anyway. I did regain the full use of my leg, but the right leg below the knee was about one-half inch shorter than my left leg.

I began to experience tingling in my thigh. It spread and soon the outer third of my thigh, from the top of my knee to the top of my leg, was numb to sensation, and when I stood for more than a few minutes, the pain and burning were intense. I was told by my physician that the problem was due to pinching of a larger nerve going through my pelvis, because I was permanently misaligned due to the differential in the length of my two legs. He said that it would get worse over time and that the nerve would become permanently damaged.

The pain became markedly worse. It was like an ever-present companion who sometimes nagged and sometimes shrieked. About six months ago I consulted with two M.D.s who were Orthopedic specialists. Both rendered the same diagnosis and prognosis. "The nerve is permanently damaged. You can expect it to become even worse. Learn to live with it. Practice pain management," they both said. I had been doing those things for many years. I had taken a philosophical approach, seeing the pain as a way to cultivate endurance and courage. It was my way of reconciling myself to the inevitable, as I had accepted the situation as irreversible.

Saturday evening I went home from the workshop. I noticed the oddest sensation. I had feeling in my right thigh! The numb spot had shrunk to an area about the size of the palm of my hand. When I awoke on Sunday, the numb spot was gone. I have not experienced the pain since that time. The muscle tone is virtually identical in both thighs and this has not been true for years.

I truly look forward to attending Sufi camp this summer. Luckily for me, Eva Cernik is starting classes this Thursday. The practice I will need to do will help me to counteract my foolish tendencies towards sedentary habits between now and then. Thank you again, Adnan, and I look forward to seeing you in July.

Sincerely yours,  
Susan Whitefeather – Meadow

February 2003

## CHURCHES TOGETHER IN HIGHGATE

To : ALL MEMBERS OF THE CHURCHES TOGETHER IN HIGHGATE

### SUFI WORKSHOP

Working in Britain, and in Highgate, is a world renowned Sufi Teacher. His name is Adnan Sarhan, and he is offering Workshops at the United Reformed Church in Pond Square. Anyone can go. He uses breathing, meditation, drumming, and movement to bring feelings of peace, love, and involvement in the here and now. There are people at his classes who will vouch for the benefit it has brought into their lives. As the mind and the body become pure, addictions and destructive habits disappear. If you go, speak to him, and tell him you are from Churches together in Highgate.

Some of us at All Saints' were attracted to the practice. We thought we could learn from it, we wanted him to feel welcome, and to give him access to a wider audience. So we have asked him to give a demonstration in All Saints Church. We do not know what he will do, but it will be interesting, and he is looking forward to it. Do come if you can!

Why should members of the Churches Together in Highgate take time to go to a demonstration by a Sufi? I can think of some reasons:

1. The world is becoming a small place-any experience that bridges ideologies and cultures is worth giving time to.
2. Christianity is a wonderful religion-probably the best in the world, but we can learn from others, and where Christianity is strong on theology and ideas, Sufi is an ancient spiritual practice, surprisingly powerful.

Dear Adnan,

G-o-d set it up for some reason. I've been blessed with a rare and fortunate privilege to be a student of some of the best teachers in the world.

And it is you Adnan, your work, and the pragmatic mystical Sufi path which has taught me the most, or that which is most significant, about living life on earth, far surpassing all the others put together.

Stephanie

Dear Adnan,

! Adnan Sarhan !  
Who takes your heart  
and makes it fly ~  
ecstatic flight !  
Freedom :  
Infinity inside  
Clarity here now  
Thank you !

Thank you for fulfilling all my wishes for inner growth

Renate Mayas, Munich, Germany