

Lesson 04 – Additional Resources

Various Examples of Engaging with the Tasawwuri Murshid Practice

for Concentration-Meditation-Contemplation on any Illuminated Soul, or Teacher or Guide

1) Meditation on Murshid SAM, led by Murshid Tansen O'Donohoe

At the November 2023 *Jamiat Khas Retreat*, as part of the final day's session, Tansen offered what I feel was a lovely concentration on Murshid SAM, which could be a wonderful resource for the God is Breath course, to add to the several examples that Murshid Wali Ali offers in the course videos, for learning ways to enter into deeper attunement with Illuminated Souls, or our Guides and Teachers, by linking our Breath with them.

After the JK Retreat, I reached out to Tansen, and asked for his permission to excerpt that segment from the JK session 7 video recording, in order to make it available as a supplementary resource for the GIB program, and he gave his blessing for us to use it.

Here's the link for the excerpt:

<https://youtu.be/2YRy5i9b200>

2) Concentration on Hazrat Inayat Khan using a Photo, described by Murshid Saul Barodofsky

At Murshid Wali Ali's Memorial, on 12 March 2023, Saul offered his remembrance of Wali Ali leading a concentration on Hazrat Inayat Khan, using a photo of him as the entry into the concentration. I asked Saul for permission to include it as a GIB resource, and he gave his blessing and a Ya Fattah!

"As I recall, Wali Ali was present when I arrived and asked Murshid SAM for initiation. Afterwards SAM told me to get my practices from Wali Ali. He later became my Gatha reader, and the following is a practice he led in the garage of the Mentorgarten in the early 1970's.*

"Enjoy the practice, and of course the picture can also be Murshid SAM or Moineddin or your own teacher."

Hakim Saul-uddin

*[* The Mentorgarten was Murshid SAM's home in San Francisco, California. The living room facing the street, above the garage, was used for meditations and small classes, and was always referred to as the "Meditation Room", and the garage, referred to as the "Meeting Room" was reconfigured into a space for the Dances, Walks, and larger classes. These two rooms were where I received my training from Wali Ali from 1975 – 81. — Muiz]*

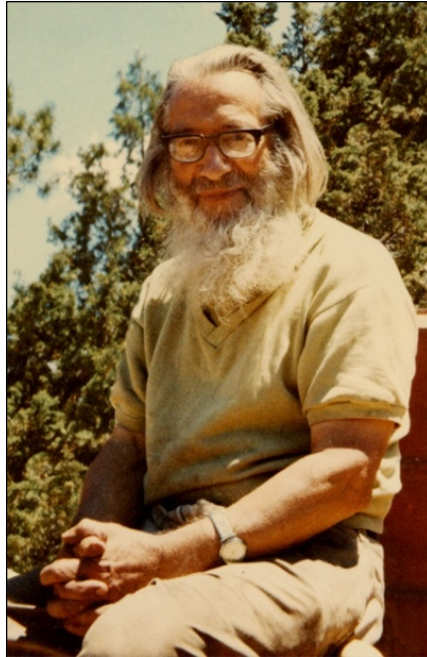
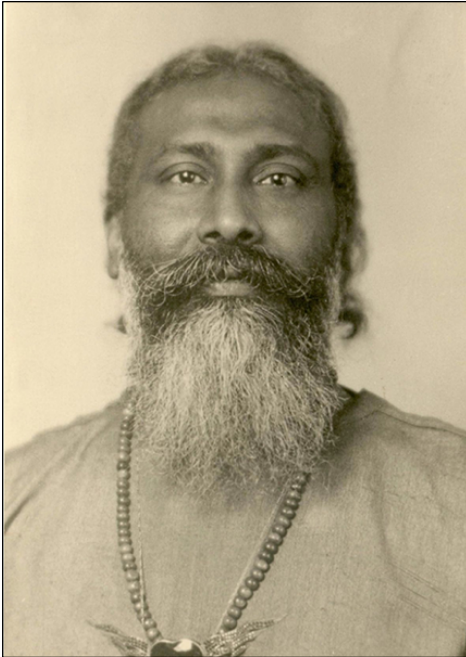
1. Place a picture of Inayat Khan where it is easily viewable. *[Or whomever you want to link your breath with for concentration-meditation-contemplation. — Muiz]*
2. Seat yourself before it and begin to watch your breath, holding the image as your focal point. When your breath has a regular rhythm, begin Darood.

