



# AWAKENINGS

Consciously Linking Humanity Through Presence, Dialogue & Collaboration

## Universal Awakening: Its Nature and Mission

Himayat Inayati

Universal Awakening's mission is to *unite humanity in wisdom, to awaken it to the Divinity within all, and to affirm that life is precious and sacred, ever seeking fulfillment.* It has been developed outside of any organization as a "meta-movement" so that all may feel free to affiliate with its mission without joining a specific religious organization or a specific esoteric school other than the one to which they already belong. In fact one may affiliate even if one does not belong to any such organization. It is hoped that Universal Awakening will initiate a sacred, truly open, and liberating dialogue that is oriented to the awakening of humanity. It is meant that this dialogue be accessible to all and that the fruit of such dialogue will be shared within the various communities and spiritual paths enjoyed by any who have been a part of it.

What is meant by "awakening"? If I could share a compass regarding this I would say that the north pole of such a compass would be oriented toward more life, toward more creativity, toward fresh possibilities. If I could offer a map regarding this, it would include the totality of the human experience. Obviously, the territory would be developed as each individual traverses such a map. Awakening of humanity to the divinity within all of life is a specific kind of awakening that has yet to happen on this planet. It is not necessarily an awakening that will come through the depth of training of-

fered through spiritual schools. It is not necessarily an awakening that will come through worship in one's chosen religious community. It is not necessarily an awakening that will come through the probing of modern science or the breakthroughs in artistic exploration. It is an awakening that will include all these and much more. It is a new possibility in the realm of awakening and yet it has been the south pole of each historical prophetic revelation. It is an awakening that is owned by no community but embraces all communities of life, human and otherwise. It is an awakening best initiated and developed through sacred dialogue.

Dialogue is qualitatively different than tolerance of

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*Pictured above is a scene from an earlier retreat with Himayat at Ghost Ranch. For information on his upcoming "Awakening in the Desert" retreat, see page 6 of this issue.*

# Himayat's Visit to Corpus Christi

## A New Concept

Diane Weiner

**After our Universal Awakening** meeting in North Carolina last fall, I felt a call to incorporate several new things into Himayat's visit here. I wanted to experiment with some of the principles that developed as Universal Awakening self-organized around and through us.

First, I wanted each person involved to feel that they were central to the emergence of UA rather than being a spectator. We asked each member of one of the already-functioning Tools of Awakening groups here, plus any friends who had received Raphaelite training or treatments, plus any other interested folks, to send out 5 flyers about Himayat's visit. I also had many individual conversations with people about their viewpoint on a successful weekend in terms of contacting the most people, and also raising money. Besides the helpful ideas, this approach allowed the people involved to take responsibility for the development of the weekend. *People who sent out flyers attended the event themselves.* People gave me input about everything from meeting location to pledge card design. Flyers went out to diverse groups, including political groups, spiritual bookstores, drum circles, restaurants and several churches. We used the mailing list from a recent Matthew Fox visit and the class list of an adult interfaith education class.

We used our relationship with our own All Saints' Episcopal Church, which we have nurtured for years in several ways. Not only did the church host the 90-minute public talk by Himayat (entitled "Life's Great Desire") on Friday night for no charge; they also listed the event in all church mail-outs and handouts and featured an article written by Himayat in the monthly church newsletter.

A recent Sufi initiate who had never met Himayat but had joined one of the Tools for Awakening groups and had received several Raphaelite treatments came forward and offered to host a fund-raising buffet dinner at her elegant home. She arranged the food (although several of us helped make the food) and even absorbed the cost of the food herself.

We ended up with the following schedule:

- Friday, 9-4 (Radisson Hotel, \$25) **A Universal Awakening Gathering: An Interactive Experience of Awakening**, by Himayat, with Don and Diane Weiner.
- Friday, 7-8:30 (All Saints' Church, no charge):

**Life's Great Desire**, a lecture-meditation by Himayat. Followed by **An Evening With Himayat**, 9-11 pm, a wonderful evening of delicious food and company at the home of Nancy Roberts (\$25)

- Saturday, 9-4 (Radisson Hotel, \$75): **Deepening the Process with Tools of Awakening**, a one-day intensive with Himayat.
- Sunday, 3-5pm (Radisson Hotel): **Visioning the Future of UA**, a fund-raising champagne party.

