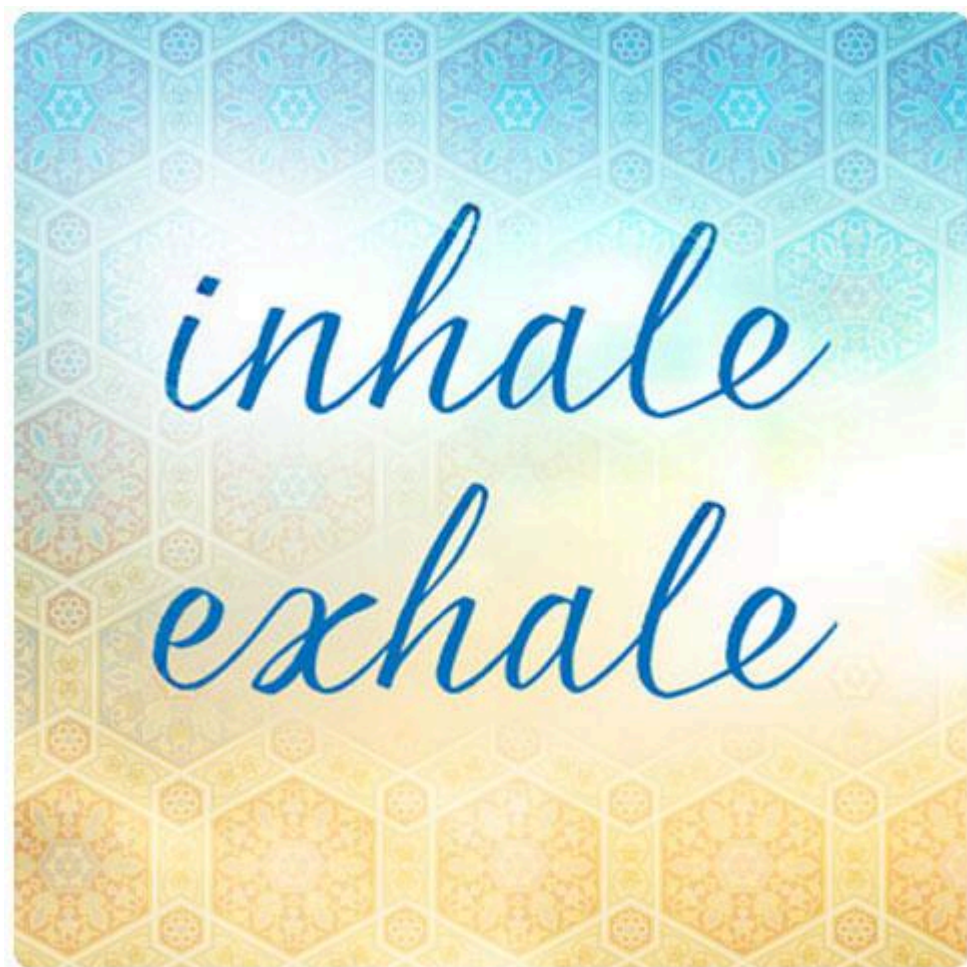


Pir Shabda Kahn - The Mystical Power of Sufi Breathwork, Mantras & Sacred Sounds 2022

During this intimate journey, you'll:

- Find inner peace and resilient vitality through Sufi breathwork and healing mantras
- Practice **Fikr, a guided *ryazat* (spiritual exercise)**, and start to cultivate a daily breath and rhythm practice of your own
- Discover the roots of Sufi mysticism
- Understand how **mysticism is based on direct experience, rather than philosophy**
- Realize why the challenges and struggles of life are really your greatest teachers for transformation
- Practice refined rhythmic breathing as a source of healing
- Be guided through the applicable **lessons from Sufi mystics about keeping calm** — even while experiencing this destabilizing pandemic
- **Find comfort in knowing your breath goes on rhythmically** whether you're asleep or awake, keeping all pulsations in rhythm — and why your whole-body health depends on it
- Practice **Fikr, a guided *ryazat* (spiritual exercise)**, and start to cultivate a daily breath and rhythm practice of your own
- Explore the paradox of living with passion *and* being at ease with whatever arises
- Access ancient sound technologies in integrity with experiential spiritual lineages
- Explore the essential process of transcending your limited self (ego) so you can **merge with the greater Self — the divine presence**
- Learn to **practice the path of the lover and the Beloved**



Proper breathing is especially important in uncertain times like these, when so many of us feel anxious, helpless, frustrated, and lonely...

