



Sufi Newsletter

South African Newsletter 011
December 2015 to February 2016

Inside This Issue

- Page 1** A note from the Editor
- Page 1** Extract from The Sufi Message
- Page 2** Invocation in its many forms
- Page 5** Events & News
- Page 6** Sufi Inner School Dates
- Page 7** Universal Worship Dates
- Page 7** Contact Details

**“Even to utter the name
of God is a blessing that
can fill the soul with
light, joy and happiness,
as nothing else can do.”**

*From The Bowl of Saki
By Hazrat Inayat Khan*



A note from the Editor

Invocation comes in so many forms. So much invokes so many different things in me. These symbols that have personal value give us strength.

By knowing what is good for my soul I can set about invoking it.

I am reminded of the individuality of the spiritual path when I hear from others what invokes in them the good for their souls.

May your invocations bring you love and light!

Caroline

An extract from The Sufi Message

The Teaching of Hazrat Inayat Khan. Vol. 9, The Unity of Religious Ideals

There are three kinds of prayer (taken from *Vol 9 - The Effect of Prayer*)

The third kind of prayer is that of Invocation of the Nature of God, of the Truth of His Being. These are symbolic names. In their meaning there is a subtlety. God's nature is explained in this form of prayer; He is analyzed. The benefit of this prayer is perceived when one has arrived on this plane and the benefit is that he has passed from being a human being -- as in the first prayer -- through being a holy being, as in the second prayer -- to become a God-conscious man. Why? Because this third prayer is in order to bring man still closer to God. Not only does this prayer draw him closer to God, but it makes him forget his limited self until it is entirely forgotten in the end, leaving only the Self of God -- the only ideal and aim of all Teachers.

Man has not arrived at his ideal goal until he has used prayer to help him to this stage.

When we look at things from a mystical point of view, we shall find that there is one single straight line, which is called Aim. That line represents the line of the life of any being; the upper end is God, the lower end is man. The line is one. Though that line is one to the mystic and the philosopher, in the realization of the Truth, yet the line is unlimited at the upper end, limited at the other. One end is immortality, the other is mortality.

The innermost yearning of life is to see the ends brought together. It is the third prayer that draws the end which is man near to the end which is God. When he invokes the Names of God, man forgets his limitations, and he impresses his soul with the thought of the Unlimited. This brings him to the ideal of Unlimitedness. This is the secret of life's attainment.

The Sufi Volumes are available for purchase at the Sufi centres around the country.

Invocation in its many forms:

Written by Barbara Nitzsche

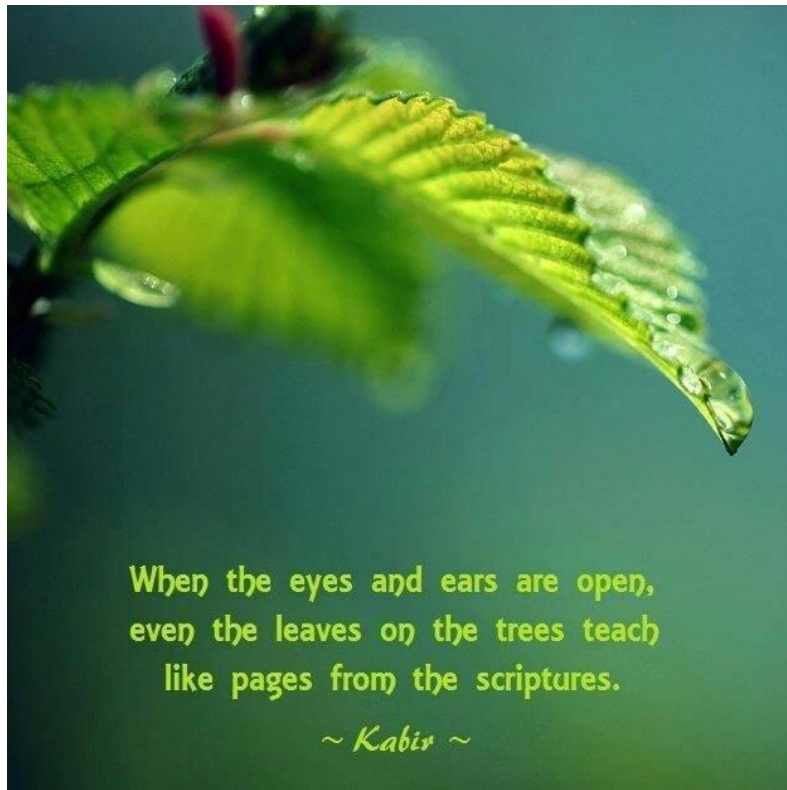
2015, during our last Summer School or Urban Retreat here in Cape Town, time was set aside for a tree planting ceremony. Like the Grain of Corn, the theme for this year's Retreat, planting a tree was a very meaningful gesture and one that involved all. When the tree was brought forward, I was taken aback in the truest sense of the word, for of all the trees that could have been chosen – Van der Stel planted oaks, others plant palms, but the Sufis had chosen to plant My Tree! I became quite maudlin, for "My Tree", the fig tree, took me back to my very early childhood in a camp in what was then Southern Rhodesia.

