

Here's the secret.

We'll tell you right from the start.

Everything is

We're not kidding.

love.

We know it's hard to believe,

but it is the absolute foundation

of everything that exists.

Want to know why you are Suffering?

Want to know why you're Sick?

Want to know why life is such a Struggle?

We. Hear us out.

Have you ever met that person who was rude to you

for no reason,

Or maybe even thought, for

some reason, that they are

better than you?

Or maybe you meet someone who goes through life lying to get what they want.

Maybe they're even so

wrapped up

in their own wants, needs, and fears...

In their own ego self's (we call it the nafs in Sufism) dream, or as we like to call it, their

dream-drama...

sufi.net

That they will do anything to anyone without any qualms. No justification, **NO jUSTICE**, needed.

These people are not living in the Divine Qualities

of Compassion Justice Truth Sincerity

They have **Veils** that obscure these qualities in themselves and in the world around them. They have separated themselves from these realities.

Because the truth is,

even though they don't express those qualities, those qualities live inside them

waiting to be manifested,

Waiting to be made real,

Waiting to be given the light and water they need to grow. So. do you want to know why--and HOWeverything is love, even the Struggle, the pain, the sickness, and the suffering? Well, here's why, sufi.net

Because God, the Divine. Source, Creator whatever you want to call that Beautiful and Majestic

٥G

Λ

sufi.net

reality that is known by a thousand Names

and yet is totally

ourself.

beyond all names

Wants **YOU** to know the truth about God wants you to know about the Truth inside you, about the Justice inside you, about the Compassion inside you.

God wants you to know the truth about God.

So how is this related to the pain and struggle?

It is the Veils being removed from your soul so that you are able to witness the truth of yourself and the truth about God.

It's hard to understand in the moment, as it's happening, because it feels like suffering.

In Buddhism, they say that all suffering is attachment.

It is. It is our attachment to our own

Separateness, to our pride, our fear, our desire.

And when we are suffering greatly, it's because God has chosen us to know the truth beyond separateness, beyond pride, fear, and personal desire.

There is a vast and holy and awesome and mind-blowingly beautiful world beyond the prison of our ego selfs dream-drama.

And the suffering is the waking up to that reality. It's the pain of birthing into that reality,

And most of all, it's our resistance to that waking up to that reality.

If you are suffering, it's because you have been chosen to know a higher reality and the struggle is the birthing pains,

The pain of the illusions being dissolved, these illusions about ourselves that we are so attached to.

If you want to experience the level of heaven where beings are sincere and compassionate, then you need to let go of what veils you from your own sincerity and compassion, because it also veils you from the sincerity and compassion in others.

Gold is purified through fire.

And every level of heaven is surrounded by a ring of fire that burns out of us whatever doesn't belong in that heaven.

You want that heavenly state, right?

You deserve it. You were literally created to experience that heaven, and BEYOND that heaven.

You need to let those veils be dissolved.

And that is the love.

You've been chosen for a higher experience of truth and love, and so the veils must be removed, As God says:

"I was a hidden treasure and I loved to be known."

So God created us.

God created Humans, and blew into us the Divine Breath, the Breath of God, which exists in us,

And God says in the Qur'an:

"I am closer to you than your own carotid artery."

This is the artery that supplies oxygen to our brain to give us consciousness and sensory awareness.

Basically, that's God saying that He/She/It/They are

closer to us than our own consciousness.

That's pretty darn close.

It's almost like saying that

God is closer to us than we are to ourselves.

Let's stop there for a second. Think about that.

We are imbued with the Breath of God. We are walking around this world, the living embodiment of the Breath of God.

And God is closer to us than our own consciousness.

So how come we go around hurting each other and ourselves?

Because we forget who we are.

We forget Who God is.

We forget who each other are.

This is where we start thinking, ok, enough of that.

How do I remember?

How do I remove these veils?

I'm sick of suffering.

I'm sick of the confusion and fear and bouncing from reaction to reaction.

That is the secret of Sufism.

Are you ready to hear how?

