

RUMI and the QUR'AN Playwork

Breathwork

"To Allah we belong and to Him is our return." [Qur'an 2:156]

With each inhalation say silently, *"Allah."*

With each exhalation say silently, *"Allah."*

Meditation

*"I cannot be contained in the space of the earth.
I cannot be contained in the space of the heavens.
But I can be contained in the space
of the pure, loving heart of my servant."*

[Hadith Qudsi (a direct revelation from God to the Prophet Muhammad)]

In your meditative state, become mindful of your physical heart. Rest your attention on this mysterious space. This simple practice begins to open a window from heart to Heart.

From time to time, tell your heart *"I love you"* or *"I am willing to love you."*
If the word *'love'* is not appropriate, substitute with *'accept'* or *'cherish.'*
Use a word that resonates in you.

With practice a passageway opens up from human heart to divine Heart.

*"Close down speech's door
and open the window of your heart.
The moon will kiss you
only through the window."
RUMI*

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Everyday Activity as Sacred Prayer

Everytime the Prophet Muhammad passed through a door he would say,
"O God, open to me the doors of Thy Mercy."

Begin the practice of making sacred all your 'routine' activities.
Transform a mundane task into a sacred prayer. Do it little by little.

While showering, you might say,

"O God, may these waters cleanse me of all impurities."

While dressing,

"O God, may these clothes be a mantle of divine protection for me today."

While undressing,

"O God, help me to peel off the layers of my ego that separate me from You."

Practice of Reflecting on Sacred Verses

Spend some time pondering on sacred verses.

Return again and again to those lines that 'splash in your chest.'

If you persist in this practice, you will experience shifts in you: a feeling of spaciousness, a sense of joy, a connection to a quiet inner strength in you...

God says,

"I shall hide in these verses so I can kiss your lips as you recite them."

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