There were two big fig trees in that camp where the German women and children were kept from 1941 to 1944 during the war, and one of these trees stood near our home. This tree became "My Tree". I came here when I was unhappy or, when recuperating from an illness, I had not the energy to play with the other children. This tall silent tree was always the same unchanging friend or mother that understood my sadness and gave me strength when I was weak. It sheltered me from a world that was too harsh. It was my home from home, my comforter and my window onto the world below me and onto the world beyond.

I would climb up into its branches and either watch the camp below me from this lofty height, or enjoy the greenery that surrounded me and through it look up at our beautiful blue sky or at the "pori" grass growing beyond the camp. If I was tired I would stretch out on one of its thick branches to rest, knowing that up here no-one knew of me and no-one could pester me. Those visits to "My Tree" not only comforted me and gave me strength, but also helped me to an objective view of the world around me. I became part of that steadying tree.

That "My Tree" should have been chosen, made the Sufi ceremony especially poignant for me.

Caroline and Louis, whom I had told of this coincidence, took me to "Our Tree" the other day and I am pleased to tell all, who were there for the tree-planting, that "Our Tree" is doing very well. It is small as yet, but already its branches are spreading to all in comfort and friendship!



Written by Janet Somers Vine

"Having seen on TV some time ago the unveiling of Noor-un-Nisa Inayat Khan's Memorial Statue in Gordon Square, London, by HRH Princess Royal - Princess Anne – I was determined to seek out this spot on our recent visit to the UK where we treated ourselves to four days in London.

Catching the underground to Euston Station we quite easily found Gordon Square. A small and most pleasant park, in which the surrounding tenants of the area could enjoy a quiet time in natural surroundings in the middle of a busy city. Noor and her mother lived in Taviton Street, only a few doors away from their friend Jean Overton Fuller who researched and wrote the biography of Noor's life. Initially under the title 'Madeleine' with the second edition under the title 'Born for Sacrifice'.

The park is still surrounded by many of the original Victorian and Edwardian buildings of those eras, though currently owned by the University College of London (UCL), who refurbished the park and continue to maintain the site as they are the current owners of most of the properties in the area.

Many bunches of flowers adorned the statue where a "park-dweller couple" had taken up residence, and seemed to maintain some sort of dazed vigil. 'She' kindly helped me to tidy up and kept their dog at bay whilst I took some pictures. They are fondly remembered.

On my return home I followed up by reading Jean Overton Fuller's biography of Noor's life story, which prompted some further study including viewing the video of the ceremony which took place during Memorial Week in 2012. Of the many dignitaries present were members of the Khan family, notably Mahmoud Khan van Goens Youskine (Noor's 1st cousin) who joined us at Summer School in Cape Town in 2013. He said on this occasion: "She had a kind of charisma and at the same time she was living in a world of ideals. The remarkable thing is how she transformed that sense of idealism into that extraordinary practical activity."

A special message from Noor's brother Hidayat, was read by his grandson, Omar Inayat Khan. Also present was Mrs Irene Warner, aged 91 who had met Noor in 1941 in Edinburgh, she said: "she was very shy, very quiet, but always kind and willing to help anybody. She deserved the George Cross."