## Reflections

We accomplished the goal of maximizing the community's exposure to the UA message expressed by Himayat. Over fifty people came to one event or another.

We allowed a dynamic self-organizing process to evolve, which pulled many people into the dynamism, including food preparation, publicity, and follow-up participation in our Tools for Awakening groups. Because the format on Friday's daytime workshop was a reflection of the format at the North Carolina conference, people got experience working together in groups with the UA principles in mind. About the same amount of money was raised in this format as would have been in the old 3-day workshop model if 15 people attended.

Friday's daytime program included small groups: Inclusion, Making Awakening Accessible to People of Different Backgrounds, and the Sacred. Personally, out of the whole weekend, I learned the most in my Inclusion group. I strongly suggest using small groups in workshops so that people experience synergy and the way in which the Divine expresses when several people interface in a respectful way.

On the other hand, the late-night buffet was too much work for no return and the schedule for Friday was exhausting. Also, I learned that if you want Jewish participants, don't schedule a talk on the Sabbath.

All in all, I would encourage this style of organizing and this schedule but would charge more than \$25 for any full-day workshop, whether it is presented by Himayat or billed as an interactive event. I would strongly urge setting up a free public lecture for Himayat when he visits as well. I myself felt energized at many levels by the weekend.

*Diane Weiner can be contacted at*  
[RavaniRah@aol.com](mailto:RavaniRah@aol.com)

# TOOLS FOR AWAKENING

*Universal Awakening serves to unite humanity in wisdom,  
to awaken it to the Divinity within all,  
and to affirm that life is precious, sacred, ever seeking fulfillment.*

*Universal Awakening is a possibility for something new.*

**TOOLS FOR AWAKENING** is a collection of classes, each five months in duration, organized to support those actively involved as catalysts and facilitators of awakening to greater dimensions of life. It is not a spiritual school, nor representative of any spiritual school. Rather, it is a series of facilitated on-line seminars that any individual, no matter his or her spiritual orientation or lack of any such orientation, may join to explore themes and skills that are supportive of fulfillment of life for self and others. Classes are posted each month, sometimes twice a month (depending on the instructor) and are enhanced by experientially oriented labs, links to other resources, discussion rooms with fellow students, and a monthly telephone session with the class instructor.

In the past, participants have enjoyed the “touchstone” aspect of the class – that it was there to be entered whenever desired, and that it would support his or her growth and work. Participants also enjoyed the ability to have in-depth discussions with other participants on topics that would emerge in class. The labs offered participants the opportunity to put the class work to use in every day life, to actualize the teaching and to see areas where further development beckoned. Regularly scheduled meetings with the instructor were a particularly important aspect of the class, as participants could get ongoing personal and private attention from the person facilitating the process.

**FEES & PAYMENT:** Tuition for a *Tools for Awakening* interactive class, inclusive of web dialogue and a personal monthly telephone session with the instructor, is \$50/month. Tuition for a non-interactive class, in which participants receive a written class and lab each month, is \$20/month. The fees for these 5-month classes are payable either up front in one lump sum or in even payments due the first of each month. The registration deposit includes the first month of class, and the next payment will not be due until the first of the second month. Payments are made with either VISA or Mastercard through Pay Pal, a secure internet payment system. Registration is considered automatic once a deposit for the first month is processed by Pay Pal. Review the classes listed below. If you wish to register, go to the UA web site and simply push the appropriate registration button, which will take you to Pay Pal where you can complete the transaction. For those who (for whatever reason) would feel safer registering directly with the office rather than through PayPal, or for those who simply want more information regarding the classes, please telephone us between 10am - 2pm (EDT) Monday through Friday or email us at [office@universal-awakening.org](mailto:office@universal-awakening.org)

**Registration deadline for all classes is May 19, 2006.** Summer classes run from June 1 - Oct. 31. For detailed course descriptions, visit the UA web site under “Classes”: [www.universal-awakening.org](http://www.universal-awakening.org)