When we experience disturbing emotions, the flow of our breath is interrupted, disorganizing our thoughts, taxing our strength and inner will, and stealing our peace.

With more tumultuous events unfolding by the day, creating a rhythmic breath practice can be the doorway to freedom and resilience.

Through Pir Shabda's mystic wisdom and transformative practices, you can learn how to enjoy life and be of benefit to the world, even as you're sheltering in place.

This training invites you to be passionate about the ultimate goal — limitless freedom — in every moment... a happiness and freedom not based on desired outcomes.

At this time of uncertainty, it's so important to cultivate equanimity with everything that arises.

What You'll Discover in These 7 Weeks

In this 7-week transformational intensive, Pir Shabda will guide you through mystical Sufi breathwork, mantras, and sacred sounds — healing practices to cultivate inner peace and resilience.

The Power of Live Streaming Video



You'll connect with Pir Shabda and experience his teachings through live streaming video. This connection will be easy to use and will enhance the impact of Pir Shabda's body of work. Or you can easily connect just via audio if you choose — through your phone, tablet, laptop, or computer.

Course Sessions Tuesdays at 11:00am Pacific

This course will feature LIVE teachings, interactive training sessions, and experiential practices with Pir Shabda. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to discover inner peace, resilience, and happiness.

Module 1: Discovering the Purpose of Life — Find the Compass Point & Skillful Means That Lead to Inner Happiness

We're surrounded by the myth that if only circumstances were exactly as we'd like, we'd be happy...

The truth is, happiness and freedom come from the process of transforming ourselves...

In this opening session, you'll explore why breath, sound, and attitude are the greatest transformative tools to help you on your path to limitless freedom.

In this module, you'll discover:

- Pir Shabda's musical introduction to ground you as the course begins
- The roots of Sufi mysticism
- How mysticism is based on direct experience, rather than philosophy

- Your *compass point* and skillful means that lead to inner happiness
- How to deconstruct the notion that we're separate beings

Module 2: Rhythm, Breath & Motion — A Perfect Marriage for Healing

The breath is the current which is established between all planes of our existence. Its current runs from the life unseen to the life on the surface, thus uniting spirit and matter both...

Rhythm is the nature of motion, and motion is the nature of life. Life is not possible without motion, and motion is not possible without rhythm. It is rhythmic motion which keeps the whole universe going, and the same motion is the hidden secret of our lives, as we are a miniature universe within ourselves. Our breath is both the cause and effect of this rhythmic motion.

— Hazrat Inayat Khan

Breathing is a powerful source of healing, available to us in every moment. In this second class, you'll dive deep into breathwork as a spiritual practice, and Pir Shabda will guide you to find the rhythm and natural swing of your breath.

In this module, you'll:

- Learn to make a habit of a rhythmic breath
- Understand the unique blessings of both inhalation and exhalation
- Discover refined **rhythmic breathing as a source of healing**
- Experience how disturbing emotions always interrupt the flow of breath

Module 3: Mysticism of Sound Mantras & Recitation — The Path of Sound

Why are sound and music so appealing to human beings? Indeed, humanity has been given a gift — the mysticism of sound.

In this class, you'll practice the recitation of sacred phrases... and learn how they can transform your consciousness when coupled with devotion.

By reciting sacred phrases, you can transform your consciousness — and transcend your experience of your inner and outer worlds... even in the midst of turmoil.

In this module, you'll:

- Discover why sacred sound has profound effects
- Recognize the universality of religious ideals and practice the sacred phrases from many of the world's greatest mystical traditions
- Understand at a profound level that *the soul is music*
- Learn how to bring daily mantra practice into your life
- Use the 99 Beautiful Names of God as medicine for your wounds

Module 4: Mysticism of Attitude — Love, Kindness & Compassion and the Practice of Forgiveness

Forgiveness is giving up the hope for a better past.

— Unknown

The children of suffering are the bringers of joy.

— Hazrat

What is your attitude while you're breathing and chanting?

We've been falsely trained to believe that what we do will bring satisfaction and happiness. However, it's actually how you do things that profoundly opens your heart and allows you to be of great benefit.

During this integration session, you'll explore how the ability to be **in tune with the Infinite** can put you on the path to fulfilling your life's purpose...