Breathing in: *Toward the One.*

Breathing out: *United with All.*

3. Use the breath to bring the image closer to you on the in-breath and allow it to recede on the out-breath.

4. Feel it become as though you are sitting on a swing, and passing through the image of Inayat Khan. Carry his blessings with you as you move through his image.



3) And here are the video time stamp links for Murshid Wali Ali leading several Illuminated Soul concentration-meditation-contemplations from various course videos:

3a) From the Lesson 1 video compilation 2

Wali Ali leads the group into a meditation on the Silence, the World Womb, Mother of the World, using his commentary on a passage from the Lesson 1 Readings [page 6-7, from Murshid SAM's Githas on Dhyana (Meditation)], as the "seed" for the meditation:

"Yet there is always a need to enter into the Silence above Sound, and find the Peace with is All-Inclusive. ... As the person enters into the Silence so does the Silence enter into them. As one unites with the Universe, so does the Universe manifest in them.

...

But this is the silence of all-life, which without containing anything may be said to contain all-things. Therefore, one is said to enter the World-Egg or World Womb. This accounts for the teaching of the Mother of the World, the Divine Mother, the Bodhisattva Avalokitesvara or Kwan-Yin. It represents the stage of realization of union with the silence, and as all may so unite, all are said to have a common mother. The silence of the womb and the silence of Universal Sound are each used to symbolize the other."

[0:27:46](#) - The Silence-Breath Meditation

And then he moves into a demonstration of the Walk of Kwan Zeon Bosal

[0:40:52](#) - Kwan Zeon Bosal Walk

3b) From Lesson 2 video compilation 1

Wali Ali again reads from the above excerpt from Lesson 1 Readings, and gives commentary to set the atmosphere, leading the group into meditating on the Silence and the Divine Mother, and then begins walking it, inviting others to join in. Then he moves into Peace is Power and suggests that attuning to Murshid SAM can be a good way to get into it, with SAM's Walk of Mastery.

[1:08:16](#) - Walk of the Divine Mother

[1:16:22](#) - Peace is Power Contemplation and beginning walking at 1:20:35 with Murshid SAM's Walk of Mastery

3c) From Lesson 3 video compilation 1

Here Wali Ali is emphasizing the process of using the breath to make sympathetic-empathetic connections with various things (as preparation to connecting the breath with an Illuminated Soul in Lesson 4)

[0:17:44](#) - Using Breath to Make Sympathetic Connections

[0:23:19](#) - Practice - Connecting the Breath to Various Things, and some Sharing

And after the various mundane things he suggests connecting the breath to (and some sharing of experience from the group) he reads from Hazrat Inayat Khan's *The Mysticism of Sound* about the Silent Life, At time stamp 0:40:41 he introduces the next exercise — connecting the breath to the Silent Life.

3d) From Lesson 4 video compilation 1

[0:00:52](#) - Descent of the Dove

[0:10:27](#) - Lesson Review: Inner & Outer Being

After Wali Ali's Lesson Review commentary on a segment from the Readings, at 0:14:48 he leads connecting the breath with our Real Being.

3e) From Lesson 4 video compilation 2

Wali Ali describes and then leads a concentration on Hazrat Inayat Khan, which then moves into his demonstration of the Walk of Hazrat Inayat Khan

[1:10:57](#) - Tasawwuri Murshid

[1:36:32](#) - Walk of Hazrat Inayat Khan