



INAYATIYYA HEALING RETREAT

2021 NOTES

16-17 OCTOBER 2021

HEALING RETREAT FOR EVERYONE

Day One

Anger - Grey - Power – Qahir

Region of mist and haze

If there is anger, where does it reside in you? Bring care to that place.

Carry your anger through the grey hazy mist.

Let sovereignty and power find their footing.

Power is more serene the more it is realized.

Loneliness - Black - Communion – Rabb

Ebony abyss illuminated by the midnight sun

If you feel lonely, cut off, exiled, where and how does it show itself in your body?

Go into that darkness with curiosity, alertness – there is more to darkness than meets the eye.

Let the dark abyss of loneliness become intimacy, profound holiness, communion

How surprising that estrangement from what was familiar becomes the key to reunion with the long forgotten.

Despair - White - Emanation – Mubin

Region glistening in the dew of the early morn

If there is despair, insufficiency, hopelessness - if the world is overwhelming and a place of fatigue – where do you feel this in the body?

Surround this place. Lift despair into white light, the essence of dawn, the color of fresh dew. Soul receives light and transmits light.

You don't need to know the future to have an answer. Just let the soul emanate. There is an ease.

Selfishness - Yellow - Presence – Musawwir

The ochre yellow and golden domain of earthly hills and valleys, loam and sand

Is there selfishness in you? Are there demands, possessiveness, not seeing another's point of view?

Where is it located in you? Notice and bring attention to it. Surround it with love, care and clarity.

Let the yellow of the earth and autumn leaves surround you. Be earth walking on itself. Breathe in the warmth of yellow. Immerse yourself in it.

Let possessiveness and territoriality give way to the blessing of the senses.

Watch as the seasons turn. It is missing this that creates ego strategies.
Embodiment, Presence, Touch – this is what is wanted.

Day Two

Attachment - Red - Love – Nur

If you feel attachment to people, things, or circumstances, do you feel precarious in a world of change? Insecure or anxious?
Where do you feel this in your body?
Hold it in attention, in loving kindness
Walk into a red space, saturate yourself in ruby terrain, red tintured landscapes
Red - the symbol of the fulfillment of life, the fruit, the sum of experience
There is a purposefulness drawing forth your emotions. Love is confused with possession.
What is loved is Always. We belong to it equally in separation and unity.
Come over to pure unconditional love. Let your attachment dissolve in pure love, love radiating from the heart.

Apathy - Blue - Freedom – Alim

If you feel a tendency toward disengagement, disinterest, or place walls between yourself and others, where in your body does it arise?
Lift the burden, take it to another space.
Mediate between the blue of sky and the indigo of space. Wash apathy in blue bliss, the freedom of the sky.
There are new meanings where form meets formlessness
In the blue find a higher known intuition, freedom from conditioning. Let knowledge flow from formlessness to form.

Fragmentation - Green - Integration – Muhsi

If you feel disunity in the pattern, systems not intercommunicating, body out of sync with soul - love, power and wisdom misaligned, don't feel fully yourself
An organicity is needed where every part serves the others.
Go into the green landscape, walk in an ancient rainforest where the forest breathes as one and yet every tree has its place.
Life, rejuvenation, vitality, the garden of eternity
Wash your fragmentation in green waters.
Wholeness is not only possible, it is inevitable. Trust in it, align with it, affirm it. Come to the communication of opposites. Be in the space between.