## TOOLS FOR AWAKENING 2006 – Summer Classes & Instructors

**The Spirit of Inclusion:** Diane Weiner, M.S.

**Many Doorways to Awakening:** Don Weiner, Ph.D.

**Manifest Essence:** Angela Whitney, APRN, CFNP

**Sacred Dialogue & Sacred Dialogue – Live:** Himayat Inayati, M.S., Th.D.

**UA Leadership Seminar:** Himayat Inayati, M.S., Th.D. (See page 7 for more information.)

# SACRED DIALOGUE

## Himayat Inayati

**The Sacred Dialogue retreat process** draws upon various sacred practices to offer powerful clarification, activation, and support for the development of positive and ever clearer skill in managing our relationship with our self, with the Divine, and with others.

*We were a hidden treasure and desired to be known.*

**Hadith Qudsi**

*Praise be to Thee who created us from males and females  
and made us into nations and tribes that we might know  
each other.*

**Quran**

It is clear from the Hadith Qudsi that creation is a process of self-revelation on the part of the creator. This process requires a presence and a witnessing, which can only be developed through conscious and loving relationship. The Quranic quote informs us of the Divine desire that we expand the possibilities of true understanding and loving relationship to include the two genders and the various communities (human and otherwise) that have developed in our world. **Yet the ability to manifest conscious, loving, positive, relationship seems to be the most difficult of human enterprises.**

*Each being has its own peculiarity and cannot be compared with another being, for each being is unique.*

**Hazrat Inayat Khan**

*He has turned a specific face toward each existent thing.*

**Quran**

*Dialogue comes from the Greek word dialogos. Logos means "the word" and dia means "through". The picture or image that this derivation suggests is of a stream of meaning flowing among and through us and between us.*

**David Bohm**

Dialogue is different than discussion. Dialogue is relationship-based, seeking truly to understand through the use of non-dominating listening and speaking. Discussion is seeking to have one's opinion known, through the use of dominating positioning. *Sacred Dialogue* is creating positive, creative dialogue grounded in the matrix of the sacred. As each individual and each community is unique, true understanding demands developing a meeting place that moves us beyond our own truth to appreciate the truth of the other. This meeting of truths (realities) creates fresh possibilities.

Through personal practices given by Himayat and daily dialogue with Himayat, the *Sacred Dialogue* retreat process will explore our fears, our pleasures, our unconscious intentionality, and our deep assumptions that destroy the possibility of developing and maintaining conscious, loving, and creative relationships with God, with our self, and with our fellow humans, particularly those with whom we have close familial relationships, but also including those we work with and those who strongly do not share our beliefs and ways of life.

The *Sacred Dialogue retreat* offers awakening to deeper dimensions of spiritual realization through dialogue. It provides powerful tools of presence, breath, attunement, clarification, life-supportive vibration mastery, and creative imagination. It makes the sacred sensible, harmonizes mind-body-heart-soul, provides a meeting-place and intentionality, as well as a compass and a map. ***Sacred Dialogue* activates and develops conscious, loving, and creative relationships that support the possibility of life's fulfillment.**

## SACRED DIALOGUE RETREAT

From Nur Fryar

Several people have asked for more information on the *Sacred Dialogue Retreat* that Himayat is now offering on a personal basis. As you read Himayat's overview of Sacred Dialogue, I believe you will see that this new retreat process offers powerful and clarifying tools which can deepen your spiritual realization, improve your relationships with others, and give you a greater mastery to support the fulfillment of your life.

