

# Class Offerings & Teaching Staff

Please use these descriptions to begin imagining which classes you'll want to take. There are three elective class periods per day, and several classes will run simultaneously (see enclosed schedule). It won't be possible to do it all – so you can practice letting go of attachments and expectations!

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## **Raga Singing (7:00 am) / The Walking Concentrations of Murshid Sam (10:45)**

North Indian Classical Music—Raga—has been an oral tradition for several thousand years. In the twelfth century, the Sufis migrated to India and their inner passion blended with the Indian devotion to give us the form of Indian Classical Raga music we enjoy today. In the flowing river of the great Chisti Sufis of India, Pir-o-Murshid Hazrat Inayat Khan brought Sufism and Raga to the Western world for the first time in 1910.

This form of music has been nurtured by masters and saints throughout history as a spiritual path and means to open the heart of both the singer and the listener. My training was with my music Guru Pandit Pran Nath for 24 years from 1972-1996. All are welcome, no prior training necessary.

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The Walking Concentrations of Murshid Sam have shown themselves to be a profoundly effective method for transformation and for understanding one's self and the world. We will study the walks of the centers; the planet/astrological/element walks; and the tassawuri (attunement) walks of the masters, saints, and prophets.

**Pir Shabda Kahn** received his root training in the Sufi lineage of Pir-o-Murshid Hazrat Inayat Khan beginning in 1969, as a disciple of Murshid Samuel Lewis. Shabda is currently the pir (spiritual director) of the Sufi Ruhaniat International. In 1972 Shabda met his second great teacher, the late master singer, Pandit Pran Nath, and began the daily practice of North Indian classical vocal music in the Kirana style. He now teaches vocal music and performs raga singing and is the director of the Chisti Sabri School of Music. He worked closely with the great American mystic Joe Miller. He is also a disciple of the illustrious Tibetan Buddhist master, the 12th Tai Situpa Rinpoche. Shabda brings warmth, humor, and clarity in his efforts to help seekers on their own personal path to awakening.

## **Soul Song Choir (3:00)**

In addition to creating and leading Dances, **Lila Flood** is also a skilled choral arranger and director. She creates a relaxed and nurturing atmosphere while bringing out the best in each voice. This class will be an opportunity to sing beautiful choral arrangements of songs from different spiritual traditions. There will also be instruction in choral technics such as breath control, creating an open, resonant sound, and pitch. No experience is necessary, everyone is welcome. Bring a pencil.



## **Meditation (7:00 am)**

### **Practice in Life, Life in Practice (4:00 – 5:45)**

We will study ourselves as part of the nature around us, in the clouds of the sky, in the inside of our bodies, in the movement of our minds and in teachings of those in the past who have written maps of their discoveries.

**Murshida Asha Greer** is a senior teacher in the Sufi Ruhaniat. She has a special gift of bringing people into the moment. Asha is one of the founders of the Lama Foundation, has been teaching beginners the Japanese Tea Ceremony for 40 years, and is a practicing artist. Asha is a lover of the mind that is liberated and the body at ease. Meditation is her form of recreation.



## Writing Our Stories and Poems (10:45)

... let your thought play, turn things this way and that, be ready for liveliness, alternatives, new views, the possibility of another world – you are in the area of poetry...” (and writing in general). These words by William Stafford point in the direction of the creative writing container we’ll create to hold new poems and stories during the week at Mendo.

**Tamam Kahn**, author and poet, is an authority on the wives of Prophet Muhammad; her book, *Untold: A History of the Wives of Prophet Muhammad*, was released by Monkfish Books last year, and she has released two CDs of poetry and spoken word performances. She presents her findings at women’s gatherings, in schools and universities, and at Sufi and interfaith conferences and festivals worldwide. In 2009 she was invited to read her poetry at an international conference in Marrakech. Her travels to sacred sites in Morocco, Syria, Andalusia, and India, and her careful research of early Islamic history have informed her attunement to and knowledge of these vital and nearly unknown historical figures.



## Sacred Ecology: Cultivating our Inner Garden & the Yoga of Relationship (3:00 Tues - Thurs - Sat)



In this class, we will dance, walk, and talk together about the resources we need to develop within ourselves to nourish and sustain loving relationships in our lives.

### Back to Source (3:00 Mon - Wed - Fri)

Original Dances and Heart Awakening Practices of Murshid SAM.  
We will also share selected teachings from the SAM audio archives.

**Abraham and Halima Sussman**, both mentor teachers of the dance and sheikhs in the Ruhaniat, met in 1972 at Mendocino Camp, and have been life partners ever since. Abraham is an original mureed of Murshid SAM. They are both psychotherapists whose work focuses on developing healthy relationships. Their sharings are infused with a depth that arises from integrating psychological insight with years of spiritual practice. Together they guide the Ruhaniat Center, SAMA, in Cambridge Massachusetts.

## Love and Death and the Path of Freedom (3:00)

How do we live with purpose and meaning in a world changing so quickly

And seemingly out of control?

Love and Death, two of the greatest gifts we are given in this life to experience,

provide us opportunities to awaken, trust,  
let go into the mystery, and stand in the place of “peace is power”

What is unconditional love in action  
and how can it show up and support our own whole-full living and death, as well as the whole-full living and death of our loved ones?

How do we grow a culture of compassion and care?  
How do we truly become a resource to our community?

