

**The Sufi Way of Mystic Love with the Maha Chohan and Djwal Kul**  
**Meru University Course #1006**  
**SYLLABUS**

**Dates:** Four consecutive Sundays—July 18 through August 8, 2010

**Times:** 9:30—11:00 a.m. MDT

**Instructors:** Beloved Maha Chohan, Djwal Kul, David Lewis, and Nancy Freaner

**Course Theme:**

Unlock and deepen your understanding of the secrets of Sufi wisdom and gain a heightened experience of love by interacting with the Maha Chohan and Djwal Kul in a most personal way.

**Course Description**

Discuss and contemplate how to apply Sufi wisdom in your everyday lives.

- Discuss and contemplate how to return to the love when your hearts become burdened by life events, images, pain and other images that may cloud the mirror of your hearts. Your hearts are made to be beacons of Divine light and love, so how do you return to the love? The ascended masters will provide teachings, guidance and support that can help you to continually return your heart to a state of love, peace and mercy.
- The course is designed to be held weekly so you can integrate the understandings you receive in class into your life and get the ascended masters' guidance as questions arise. The classes will be interactive with a darshan with the ascended masters Maha Chohan and Djwal Kul as you participate in the experiential lessons.

**Textbook:**

*Love's Ripening: RUMI on the Heart's Journey*, translated by Kabir Helminski & Ahmad Rezwani 2008, Boston: Shambhala Publications, Inc. ISBN-13: 978-1590305324

**Alternate Textbooks:**

*Rumi, the Book of Love: Poems of Ecstasy and Longing*, translated and commentary by Coleman Barks, 2003, New York: Harper Collins Publishers. ISBN-13: 978-0060523169

*RUMI: A Spiritual Treasury*, compiled by Juliet Mabey, 2000, Boston: Oneworld Publications, Inc. ISBN-13: 978-1851682157

**Forum:**

Go to the discussion forum for this course, located at

<http://www.heartscenter.org/WhatsNew/HeartsCenterForum/tabid/499/afv/topicsview/aff/48/Default.aspx>

Each week, please post your favorite Rumi poem and commentary (at least one) on the forum. You may also enjoy choosing to reply to one or two other students' posts. You can sign up to receive an email when your post is commented on by another person, whether an MU student or other interested forum participant.

**Recommended Readings:** Handouts will be uploaded to the website for each class with further information on that day's topic.

**Logistics and Technical Details:** After registering for the course, follow the instructions on the registration confirmation email in order to activate your Meru Student Log-in Level to access the MU 1006 course page on the Hearts Center website, [www.heartscenter.org](http://www.heartscenter.org). Once you have logged into the Hearts Center website, look for the "Welcome MU 1006 classmate" message on the right side bar. If you do not see it, refresh your page and look again. If you still do not see this link, for this class only contact Cathleen Alexander. Once you have logged in and clicked the link, you will be directed to the Meru 1006 course webpage. The course webpage will have all the class information including the link to *Elluminate*, where the class will be webcast. If you have any questions and feedback for this class only, please contact Cathleen Alexander at [CathAlexander@sbcglobal.net](mailto:CathAlexander@sbcglobal.net).

## COURSE OUTLINE

### Class 1 – Intro to Sufism, Remembrance, and Tawba. July 18, 2010

Objectives:

- Learn the basics of the Sufi path.
- Learn how to open and access the light of love in your heart.

Topics

1. Welcome, and introduction and review of the syllabus and the assignments\*.
2. Welcome to attend the retreat of the Maha Chohan during this 4-week class.
3. Prayer to open the heart/soul, the Fatiha. What is the Fatiha?
4. Who is Allah?
5. What is Sufism?
6. Who are the prophets in Sufism?
7. What is the goal of Sufism?—"to reach the pure white mountain of Guidance within yourself." - **Al Hadi**.
  - a. Define the **Pillar of Remembrance**--Handouts on "Remembering the Name" and "Practical Suggestions for Remembering the Name."
  - b. What is **Tawba**?—Handout on Tawba.
  - c. Meditation on your guidance: How is your guidance?
  - d. Darshan with the Master regarding Guidance or specific issues you wish to receive Guidance on.

\*This week's assignments:

1. Read two handouts on Remembrance: "Remembering the Name" and "Practical Suggestions for Remembering the Name." Practice 20-60 minutes each day this week:
2. Develop the light of Guidance: Take some time to consider an issue you wish to receive guidance on and bring the remembrance into it. Please feel free to share any "Aha" moments on the forum or during the next class.
3. Post a Rumi poem on the forum on the themes of guidance, remembrance, Tawba or love with your "inner wisdom" commentary. Read others' posts and comment as the spirit moves you.

## Class 2 – Pillars of Sufism and the Pillar of Walking. July 25, 2010

### Objectives

- Learn the basics of the five pillars of Sufism.
- Learn how to heal and remove old pain and limiting beliefs that may be stopping the flow of love in your life.
- Learn to purify and clean the heart and live through the heart rather than the ego.

