

## **The Sufi Experience**

By Sally Johnston

Sufism works from the premise that because man can be so blindly linked to his habits, perceptions, thoughts and feelings, he is a tension unit spiraling within his own self-created problems. Workshops led by Sufi master, Adnan Sarhan have enveloped thousands of people from every walk of life throughout the United States, and he continues to enthrall people by igniting powerful experiences internally and externally.

The powerfully effective work utilized by Adnan helps the mind and body to overcome its shallow states of carelessness and inability to concentrate. The mind is "allowed to refocus" itself and realign the constant pulling toward distractions of the world. It is indeed a shock to acknowledge our deepest tensions, yet it is exhilarating to re-awaken the natural condition of human freedom in all senses of the word.

Sufism is never fixedly dogmatic; it encompasses a basic and universal system fundamentally to know and find God, and the deep love of man and womankind. There exists no organized church and there is no denial of any other religion. Sufi concepts encompass all, and it is through Adnan's skill of meditation, breathing exercises, and music, that people overcome erratic emotional and ego stages that enables them to move into higher states of consciousness.

*Psychology Today* published an article subtitled "A consumer's guide to various schools of meditation" which said, "Sufi meditation methods are less accessible than these (SUFU) stories, for to learn zikr one must meet and study with a teacher, and qualified Sufi teachers are harder to find." A scarcity of teachers in the West is not alarming to such a philosophy, the article continued, because, ".....Sufis,..... have always insisted that their teachings must never be fixedly dogmatic, but flexible enough to fit the needs of specific persons, times, and places. As one modern Sufi teacher put it, "This means that there is no textbook, no system, no method, other than that which belongs to the school of the moment".

Adnan belongs to the Nagshbandi, Malama, Qadiri, Rafie, and Mavlavi Orders. He is from Baghdad and has been teaching throughout the U.S. at Growth Centers, Churches, Colleges, and leading workshops at Esalen and Arica Institutes, Quest, The Center, and Anthos of New York, Puerto Rico, South America, and Canada have received his teachings and he has given many presentations at the conventions of the Association for Humanistic Psychology in this country. As Dr. Joseph Savage, staff psychiatrist for the Veterans Hospital of New York City, said, "He is an excellent teacher, with the promise of bringing great benefit to Americans who can receive the content of his teaching."

The Sufi Experience is a total balance of the mind, body, and spirit. The Middle Eastern Dances, Drumming (Adnan is a master Drummer), movements and meditations promote an extreme sense of wellbeing; the emotions come forth and the body expresses itself from very deep places. The senses clarify themselves through this involving experience and a new, natural balance emerges. The methods belong to the school of the moment and the acknowledgement of the ever-existing present.

Psychologist Bob Whitehouse of Colorado Mountain College and co founder of Emergetics, says that scientific interest in Sufi practices has increased since the discovery that each hemisphere of our brain has different functions.

The Sufi practices activate greater use of the more creative right hemisphere, the one that is least used. According to Adnan Sarhan, America and Europe are ready for this teaching now. The following he has gained on his many world tours has evidenced this. Many of his students are professionals – teachers, psychologists, engineers, lawyers and students, and many from various walks of life.

Sufi practices leading to heightened consciousness can be experienced in workshops with Adnan Sarhan. To view his schedule of events and more details, visit [www.sufifoundation.org](http://www.sufifoundation.org).