Generally retreats are scheduled to be five to seven days in length, although longer retreats can be arranged. Please contact me, Nur Fryar, to discuss your preferred dates for 2006 and early 2007. You can reach me at:

**828.683.1219**

[office@universal-awakening.org](mailto:office@universal-awakening.org)

*Himayat, continued from page 1*

the other or than acceptance of a world of diversity. Dialogue is rooted in the action of a non-dominating, conscious, loving relationship with the other. Dialogue is a desire to truly understand the other. Dialogue may be soft or clear, gentle or frank. It can at times be argumentative. It is always respectful and loving. For dialogue to work best it is useful for those in dialogue to meet as the poet Rumi suggests, in a field beyond “right or wrong”. Sacred dialogue is dialogue where two presences truly meet each other’s reality in the unifying field of the sacred. The sacred can be experienced as being present or not being present at any given moment both within each participant in a dialogue and within the field that holds all participants as they dialogue. It can be experienced as positive energy, as love, as creativity, as compassion, as freedom, as space, as buoyancy, as heart, as soul, and in so many other shapes and hues that are truly sensible, truly palpable. Sacred dialogue supports a deeply pluralistic and creative world rooted in the transformative matrix of the sacred. Universal awakening is born from such a dialogue.

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## AWAKENINGS

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## UA Interweave

Universal Awakening Interweave includes our monthly newsletter *Awakenings* and our monthly podcasts, which include our meditation of the month. Interweave offers you an opportunity to affirm integral connections between yourself and the universal field of life. We invite you to join with others in Universal Awakening to accommodate the power of spiritual, emotional, mental, moral and physical resources placed in support of sacred life. To participate in “Interweave”, click the link below

[www.universal-awakening.org/index.php?page=shop](http://www.universal-awakening.org/index.php?page=shop)

Every Interweave participant receives a newsletter from Universal Awakening at the beginning of each month. This update will:

- ◇ Inform you of **upcoming UA events**
- ◇ Keep you abreast of **all UA projects**
- ◇ Inform you of the next monthly topic for the **UA podcast: “The Meeting Place—Live”**. “The Meeting Place—Live” is an audio dialogue between Himayat Inayati and a special guest, highlighting a topic the UA wishes to explore. **The podcast for April is on “Awakening Through Service,” featuring Bill Bolling, Executive Director of the Atlanta Food Bank.** Podcasts, which can be downloaded to a CD or an iPod, are posted on the web site and include a “Comments” section. The link for the podcasts is:  
[http://www.universal-awakening.org/index.php?page=articles&display=102&from=0&category=01--Audio\\_Podcasts](http://www.universal-awakening.org/index.php?page=articles&display=102&from=0&category=01--Audio_Podcasts)

## Supporting Someone Special

If you are already sending a monthly gift as a member of Interweave, for an additional monthly donation of \$5 or more per person (or \$60 annually), you may now give the special people in your life a gift of membership to Interweave through the **Supporting Someone Special** program.

In addition to all the Interweave benefits, your **Someone Special** members will receive an introductory letter and a card each month with a personal meditation acknowledging your gift, prepared and mailed from the Universal Awakening office. This kindness is an excellent gift of support for awakening and a way to share what we sometimes find hard to explain in words.

To participate in the **Supporting Someone Special** program, please follow the link here and fax or mail the form to the Universal Awakening office. Donations to **Supporting Someone Special** will be processed by the Universal Awakening office directly via Light of the Mountains Bookstore and not through PayPal.

[www.universal-awakening.org/index.php?page=shop&display=Outreach](http://www.universal-awakening.org/index.php?page=shop&display=Outreach)

# Awakening In the Desert

## A Five-Day Retreat Led By Himayat Inayati



Since the beginning of time humans sought spiritual renewal through contemplation in the desert. Their aspirations have been nurtured by the austere beauty of the desert. The awe-filled encounter with the stars and the galaxies present in the desert night strongly beckoned their souls, and the etheric atmosphere of the desert purified their minds and hearts.

*Spiritual retreat is stepping outside of normative life to allow the unessential to die, making room for a fuller embodiment of the soul. There is a mystical saying “Die before death and resurrect now!”*

*Awakening in the Desert* will be a retreat process at the 26,000 desert acres of Ghost Ranch, located in the midst of some of earth’s most beautiful scenery. The picturesque retreat center is located within 90 minutes of numerous sites, including the grave of Sufi Murshid Sam Lewis at the Lama Foundation, the historic towns of Santa Fe and Taos, and Bandolier National Monument.