Sufism teaches the ancient, gentle, methodical, PROVEN way to remove the veils and to remember who we are. This is what it takes:

SINCERITY (IKHLAS): Sincerity is one of the master keys to reaching the world of Unity, Enlightenment and Oneness with God. Sincerity means to be honest, committed, humble, and willing to accept whatever teaching God brings you. This includes teachings of beauty and of difficulty. We are asked to not make a distinction between the two.

COMMITMENT: Any goal worth having generally takes time and commitment. The idea of instant change and success is an illusion. It takes time for a tree to grow strong. It also takes time to master any endeavor. To master oneself is the greatest goal, and achievement, in life. Making a strong commitment to your own transformation and growth will increase your chances of being successful.

LOVE (MAHABBA): The path to God is truly a love affair between you and the One. The more you open your heart and learn the ways of love, with merging and unification, the sooner you will experience the gifts that The One wants you to have. Remember to love everything and understand that ultimately all things come from The One.

WALKING: Spiritual walking is the movement of the spirit towards the One. For the spirit to move or walk forward, it must face and complete the teachings that have been placed in front of it. Teachings meant to glean the spiritual understandings, and attributes, from any situation that occurs in your life. For example, needing to learn patience, wisdom, compassion or mercy are examples of how Spiritual teachings may present themselves to you.

HONESTY (HAQQ): Learning to be honest and willing to look within to know the truth about yourself, and what is occurring in your life, generally brings great success. The more you realize that what happens to you comes from the hidden places within you, the faster you can change yourself through being honest about what is within you.

REPENTANCE (TAWBA): Real repentance means to return back to the goodness, truth and love that you've left. If you find things not working well in your life, you can be sure there is some need for repentance. Take the time to look within yourself and see where your actions, or heart, may have left the goodness and truth. Then commit to bringing yourself back into alignment with the love and truth. This simple exercise can change so many things in your life, often more than any other teaching.

GIVING: In today's world people think they need to take to receive the things they want. Yet in truth, it's just the opposite. The more you give the more you'll receive. Spiritually this is a clear law. If you want something, give that something away. This then will open the doors for you to receive what you want. God willing!

This is the path that we teach.

Both Dr. Jaffe and Salima Adelstein, murshids in the Shadhili Sufi tradition are 2 of our 3 main teachers. That means that they have been given permission by their teacher to walk people's souls to the Unity, and that teacher was given permission by his teacher, who was given permission from their teacher, all the way back in an unbroken chain of transmission.

Sufism was taught by all the Messengers from the Oneness who came to all peoples in all parts of the world throughout time with the same message:

God is One. God is Love.

I mention this, because you need to know who your teacher is. Not just anyone can walk you to the state of Unity with God.

In our school, we have three primary teachers and two who are murshids:

Dr. Ibrahim Jaffe, M.D., D.D. (murshid) Salima Adelstein, M.Ed., D.D. (murshid) Kamila Carolyn Shenmen, Ph.D., Dipl.Ac.

We're bringing you an ancient lineage of spiritual transformation and healing...

About 25 years ago, Sidi Muhammad Al Jamal of Jerusalem, a Soul Guide of the ancient Shadhiliyya Sufi Order, heard the call to bring Sufism and Sufi Healing to the West. So he began making trips here to teach and share the transmission.

For the last 25 years, this Sufi lineage has been shared mostly word of mouth and in small, local gatherings.

But with the new age of the internet, we are able to create programs that can reach and teach people all over North America, and that is our mission.

It is our mission to share this transformative, healing path with as many people as possible, because we know how it has been for us. We want everyone to have access and to be able to taste the sweetness of the transformation and healing.

We're bringing these teachings and this path to the world as part of the global healing and to contribute to the raising of global consciousness.

People are waking up to the Unity and the Oneness of Life and Reality.

This is the Path of One.

٥

The Path of Unity.

We, as humans, are walking collectively into the Unity, and the Path of Sufism has been teaching this for thousands of years.

Are you ready to learn more?

We teach you how to go deeper to transform and heal at the deepest level on our monthly membership site, where our 3 Sufi teachers give you lectures on Sufism and healing every month, along with healing, transformative group dhikrs/chanting, and a live Q&A!

Find out more at Sufi.net.

Thank you for all you do and may the One grant you all the Light and Love that you have been seeking.