In this module, you'll:

- Recognize how the challenges and struggles of life are really your greatest teachers for transformation
- Explore how to cultivate an inner sense of strength, courage, kindness, compassion, tolerance, forgiveness, patience, gratitude, and integrity
- Discover how to release anger, self-loathing, and jealousy by understanding causes and conditions
- Explore the paradox of living with passion *and* being at ease with whatever arises

Module 5: Deepening Your Breath Practice — Learning to Be Present With Whatever Arises

I went in search of the soul. I found that I was looking for myself. And finally when I awakened, I found that if there ever was anything, I was that. Whatever there is now, I am that. Whatever there will be in the future, I am that. And there was no end to my happiness and joy!

— Hazrat Inayat Khan, Pir Shabda's teacher's teacher

In this session, you'll return to and deepen the practice of breath to help you **strengthen your capacity to be present with whatever arises**. Pir Shabda will guide you as you unite your meditation with the breath.

In this module, you'll:

- Experience a right and left nostril **breathing practice** to help you make meaning of your condition
- Explore the lunar and solar aspects of the left and right nostril
- Learn why your **right nostril's breath is hot** (sun breath) and generates body heat, raises metabolism, and accelerates bodily activities
- Discover the ways that your **left nostril's cool breath** (moon breath) lowers the temperature of your body, slows your metabolism, and inhibits bodily activities
- Enhance your decision-making capacity by learning to **read the breath**

Module 6: Deepening Your Sound Practice — Healing Through Ancient Sounds From Spiritual Lineages

As this class opens, Pir Shabda will guide you in a dance for universal peace, as you put spiritual practice in motion.

Drawing on the sacred phrases, scripture, and poetry of the many spiritual traditions of the earth, the dance for universal peace **combines chant, music, and evocative movement** — creating a living experience of unity, peace, and integration.

This taste of your true nature will unlock the possibility of the deep spiritual revolution that can take place within you...

In this module, you'll:

- Dive deeper into the **99 Beautiful Names of God** as medicine for your life
- Access ancient sound technologies in integrity with experiential spiritual lineages
- How the spiritual lineages you explore can help you understand the infinite nature of God —and discover the divine potential in every soul
- Learn sacred phrases from Hebrew, Arabic, Sanskrit, Aramaic, and Greek

Module 7: Marrying the Dual & Non-Dual — How to Make Sense of Your Human Experience

The Beloved is All, the lover, only a veil, not a real thing.

— Rumi

The goal of spiritual practice is to merge yourself with the Oneness of all things. The path toward this Oneness is called surrender because we relinquish the concept of separateness so that we can become the Whole Universe... where everything is interconnected.

In this final class, you'll explore how to deconstruct the notion of a separate self — of the "I." You'll learn to embrace your inner world — your *home* — as you navigate your outer life experience. And, you'll discover that honoring mundane tasks of life is equal to peak spiritual moments.

In this module, you'll:

- Discover what it means to adopt the consciousness that God is everywhere — "La Illaha, Il Allah"
- Learn to practice the path of the lover and the Beloved
- Practice negotiating the gap between your ideals and your current experience as you receive permission to embody the path of the love

What People Are Saying About Pir Shabda Kahn...

"... opens the gates of love, wisdom, and music..."

Pir Shabda is a master. In his work he opens the gates of love, wisdom, and music with a big and warm heart. He shows us how to embody the Sufi path of devotion and awakening right where we are.

— **Jack Kornfield**, bestselling author and teacher in the Vipassana movement in American Theravada Buddhism

“Pir Shabda lights the way for us to embody and uplift our own humanity.”

Pir Shabda Kahn brings a blend of deeply rooted wisdom and playful humor, interwoven with musical genius and ecstatic devotion, to the path of the awakening heart. In modeling spiritual rigor and living a fully human life, Pir Shabda lights the way for us to embody and uplift our own humanity. His teacher, the great Sufi master Murshid Samuel Lewis, was known for his pioneering interspiritual work, which took form as the Dances of Universal Peace. Pir Shabda carries Murshid Sam's lineage, introducing people around the world to this powerful peacemaking practice.

— **Mirabai Starr**, *Author of Wild Mercy and Mother of God Similar to Fire*

“... one of the rare master teachers on the subject of the mysticism of sound and breath.”

Pir Shabda Kahn is one of the rare master teachers on the subject of the mysticism of sound and breath. He brings humor and openness to his teachings.

— **Murshida Taj Inayat**, senior teacher, *The Inayati Order*

“Studying with Pir Shabda brings students into deep peace...”