*This retreat will support awakening to your true nature, awakening to sacred community, and awakening to the Divine Desire as expressed through the totality of life.*

**We hope you will join us June 6-11, 2006 for what promises to be a threshold experience!**

[www.universal-awakening.org](http://www.universal-awakening.org)

**Himayat Inayati Th.D.** is an international spokesperson for Universal Awakening, a global initiative to awaken humanity to the sacredness within all of life. His work, which offers a truly universal perspective of the sacred, is rooted in the teachings of the great world spiritual traditions and is informed by current research in science.



Himayat’s style of teaching is lucid, practical, and experientially based. Founder of the Raphaelite Work, a method of spiritual healing that utilizes presence, breath, and touch, Himayat is a catalyst for the transformational process in others. Himayat served as the international head of The Sufi Healing Order for twenty years.

**To download a flyer on [Awakening in the Desert](#), click the link below:**

[www.universal-awakening.org/index.php?page=calendar&display=39](http://www.universal-awakening.org/index.php?page=calendar&display=39)

## UA Monthly Reminders

The Universal Awakening newsletter will be published on a monthly basis the first week of each month. Please check the monthly reminders box for important updates for the next month. This will help us to limit the number of e-mail notices we send each month.

☐ Make your **monthly pledge** to Universal Awakening at:

[www.universal-awakening.org/index.php?page=shop](http://www.universal-awakening.org/index.php?page=shop)

☐ Sign up for **Tools for Awakening Summer Session** (see the article on page 3 of this issue)

☐ if you are considering a **personal retreat** at Light of the Mountains or the **group retreat** at Ghost Ranch in June, 2006, contact Nur Fryar: **828.683.1219**; [office@universal-awakening.org](mailto:office@universal-awakening.org)

## UA Interactivity

You are encouraged to become a part of **the Meeting Place** and **the Meeting Place—Live** on the UA web site. By scrolling to the end of each article on these pages, you will find a button called “Comments”, which is a running blog of reflections, questions and thoughts concerning that article or podcast. You will be able to read and respond to everyone who has participated in the blog. The most recent comments are posted first. **We especially welcome your comments, queries, suggestions and responses to Awakenings.** You will find a “Comment” button on the Meeting Place page for this purpose.

This link will allow you to access the site directly:  
[www.universal-awakening.org/index.php?page=articles](http://www.universal-awakening.org/index.php?page=articles)

### Universal Awakening Leadership Seminar Himayati Inayati, Instructor

This 5-month seminar is designed to support those who are or who will be in an activating/facilitative role in the awakening process. It is available by permission of the instructor. We may tape it live (audio/visual) so that we can have a monthly face-to-face Saturday workshop if that is possible for those participating. The class will cover organizing classes, marketing, developing curriculum, and the role of activation and of facilitation. The class begins June 1, 2006, and continues through October 31, 2006. See page 3 of this issue for enrollment information.

## UA Monthly Gifting

### Create An Oasis of Awakening!

Volunteers carry out most of the work at UA. There is also a need for more central office staff time and operating expenses for the web site and communications. Extremely important is the need to continue visioning, refining, and developing programming and leadership through UA that supports awakening in individuals, local chapters and through daily activities such as service. Years of organizational experience tell us that these advances do not happen without some central support.

**We are asking each person who is involved in UA through events, classes, the web site, through a deep resonance with the mission to consider supporting the work of the organization with a simple donation of \$10 each month.** Of course, a larger pledge is welcome and yearly donations are accepted.

**Every participant in UA monthly gifting becomes a contributing and co-creative participant of UA Interweave.**

Click on the link below to make a quick pledge. Or, make payment via Pay Pal on the web site or by fax or phone.

[www.universal-awakening.org/index.php?page=shop](http://www.universal-awakening.org/index.php?page=shop)

## UNIVERSAL AWAKENING VOLUNTEERS

Anne Dubrule

### National Program Development Facilitator

It is said, “Many hands make light work.” At UA central office, there are many hands involved in giving birth to this new meta-movement. A new member of the UA team is Anne Dubrule. Anne has moved to Asheville, NC from Florida, where she was involved in the Raphaelite Work, the Sufi Ruhaniat Order, the Healing Order and Ziraat in addition to teaching and raising a family. She will act as the Universal Awakening Program Development Facilitator, supporting local facilitators in sponsoring UA events. Local Event Facilitators can expect to receive a letter from Anne both before and after events. Facilitators and attendees will also receive a brief post-event evaluation to refine their understanding of how to offer future support to participants in UA that is useful, effective and reflective.

