

Tasawwuri Murshid Practice

using a physical Photo or Image

*Related by Murshid Saul Barodofsky, at Murshid Wali Ali's Memorial, 12 March 2023
(shared with permission)*

"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.*

*[* 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]*

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

Hakim Saul-uddin

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 exhalation.
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.