Pir Shabda Kahn brings his decades of dedicated joyful Sufi practice and training, and his studies in many spiritual traditions to his teachings, giving direct transmission of the path beyond words, the underlying reality and truth that pervades all that is. Studying with Pir Shabda brings students into deep peace, loving kindness, and opens the door to the awakened consciousness of the great masters. A delight is in store for all who participate with him as he unveils the wisdom of the ages.

— **Lama Palden Drolma**, *Founder and Senior Lama of Sukhasiddhi Foundation*

“[Pir Shabda Kahn teaches] in a way that is both deep and accessible...”

Pir Shabda Kahn is a masterful teacher of Sufism. He brings a sense of grounded ease to all his talks, and always manages to teach in a way that is both deep and accessible, and never absent of fun!

— **Pir Netanel Miles-Yépez**, *Head of the Inayati-Maimuni lineage of Sufism, and author of God Hidden, Whereabouts Unknown*

“... masterful teaching with grace and integrity...”

I highly recommend experiencing Pir Shabda Kahn's masterful teaching with grace and integrity. He has inspired me and many others on the path of fulfilling our creative potential.

— **Glen Velez**, *4-time Grammy-winning percussionist*

“... an exquisite teacher of mysticism...”

Pir Shabda is a maestro of music, an exquisite teacher of mysticism, carrying Sufi lineages, Indian classical raga music, and Tibetan Buddhism. I am blessed to have him as a teacher for over a decade. Don't miss this chance to learn from this awakened master transmitting

his message through love, breath, and sound.

— **Christine Stevens**, Author, speaker, drummer, and music therapist

Join the Global Community



The Mystical Power of Sufi Breathwork, Mantras & Sacred Sounds offers some of the most advanced online teachings available, within a thriving, global community of learning and practice.

Join fellow students and practitioners to support and inspire each other as you integrate the teachings and practices Pir Shabda Kahn will share in this powerful training.

You'll be part of an international community that's on the leading edge of a global movement of people manifesting a world grounded in principles of cooperation, harmony, and reverence for all of life.

About Pir Shabda Kahn



Pir Shabda Kahn has been a disciple of Sufism since 1969. He is a direct disciple of Murshid Samuel L. Lewis (Sufi Ahmed Murad Chisti), and he worked closely with the great American mystic Joe Miller. Pir Shabda is currently the Pir (spiritual director) of the Sufi Ruhaniat International and the director of the Chisti Sabri School of Music.

After living in a community with Baba Ram Dass on the East Coast, Pir Shabda met Murshid Sam and moved to San Francisco in 1969. In the fall of 1970, Pir Shabda had the good fortune to travel with Murshid Sam for five weeks as his personal assistant on the East Coast, which helped deepen his relationship with his teacher and the Path. He received his spiritual name from Pir Vilayat Inayat Khan in 1971, after Murshid Sam's passing.

In 1972, Pir Shabda was initiated by Pandit Pran Nath, the Master North Indian classical vocalist, and began the daily practice of Raga singing in the Kirana style. Pandit Pran Nath, a Sufi mystic, requested that Pir Shabda carry on the 800-year-old oral transmission under the name of the Chisti Sabri School of Music, now an umbrella for teaching vocal music and performing Raga.

In 1984, Pir Shabda became a disciple of the illustrious 12th Tai Situpa Rinpoche, a venerated Tibetan Buddhist incarnate lama of the Kagyu Lineage.

Pir Shabda has appeared as a musician in concerts, including Visions for a Perfect World at New York's St. John the Divine Cathedral. He has also performed for His Holiness the Dalai Lama, for New Music America in Chicago, at Delhi University Music School, and at Shivaratri Festival in New Delhi. He is one of a handful of Americans who have dedicated themselves to carrying on the legacy of the treasure of North Indian classical vocal music.

Pir Shabda married his wife Tamam in 1976, and they made their home in San Rafael, California. They have a son and daughter-in-law, two young granddaughters, and many godchildren.

As Pir of the Sufi Ruhaniat International, Pir Shabda directs the Jamiat Khas (the Ruhaniat leader circle), directs the SRI Board of Trustees, and is the spiritual director for the Dances of Universal Peace worldwide. He has a regular zikr meeting in Marin County, California, and travels the world throughout the year spreading the Sufi Message of love, harmony, and beauty. He brings warmth, humor, and clarity in his efforts to help seekers on their path to awakening.