# Universal Awakening Events

All events are facilitated by Himayat Inayati unless otherwise noted.

Check the UA web site for calendar updates at [www.universal-awakening.org/index.php?page=calendar](http://www.universal-awakening.org/index.php?page=calendar)

Contact us for more information on UA events or to schedule an event in your area.

Phone: 828.683.1219 ☐ Email: [office@universal-awakening.org](mailto:office@universal-awakening.org)

**April 7 - 9, 2006**

**Bothell Washington**

**The Raphaelite Work:**

**A Course In Spiritual Healing**

For more information visit: [www.raphaelitework.org](http://www.raphaelitework.org)

**April 28 - 30, 2006**

**Silver Spring Maryland**

**Sacred Dialogue – Sacred Relationship**

**June 6 - 11, 2006**

**Ghost Ranch Retreat Center**

**Abiquiu, New Mexico**

**Awakening in the Desert: A Five Day Retreat**

**Led by Himayat Inayati**

See page 6 of this issue for more information.

**July 3 - 8, 2006**

**La Salindre, Southern France**

**Sacred Dialogue – Sacred Relationship**

A note from Munira Johne:

*Himayat will lead a six day retreat on Sacred Dialogue-Sacred Relationship in Southern France from July 3-8, 2006. Munira Johne, Daena Maria Bernhold, and Tansen Mundt welcome Himayat and all participants for the retreat in La Salindre Retreat Center — a “garden of the soul”. We are building up this place for individual and group retreats and for vacations in the peacefulness of unspoiled nature. We are building the center in an atmosphere of openness and respect for the inspiration of the various spiritual traditions and for each person's own authentic path, as well as a refuge for people in times of transition who need to find new orientation. Originally a Benedictine monastery founded in the 12th century, the old manor house is situated in the French Cevennes mountains, not far from the Mediterranean Sea. [Sabine.Johne@nwn.de](mailto:Sabine.Johne@nwn.de)*

**September 15 - 17, 2006**

**Bothell Washington**

**The Raphaelite Work:**

**A Course In Spiritual Healing**

For more information visit: [www.raphaelitework.org](http://www.raphaelitework.org)

**September 30 - October 1, 2006**

**Rhode Island**

**Sacred Dialogue – Sacred Relationship**

**October 14 - 15, 2006**

**Gainesville, Florida**

**Sacred Dialogue – Sacred Relationship**

**October 28 - 29, 2006**

**Asheville, North Carolina**

**Sacred Dialogue – Sacred Relationship**

**November 10 - 15, 2006**

**Essen, Germany**

**Sacred Dialogue – Sacred Relationship**

A note from Wahaba Bergemann:

*Himayat will come to Germany to present Sacred Dialogue–Sacred Relationship. The event will take place in Essen in the midst of Germany.*

*This May we will start an inter-religious forum in Hagen, also in the midst of Germany, where experts will become aware of special aspects of their own religion with their own unique tools. The Forum plans to meet once a month. Another group, which also starts in May, will encourage personal dialogue about our own spiritual realizations. An additional activity is to create a spiritual library in which everyone can participate.*

*Our endeavors are all growing, and we are very excited to see how it will be established. Now we are planning ... and how it will develop, nobody knows. It is an experiment!*

For more information, please contact [info@institut-ibis.de](mailto:info@institut-ibis.de)

**December 1 - 3, 2006**

**Corpus Christi, Texas**

**Sacred Dialogue – Sacred Relationship**

See Diane Weiner's article on Page 2

Do you know of anyone who would enjoy receiving AWAKENINGS? Send their email address (with their permission, of course) to us at: [office@universal-awakening.org](mailto:office@universal-awakening.org). Thanks!