



## The healing circle

The Sufi Healing Order (today: Inayatiyya Healing) was founded by the Indian mystic and musician Hazrat Inayat Khan. The main activity is the healing circle. It is meant for people who are active in the healing field and are willing to help other people. They perform the healing circle together. The energy is directed outwards via distance healing. People who wish to receive healing energy are not present.

The rite of the healing circle has a fixed sequence and is as follows: First cleansing exercises are done. Then further exercises for holding a constant attunement toward healing. The individual participants do not act out of their own personal nature, but are channels for the divine healing energy. We experience a form of healing through purification and development, which each person can actively shape him or herself.

## Transforming is healing

Hazrat Inayat Khan says that *“every human being, regardless of life and profession, must be attuned daily – just like an apparatus has to be wound up or a musical instrument has to be tuned.”*<sup>1</sup> He goes on to mention the great importance of ecstasy: *“Ecstasy is a purification. The ecstasy of a single moment can wash away the evil of many years, for it is like a bath in the Ganges, as the Hindus say<sup>2</sup>... so much or even more urgently we need ecstasy to live life fully.”*<sup>3</sup>

His son Pir Vilayat Inayat Khan puts it this way: *“Our soul feeds on ecstasy.”*<sup>4</sup> He goes further: *“The only way to serve humanity is to burn, to be passionately engaged, to have a strong determination – you can't be lukewarm.”*<sup>5</sup>

An authentic personality is of healing effect. Pir Vilayat Inayat Khan formulates: *“You can ruin your whole life if you rely on a false self-image.”*<sup>6</sup> Here I would also like to mention the importance of working with the shadow: *“The moment we reveal our shadow, it dissolves. We don't need to fight it.”*<sup>7</sup> C. G. Jung speaks of fruitfulness in the shadow and that this energy is necessary for change.

Pir Vilayat Inayat Khan encourages us not to get stuck in the past: *“The future calls us to free ourselves from the past.”*<sup>8</sup> Life is always a new challenge: *“The only way to go through life and find fulfillment is to be inspired”*<sup>9</sup>

<sup>1</sup> Hazrat Inayat Khan (2022): Volume IV, Healing and the mind world.

<sup>2</sup> Hazrat Inayat Khan (2012): Sufi-Teachings.

<sup>3</sup> Hazrat Inayat Khan (2012): Sufi-Teachings.

<sup>4</sup> Pir Vilayat Inayat Khan: Quote from Teachings, published in a German collection called Liberated Spirituality.

<sup>5</sup> Pir Vilayat Inayat Khan: Quote from Teachings, published in a German collection called Liberated Spirituality.

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## Developing through practice

There are many topics that have meaning in relation to healing, such as concentration, contemplation, meditation, expansion of consciousness, realization, magnetism, opening of the heart, power of the soul, music, voice, love and prayer, etc. Finally, I would like to mention the breath. Hazrat Inayat Khan says, “... Among all the different healing methods, the breath comes first, because the breath holds the stream of life.”<sup>10</sup> And further: “The power of breath heals body and mind, because breath is life.”<sup>11</sup> It is what the mystics call *Nafs*, which also means self. Breath is the self, the actual self of man. ... that the breath is the most important part of the being. It reaches to the very core of life and also to the surface, where it touches the physical plane.”<sup>12</sup>

The I always needs orientation towards the self, which shows it the path like a lighthouse. Hazrat Inayat Khan sees the real goal of life in recognizing the ‘true I’.



<sup>10</sup> Hazrat Inayat Khan (2022): Volume IV, Healing and the mind world.

<sup>11</sup> Hazrat Inayat Khan (2022): Volume IV, Healing and the mind world.

<sup>12</sup> Hazrat Inayat Khan (2012): Sufi-Teachings.



## Places of suffering in the past need healing

Places also need healing! In 1995, a healing retreat took place in the former women's concentration camp of Ravensbrück with Ceija Stojka, a Romani who survived three concentration camps as a child. Others: in Auschwitz 1994, in Bergen Belsen 1996.

### What a gift, when healing takes place!

Picture 1 shows the healing retreat in the former women's concentration camp. In picture 2, Ceija throws rose petals into Lake Schwedtsee for her relatives, her friend and all those who have suffered here, because their ashes are in the lake. She calls out to them in Romani. The lake responds with a ripple of water. (Photos: © Dana Garber)

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