

Estag'firullah Zikr on First Mondays, 7:30 pm

We sing, whirl, and dance together in prayer to help each other polish our hearts, clarify our minds, and remember the ways we are intimately connected to God. Here we have a way to open our hearts and hands to the source of healing, and to all in need simultaneously.

The Estag'firullah Zikr is intended to be a spiritually healing prayer experience. Estag'firullah is taken from the Arabic Ghafûr, one of the traditional Names of God meaning "the pardoner, the forgiver." We invoke Estag'firullah to ask for forgiveness for every breath we have taken without remembering the divine unity of this reality.

SUFI PRAYER DANCING

at the Ballard Oddfellows Lodge,
1706 NW Market, Seattle WA 98107



Zikr of Presence on Third Mondays, 7:30 pm

In the Zikr of Presence, we move deeply into the Mevlevi path, coming together to remember God through whirling, prayer, and Sufi devotional music and poetry. This is a traditional form of zikr, common to many Turkish Sufi orders and practiced since the time of Muhammad.

In continuing this tradition in a contemporary context, we spontaneously co-create a dance towards unity, remembering our shared source and renewing our commitment to walk a path of awareness and peace.

Feel free to invite friends whom may be interested. \$15 donation invited. The Mevlevi Order of America offers cultural programs, open workshops, and public presentations in the spirit of inclusion, equality and love, under the inspiration of Suleyman Hayati Dede, and the guidance of his son and successor Post-neshin Jeleleddin Loras.

For info call: 206-784-1532 or go to:
rumiseattle.org

**Zikr is a practice of prayer
using synchronized chanting, music, and movement.
We invoke specific spiritual energies
through sound and intention.*