

# HALQA\*: An Experiential Zikr Day With Omar and Farida Inayat-Khan

Saturday, 1<sup>st</sup> December 2012 10am–9pm  
At The Coach House, Kemptown, Brighton  
Numbers are limited, prior registration is a must!  
Evening zikr only attendance possible

Phone: 01480 380933 or email: [farida@nirtan.com](mailto:farida@nirtan.com)  
For further info and to reserve a place

## *Entrance by Donation*



In the history and practice of Sufism, Zikr –or remembrance of the One– has illuminated and invigorated the mystic quest, transmitting depth, healing and love. Classic or contemporary, Zikr is a sacred invocation, whether silent, spoken, or sung. Through the repetition of a simple theme or a melodic line, which may be enriched by musical improvisation, each participant’s authenticity and sincerity contribute to uplift the collective and individual experience.

The participants, gathered in a circle, guided by the leader’s voice and harmonium, tune up and join with the pulse and resonance created by all voices, as a prayer coming from the heart.

Although mainly dedicated to the practice of zikr, this experiential day will also offer various other awareness, meditative and vocal exercises. All are welcome; no previous musical experience is required. Only an open heart.

Bring a vegetarian dish to share for lunch, and either similar for supper, or you are welcome to make personal arrangements outside of the venue.



Omar and Suzanne Inayat-Khan are experienced Circle leaders within The Sufi Way, using a variety of transpersonal, meditative and musical styles in order to invoke an atmosphere of open awareness. They bring the musical tradition of Zikr into a contemporary form, whilst maintaining its original purpose and intention of remembering our unity with the One. See [www.sufiway.org](http://www.sufiway.org) for other events and local circles.

\*"HALQA: a circle of Sufis, sitting and practising Zikr and Fikr, so that the power of the one helps the other."

Hazrat Inayat Khan