Through exercises, dialogue, sufi practices, self inquiry and contemplation, we will “pearl dive” the depths of our own being, exploring what needs to die and what needs to open to love.

**Bodhi Be** is a sheikh and cherag in the Sufi Ruhaniat International.  
He is the executive director of



Doorway Into Light, a nonprofit organization (a Ruhaniat-affiliated center) in the field of death and dying and the transformation of human consciousness. He is a funeral director, hospice volunteer, and off-the-grid homesteader. He teaches and speaks to community groups across the US on the topic of whole-full and holy-full living and dying.



### **Zikr and Teachings ~ Liberating the Mystic (4:30)**

Unveiling the heart’s light and moving into the unified field of expansive loving presence through the profound practice of Zikr and concurrent teachings.

**Murshida Leilah Be** is a senior teacher in the Sufi Ruhaniat International. She is a student of life, spending many years blessed by the presence and wisdom of Sheikh Yakzan and Pir Moineddin, as well as many other eminent teachers from various lineage streams. She is an inspiring presence—authentic, warm, patient, kind, and accessible—and brings a depth of devotion and realization that takes the dances and zikr into the realm of spiritual beauty. Leilah teaches on Maui and leads retreats throughout the world.

### **Kirtan ~ A Garland of Devotion (10:45)**

**Neeraja** (aka Heather Parsons) is a longtime devotee of Mata AmritanandaMayi, or Amma. She has also been on the Sufi Path for many years. She brings a palette of mantras, traditional bhajans, and original compositions to her uplifting kirtan gatherings. She has been offering the morning kirtans at Maui Sufi Camps for the past nine years, and leads regular offerings in the community. Her kirtan sanghas are active throughout the islands and in California. She maintains a healing arts practice on Maui, as well as being a craftsperson and a dedicated servant to those in need.



### **Steps on the Sufi Path: Our Lineage, Teachings, and Practices (4:30)**

In this experiential class we will share many of the fundamentals of what we call “the Sufi Path” known as “the Path of Love.” We will present something of the life and teachings of Hazrat Inayat Khan, particularly the Ten Sufi Thoughts, as well as Murshid SAM and the five Rays of the Sufi work. We will share in common spiritual practices such as wazifa, zikr, mediation, and prayers. The path of initiation will be explored along with what it means to have a spiritual guide in the Ruhaniat.

Foremost, the class seeks to encourage and be responsive to the curiosity of the participants, and tangents are most welcome!



**Khushi Tanveer** has been traveling the Sufi Path officially since 1975. She holds initiations in both the Sufi Ruhaniat International and the Sufi Order International. She is a cheraga in the Universal Worship, a Retreat Guide, and is a certified leader of the dances of Universal Peace. She has taught at Sufi events for many years in the United States and Europe. Khushi has been guiding mureeds on the path for 15 years.

**Shafee Howard Ballinger** was drawn to this path 38 years ago. He participates as a dance musician and certified leader, and as a healing conductor in the DHO. He has had the blessing of studying with Sufi teachers including Murshid Sauluddin, Khalifa Susannah Grover, Sheikha Sara Morgan and Murshid Wali Ali. He serves as our webmaster, has directed some of our weekend camps and has led a Sufi healing circle for 19 years.



### The Healing Service of Inayat Khan (7:00 am)

*Nasruddin Eddie Greenberg*, native New Yorker and former standup comic, has lived in the “The Pacific NorthWET” for 25 years. He has been involved in the healing work of the Ruhaniat for almost 13 years. All are welcome to join our early-morning healing circle.

### Tea Here Now (4:30)

This time, God made me a bowl of green tea.  
Tipping the bowl with both hands into my mouth,  
I drink in another’s prayer.  
Quietly sipping all of nature,  
we all experience the same tranquility together.

In addition to his scheduled tea times, you may find Ravi, offering tea on bazaar afternoons..

In 2011, *Ravi Babcock’s* practice of Tea turns 20. After an undergraduate focus on Japan, he moved to Kyoto to pursue Tea studies full time in 1992. Ravi met his wife, Kathy—who was also studying Tea full-time in Kyoto—and they moved to the Washington DC area in 1996 to operate a Tea classroom. In 2002, they moved to the mountain time zone, and lived as full-time Lama Foundation community-members in New Mexico until 2008. During this time, Ravi did Tea “as a spiritual practice that can offer not only a much-needed moment of tranquility and rejuvenation but also can be part of ecumenical spiritual gatherings. Tea goes especially well with Zikr practice.”



Ravi is looking forward to sharing Tea with this year’s camp participants: “The tea leaves themselves offer numerous healing properties, but within the context of the so-called ‘tea ceremony,’ a bowl of tea also offers emotional and spiritual well-being, stabilizing the mind and expanding the heart.

### Peaceful Power: Aikido-inspired Stick Work as Prayer (10:45)

Intrigued by Noor-un-nisa Inayat Khan’s story, *Pegeen Ilene* stepped gently onto the path of Sufism thirty years ago. At the same time, she discovered Aikido, the transformative, healing Art of Peace. It pleases her to be in the heart of nature and to offer a class intertwining Sufi practices of love harmony and beauty with the graceful, powerful, prayerful movements of Aikido Bo staff.



### Love Is All We Need: A Beatles Sing-Along

Catch our Beatles troubadours — *Mustaqim, Tom, Sandi, Gaiatree, and friends* — at various times and places to be announced at camp!