Shrabani Basu, Historian, Author of Spy Princess, Initiator of the Noor Memorial, concluded by saying: "As we observe Remembrance Week, we remember the bravery of all those who fell like Noor and those like her, who have no grave. We will not let their memories fade in the mist of time." (Reported by Alice Hutton 15th November 2012 in the Camden News).

<https://www.youtube.com/watch?v=LNRgnjBkyyI>

On being asked by her friend Jean, how a spiritual person could take up the sword she referred to the Bhagavad Gita, 4:16-21 "Perform thou right action, for action is superior to inaction. Renunciation and yoga by action is verily better than renunciation and inaction. What is action, what inaction? Even the wise are herein perplexed. He who seeth inaction in action, and action in inaction, he is wise among men, he is harmonious, even while performing all action. Hoping for naught, his mind and self controlled, having abandoned all greed, performing action by the body alone, he doth not commit a sin."

Princess Anne said:

"I hope this bust will remind us to ask the questions of who and why and what we can achieve in her memory."

Watch the video on:

<http://www.noormemorial.org>



Noor's story is a shining example of how a deeply spiritual person served her country in a non-violent way during one of mankind's greatest wars. Her father taught that it is not our role to spend our lives in meditation in caves in the mountains but that we should engage with life around us. His daughter listened well.

<http://sufimovement.co.za/>

About Noor-un-Nisa Inayat Khan:



Noor-un-Nisa Inayat Khan was the first child of Pir-o-Murshid Inayat Khan and his American wife, Amina Begum (nee Ora Ray Baker). With the genetic heritage of Eastern and Western Mystics, Noor was a child of destiny. She deeply affected the hearts of all those she encountered, from her childhood meeting with her father's disciples, to the Nazi interrogators who destroyed her body, but could not break her spirit.

Noor, who espoused the Gandhian principles of non-violence, was outraged by the depredations of the Nazis. She felt called to take part in the work of liberating Europe, but was dismayed by the paradox of killing to prevent violence. She reconciled these irreconcilables by voluntarily putting herself in the greatest peril, as a radio operator behind enemy lines in occupied France.

Her unique qualities touched the hearts of the cynical British spymasters who trained her. Even while they disparaged her father for filling her head with "mystical rubbish," they were deeply touched by her gentleness and compassion. In fact they were loath to send such a refined being into such deadly risk, but Noor persisted, and her perseverance eventually overcame all objections. She returned to France as "Madeleine," agent of the resistance.

The German forces in Europe had the technology to trace the origin of radio transmissions, so the task of radio operators was hazardous in the extreme. There was also the constant danger of betrayal by Nazi sympathizers or collaborators out for their own private gain. By the time of the countdown to the Normandy invasion Noor was the last radio operator active in France. She declined the option of returning to England, choosing instead to continue to provide the last link between the French underground and the Allied headquarters. The Gestapo, who had her description and knew her code name, made massive efforts to find her and sever the last link between the resistance and London.

In the end, she was betrayed, sold for money to the Nazis by the sister of a friend. She was subjected to continual interrogation, and since her own principles would not allow her to lie, she refused to give any information at all. She was subjected to torture, starvation, repeated beatings, and humiliation for nearly a year, until finally she was taken to the concentration camp at Dachau, where she was shot and consigned to the crematorium. Her last word: "Liberté". A mere days later, Dachau was in the hands of the Allied forces.

The Intelligence officer who trained Noor in London and his opposite number, who oversaw her interrogation in Paris, may never have met, but they are in agreement on at least one thing. They have both gone on record stating that Noor was the most remarkable human being either of them had ever met.

There is a wall in the museum that now stands on the grounds of the Dachau camp, which commemorates Noor's martyrdom. The temple of the Universel built at Suresnes is also dedicated to her memory. Khankah Noor Inayat, the Southwest Sufi community's residential village has been named in her honour. Most of all, wherever individual freedom is endangered by the encroachment of tyrants, the voice of Noor-un-Nisa, along with all those who have held aloft the light of truth amid the darkness of human ignorance, cries, "Vive la liberté."