### Topics

1. Welcome and prayer, the Fatiha (In English and play the recording.)
2. Review discussion forum assignment. Next Rumi poem to be on “Walking.”
3. Students read their Rumi poem and commentary or share their “Aha” moments about Remembrance, Tawba, or developing the light of Guidance.
4. Brief introduction to the **Five pillars of Sufism**:
  - a. **Practices**: Remembrance; **Salât** 5x/day. Other practices are added as you advance along the path.
  - b. **Readings (Gnosis or Divine Knowledge)**: Intellectual understanding and then Gnostic understanding of readings from the great Holy books (Bible, Qur’an, Torah) and books by the Sufi master, Sidi al-Jamal.
  - c. **Purification**: God buried Himself within and you have to find Him within yourselves through the journey of love back to the Oneness.
  - d. **Walking**: Walking down the road of your heart to Divine Light. Walking is how you return your soul from the world of illusion into the world of God.
  - e. **Adab**: Pure action, holy manners, politeness and courtesy.
5. **The Pillar of Walking**
  - a. Walking in different worlds:
    - 1) Mulk world of sense perception.
    - 2) Malakut, the invisible world.
    - 3) The world of Unity, enlightenment, self realization, nirvana.
  - b. Do you want to be free of your ego? Why?
  - c. What gets in the way of your walking?
  - d. How do you accelerate your walking?
  - e. What is the Sufi’s deeper walking and how do you do it?
    - 1) What is **Haqiqa**?
    - 2) What is **Gnosis**?
    - 3) What is **Marifa**?
    - 4) Meditation on walking
  - f. How do you go deeper into the reality of truth and knowledge? How do you know where to go deeper? Meditation on walking deeply.
  - g. What is **Jamal**? What is **Jalal**? Darshan with the Maha Chohan and Djwal Kul on walking deeply.

\*This week’s assignment:

Post a Rumi poem on the forum on the themes of walking or love with your “inner wisdom” commentary. Read others' posts and comment as the spirit moves you.

**Class 3 – Pillars of Readings (Gnosis), and Purification, part I. August 1, 2010** Objectives

- Learn how to get the most out of your readings.
- Learn how to clean the veil and purify to the level of the soul.

Topics:

1. Welcome and prayer, the Fatiha. (In English or play the recording.)
2. Students read their Rumi poem and commentary. Announce next Rumi poem to be on purification or gnosis or love. Share “Aha” moments with “Walking.”
3. **Pillar of Reading and Gnosis.**
  - a. The goal is the Unity in which you enter through the door of **Fanā** meaning annihilate in Allah.
  - b. Does Sufism believe in karma and reembodiments?
  - c. What are the 28 stations to **Haqiqa**/Unity?—Handout on the 28 Stations.
    - 1) What are **Nafs**?
    - 2) How do you walk the 28 stations to Haqiqa?
    - 3) What are **Baraka**?
    - 4) What is he witnessing of Haqiqa?
    - 5) What are the levels beyond Haqiqa?
    - 6) How do you do the readings?
4. **Pillar of Purification, part I**
  - a. What is the veil and why is it formed?
  - b. What are the steps of purification?
5. Darshan with the Maha Chohan and Djwal Kul on purification and readings.

\*This week’s assignment:

1. Post a Rumi poem on the themes of readings, Gnosis, purification or love with your “inner wisdom” commentary. Read others' posts and comment as the spirit moves you.
2. Start reading the 28 Stations’ handout.

## **Class 4 – Pillar of Purification, part II, and Adab. August 8, 2010**

### Objectives

- Learn to purify and clean the heart and live through the heart rather than the ego.
- Learn ageless Sufi exercises to help you return your heart to a state of love when you know you have left off loving.
- Learn how to be in relationships from a place of deep wholeness and healing and how to return to that place when challenges arise.

### Topics:

1. Welcome and prayer, the Fatiha (In English and play the recording.)
2. Students read their Rumi poem and commentary and share “Aha” moments with “Readings”, "Purification," or the 28 Stations.
3. **Pillar of Purification, part II**
  - a. How do you wash the picture that needs purification?
  - b. Darshan with the Maha Chohan and Djwal Kul on washing the picture.
4. **Pillar of Adab**
  - a. What is the outer meaning of Adab?
  - b. What is the inner meaning of Adab?
  - c. How do you arrive at the station of Adab?
  - d. What is the station of Abraham?
  - e. Exercises re: Adab
  - f. Darshan with the Maha Chohan and Djwal Kul on Adab.

### \*This week’s assignments:

1. Find a picture within, purify and beautify it.
2. Continue reading the 28 Stations
3. Post a Rumi poem on the forum about Purification, Adab or love with your “inner wisdom” commentary. Read others' posts and comment as the spirit moves you.