

March

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 Dream Group 6:30 - 7:45pm Spiritual Guidance 3:00 - 4:15pm (closed group)	2	3	4 Advanced Healing 1:00 - 2:30pm
5 Sunday night Chanting and Sharing 7:30 - 8:00pm	6 Re-visioning the Ego series 7:00 - 8:30pm	7 Mystical Explorations 6:30 - 7:30pm	8 99 Names 6:30 - 8:00pm	9	10	11
12 Sunday night Chanting and Sharing 7:30 - 8:00pm	13 Re-visioning the Ego series 7:00 - 8:30pm	14 Exploring Sufism with Murshid Sam 6:30 - 7:30pm	15 Soul's Journey Class Series 6:30 - 8:00pm	16	17	18
19 Sunday night Chanting and Sharing 7:30 - 8:00pm	20 Re-visioning the Ego series 7:00 - 8:30pm	21 Biography Book Club 6:30 - 8:00pm	22 The Mysticism of Sound and Music 6:30 - 7:45pm	23	24	25
26 Sunday night Chanting and Sharing 7:30 - 8:00pm	27 Re-visioning the Ego series 7:00 - 8:30pm	28 Sangathas 6:30 - 7:30pm	29 Zikr 7:30 - 8:30pm	30	31	1

All times are Eastern.

Event	Description
<u>Advanced Healing</u>	<p>Saturday, March 4 at 1:00pm</p> <p>This had been an experiential/lecture class devoted to Sufi concepts of spiritual healing open to anyone for three years, then closed due to the closeness and sharing of experiences and is now a peer lead group, primarily but not strictly Sufi in nature. No charge.</p>
<u>Mystical Explorations</u> (formerly known as the Canandaigua Study Group)	<p>Tuesday, March 7 at 6:30pm</p> <p>Group study in the exploration and sharing of ideas related to Sufism. We usually study Sufi material, but have been expanding and exploring related areas. Right now, we are reading and discussing David Spangler's book Subtle Worlds. Henry leads this particular discussion and adds spiritual practices. When done in a few months (we are going a chapter at a time), we will decide as a group what to do next. We usually do an evening of zikr/chanting before starting a new series. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.</p>
<u>Dream Group</u>	<p>Wednesday, March 1 at 6:30pm</p> <p>Psycho-spiritual approach to dreams, synchronicities, visions and related experiences. Included is training and experience in how to look at and interpret these experiences, and how you would help another do so. The Tuesday and Wednesday classes are similar. In fact, most people attend both classes. There is a minimum of \$10 (USD) per year for each class, or more if you can afford it and feel called to do so.</p>
<u>99 Names</u>	<p>Wednesday, March 8 at 6:30pm</p> <p>Intensive study of the 99 names from various sources and our own experiences. Three of us co-teach. We prepare an outline and send it out the Sunday or so before the class with the zoom invitation. We began with the "7 leading names." We have met for close to two years now, but you can join. It helps to have some familiarity with the concept of the 99 names. The one requirement is that you commit to attend monthly except for extraordinary circumstances. People share experiences and this commitment increases the sense of community and trust needed in sharing. The meetings are recorded for use by the participants only (e.g., for review or if you miss a class). There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so. We periodically offer a half or one day retreat on the 99 names or something associated with them (e.g., a retreat on Sufi zikr) which asks for a donation if possible.</p>

Event	Description
<u>Exploring Sufism with Murshid Sam</u>	<p>Tuesday, March 14 at 6:30pm</p> <p>•Toward the One•</p> <p>Reading and discussion with associated practices into the esoteric Sufi teachings of American Sufi Mystic and student of Hazrat Inayat Khan, Murshid Samuel L Lewis (Sufi Ahmed Murad Chisti). This Sufi master left a copious and profound body of Sufi esoteric teachings, which is organized and maintained by the Ruhaniat Sufis. This class is recorded for the use of participants. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.</p>
<u>Sangathas</u>	<p>Tuesday, March 28 at 6:30pm</p> <p>•United with All•</p> <p>Intensive reading and discussion with associated practices related to the content of Hazrat Inayat Khan's Sangathas - a more advanced set of teachings. This class is recorded for the use of participants. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.</p>
<u>The Mysticism of Sound and Music</u>	<p>Wednesday, March 22 at 6:30pm</p> <p>This class will be a study of the Sufi mystic Hazrat Inayat Khan's classic book, specifically the 1996 Shambhala edition. Spiritual practice will be included with discussion. No initiation into Sufism is required, and this class is suitable for all levels. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.</p>
<u>Sunday night Chanting and Sharing</u>	<p>Every Sunday in March at 7:30pm</p> <p>Start your week on a blissful note by joining us on Sunday evening for a sacred time of chanting for peace and healing. The sharing of thoughts, wishes, and experiences are encouraged only if you feel called to do so. Contact us at info@amberlightinternational.org if you would like to be placed on the invitation list.</p>
<u>Biography Book Club</u>	<p>Tuesday, March 21 at 6:30pm</p> <p>We will choose our first few books to be read starting with our first meeting, and discuss our process. The biographies and autobiographies/memoirs can cover a wide range, but we will discuss them from a psych-spiritual point of view. The group will choose the books. Contact us at info@amberlightinternational.org if you are interested in attending or would like more details.</p>
<u>Soul's Journey Class Series</u>	<p>Wednesday, March 15 at 6:30pm</p> <p>Sufi master Hazrat Inayat Khan's metaphysical and practical exploration of the Sufi concept of the journey of the soul is neatly reviewed in the book, <i>The Soul's Journey</i>, published under his name. We will review the book in depth with some additional material from previous workshops led by Henry and perhaps other references. There will be expected reading, discussion, and experiential practices when appropriate. Contact us at info@amberlightinternational.org if you are interested in attending or would like more details.</p>

Event	Description
<u>Re-visioning the Ego series</u>	<p>Four session series every Monday in March at 7:00pm</p> <p>The ego is much misunderstood and maligned in spiritual traditions. Rather than viewing the concept of an ego as a gift of which we can make exquisite use in our physical incarnation, the advice is usually to “fight with” and even “annihilate” it.</p> <p>Visit our website for details on the series, tuition, and payment. Contact us at info@amberlightinternational.org if you are interested in attending the free event and would like to register for the series.</p> <p>Come and explore a new way to envision and use one of our greatest gifts.</p>
<u>Sohbet (Spiritual Discussion)</u>	<p>Fifth Tuesday of each month when it occurs. 6:30 - 7:30pm</p> <p>•Spirituality in Action•</p> <p>Spirituality, however we define it, is meant to be an integral part of our lives. Though it is hard-wired in us, awareness of it and its expression vary individually.</p> <p>We welcome you to join us, at no charge, to explore and share how this manifests in each of us and affects our lives and those with whom we interact. Learning from, and supporting each other, is the essence of community.</p>
<u>Zikr & Sama</u>	<p>Fifth Wednesday and Friday of each month when it occurs. 7:30 - 8:30pm</p> <p><i>There is a polishing for everything that takes away rust. The polishing of the heart is zikr, the remembrance of the One Source of everything.</i></p> <p>Zikr is a practice of remembrance of a power greater than ourselves. By the repetition of sounds and names transmitted through the ages, whether recited, chanted, or sung, we can change our atmosphere and that of our surroundings.</p> <p>We invite you to explore this sacred practice with us. No charge.</p>