Events & news from the Western Cape

Cape Town

On 7 October Magda Alberts spoke and facilitated a discussion on the 10 Sufi Thoughts at a well-attended and enthusiastic U3A meeting at Mohamed Kagee's home. Mohammed is very involved with interfaith matters in Cape Town, and is a long-time friend of the Sufis. Some years ago Frances spoke to the same group. The Sufis feel at home there and a few attend this group regularly.

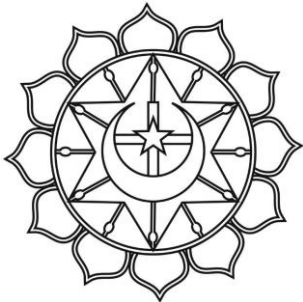
The University of the Third Age is an international organisation whose aims are the education and stimulation of mainly retired members of the community—those in their third 'age' of life. It is commonly referred to as U3A.

★ ★ ★ ★ ★ ★ ★ ★

On 2nd December Frances Schwarting participated in the Ananda Kutir Ashrama's annual interfaith event. Ananda Kutir Ashrama in Rondebosch is another place where the Sufis feel at home and Frances has participated in this traditional event for many years.

The spiritual lineage of Ananda Kutir Ashrama begins with the 20th Century Saint H.H. Sri Swami Sivananda Maharaj, who significantly contributed to the world-wide dissemination of Yoga by teaching Integral Yoga.

One of his foremost disciples, Sri Swami Venkatesananda, regularly visited South Africa and it was through his inspiration and guidance that Mother Yogeshwari began teaching Integral Yoga in 1967. In 1982 Sri Yogeshwari together with Swami Parvathiananda and a group of inspired friends formally established Ananda Kutir Ashrama.



The seal in the Ananda Kutir Ashrama logo combines the symbols of all religions into one symbol of unity.

Designed by L. Zahn for Swami Venkatesana

★ ★ ★ ★ ★ ★ ★ ★



The City of Cape Town invited Waldo van Essen and Frances Schwarting and other religious leaders to a big event in the City Hall to grant the Freedom of the City to retired Cabinet Minister Mohamed Achmad Kathrada.

It was a prestigious event we were pleased to be included.

Sufi Inner School

**Programme for Wednesday evenings at the Sufi Temple in Cape Town.
These meetings are for mureeds or by invitation:**

All meetings start at 19h30.



**“God-communication is the
best communication that
true spiritualism can teach
us.”**

*From The Bowl of Saki
By Hazrat Inayat Khan*

December 2015

02 Dec	Confraternity & Teachings for mureeds
09 Dec	Healing & Zikr
16 Dec	Healing & Confraternity
23 Dec	Healing & Confraternity
30 Dec	Healing & Confraternity

January 2016

06 Jan	Confraternity & New Year Blessing ceremony
13 Jan	Healing & Confraternity
20 Jan	Confraternity & Message evening
27 Jan	Healing & advanced teachings

February 2016

02 Feb	Confraternity & Teachings for mureeds
10 Feb	Healing & advanced meditation
17 Feb	Confraternity & Message evening
24 Feb	Healing & advanced teachings

This programme will be up on the notice board in the Sufi Temple.

To find out more about the Sufi Inner School and if anyone is interested in attending these Sufi Order (=inner school) meetings please chat to either:

- Waldo on 083 555 5002 / essen@bucknet.co.za
- Louis on 083 271 3797 / info@therippleeffect.co.za
- Magda on 082 449 8058 / itsmagda@iafrica.com
- Frances on (021) 671-8807
- Nisa on 082 200 6751





Photograph courtesy Wouter van Warmelo

The Sufi invocation, written by Hazrat Inayat Khan, simultaneously connects us to, and acknowledges the Living Presence of, the One God:

Towards the One

The Perfection of Love, Harmony, and Beauty

The Only Being, united with all the illuminated souls

who form the embodiment of the Master

the Spirit of Guidance



“You can do nothing better in sympathy to the Cause and in sympathy to your Murshid, than preserve the words once spoken before you”

By Hazrat Inayat Khan

Universal Worship Dates
for Cape Town
10h30 to 11h30

December 2015

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

January 2016

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2016

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Contact

If you would like to give some feedback on the newsletter, or contribute to this newsletter please contact Caroline at sufinews1@gmail.com