

# ZIRAAT NEWSLETTER

## North America & Oceania

### December 2024

#### ANNOUNCEMENTS - 2024

##### Ziraat Worldwide Solstice Celebration – Friday 13<sup>th</sup> Dec

3 – 4:30 pm (ET) 12 – 1:30pm (PT)  
Oceania – Saturday 14<sup>th</sup> Dec  
7:00am (AEDT) | 9am (NZDT)

#### ANNOUNCEMENTS - 2025

##### Rewilding the Human Heart Spring Series (Feb – May)

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Photo: Submitted by Aziza Barker

*Silent voice, in the stillness of night  
I hear thy whisper*

~ Hazrat Inayat Khan (Complete Sayings, Vadan / Alankaras #744-)

#### Hazrat Inayat Khan

##### Ziraat Papers – Self-Analysis (Lesson 3)

*Self-analysis is the first necessary process in cultivating the mind. It brings out all that was within onto the surface, open for inspection. In this manner, a person can judge oneself fully, like the Plougher who sees all that was buried under the ground when it is turned up in the furrow.*

*Nothing can give the Plougher greater pleasure than to see the results of one's efforts in bringing to the surface all that was buried and in feeling that one has thoroughly penetrated the ground and brought to the surface all that was hidden there.*

##### Complete Sayings: Vadan / Alapas #675

*My thoughts I have sown on the soil of your mind  
My love has penetrated your heart;  
My word I have put into your mouth;  
My light has illuminated your whole being;  
My work I have given into your hand.*

##### Rumi - In the Arms of the Beloved

[1183, translated by Jonathan Star]

With every breath I plant the seeds of devotion  
I am a farmer of the heart  
Day and night I see the face of union  
I am the mirror of God  
Every moment I shape my destiny with chisel  
I am the carpenter of my own soul.

## ZIRAAT WORLD WIDE SOLSTICE CELEBRATION



### *Bridging hearts across the continents*

Please join the Inayatiyya Ziraat friends around the world to celebrate the Divine LIGHT and our interconnection with celestial bodies and beings.

This is the final session of **Nature Spirits: Communicating Intuitively with Nature**. We will journey by Zoom, for stories, poetry, music and prayers, celebrating our different cultures and languages and the cycles of the natural world occurring at this time.

### *Please bring a candle to light together*

#### Friday 13 December

**North America:** 3:00- 4:30pm (ET) | 12:00 – 1:30pm (PT)

**Europe:** 9 – 10:30pm (CET)

#### Saturday 14 December

**Pakistan:** 01:00-02:30am (PKT)

**Oceania:** 7:00- 8:30am (AEDT) | 9:00-10:30am (NZDT)



Please check the time for your location. [Link to time zone converter](#)

**Zoom link:** <https://us02web.zoom.us/j/84236651656?pwd=DokphaWGNjYdozjh9whiibhnaBljOV.1>

## HOMAGE TO ETHER

### *O, Ether, Essence of All*

*We passively offer our homage to Thee*

#### Ziraat Initiation Optional Vows – (Ether) [Reception of Workers](#)

Will you honor the Ether with gratitude,  
allowing Ether to disclose to you the essence of Life,  
your interconnectedness with all beings,  
in the unity of the One?

#### Pir Zia Inayat Khan ([The Holy Mysteries of the Five Elements](#))

*The coloration of ether is reflected in the rainbow, and its direction is motionless and ubiquitous. Its essential locus in the body is the heart.*



#### Hazrat Inayat Khan – Sufi Mysticism (Vol X-4-1) THE ESSENCE OF ART

*From the point of view of a mystic, yellow is the color of the earth, green or white the color of the water element, red that of the fire element, and blue that of the air element.*

*If asked what color the ether element is, the mystic would answer gray, because by gray one may think of anything one likes. It is most interesting for a student of color to see that all colors are, so to speak, different shades of light. It shows that light itself has manifested in variety, in the form of many colors.*

## Hazrat Inayat Khan – Mysticism of Music (Vol II Part I Chap V) FORM

*The direction taken by every element to make a form depends upon the nature of its activity. For instance, an activity following a horizontal direction shows the earth element, a downward direction the water element, an upward direction the fire element; the activity that moves in a zigzag direction shows the air element, and the form taken by ether is indistinct and misty.*

## Hazrat Inayat Khan – Mysticism of Music (Vol II Part II Chap IX) THE VOICE

*There are three principal kinds of voices: the Jalal voice, the Jamal voice, and the Kamal voice. The Jalal voice indicates power; the Jamal voice indicates beauty; the Kamal voice indicates wisdom. ...*

*And the ether quality of the voice is inspiring, healing, peace-giving, harmonizing, convincing, appealing; at the same time it is most intoxicating.*

*Every Jalal voice, Jamal voice, or Kamal voice has one or another of the qualities [of one of the five elements] predominant in it, and according to that it creates an effect.*

### From Ziraat Teachings - SYMBOLOGY OF THE PLOUGH

*Jelal: Intensity, strong vibrations, straight, masculine*

*Jemal: Gentleness, mild vibrations beauty, grace, feminine*

*Kemal: Conflict of both forces, also perfection, the blending of Jelal and Jemal*

## PRACTICES

### Nature Meditations

Memorize the phrase by saying it aloud a few times, then repeat the phrase silently as you breathe IN and OUT. When you are ready, allow the words to fade and continue breathing in a natural rhythm. Notice the resonance or fragrance that lingers.

#### - Ether

Inhale: **I touch thy life in movement**

Exhale: **And feel thy spirit in stillness.**

#### - Grey

Exhale: **In the heart of grey**

Inhale: **The world is reflected.**



### Emerald Contemplation (#3)

**My conscientious self: Listen to the sacred voice of Nature within and without.**

### Ether Meditation – from Zebunissa

Breathe in a very subtle breath through the nose and mouth and feel that you are drawing in *the all-pervading life in space*.

Suspend the breath briefly, allowing the Ether to penetrate and bathe all the cells of your body. As you breathe out, feel a deep sense of peace and wholeness.

***O Ether, essence of all, we passively offer our homage to Thee.***

## 2025 SPRING SESSION (FEB – MAY)

### Rewilding the Human Heart

An elemental journey to deepen your kinship with nature - presented by Sharifa Oppenheimer

Sharifa takes us beyond an appreciation of nature to a deeply personal sense of kinship with all beings exploring:

- **how to make lasting heart-connections with the living breathing Earth**, through song, movement, story, breathwork, visualization and deep internal inquiry; and also
- **the interplay of these beings within our own *inner-sphere* - heart, psyche, soul and spirit.**



Design: Numinosity-Mandala Cristina McAllister

Each session will be a deep dive into one of the Elements (earth, water, fire, air or ether) and one of the Realms of Nature (mineral, plant, animal, human or unseen beings.)

*Earth Element and Mineral Realm*

*Water Element and Plant Realm*

*Fire Element and the Realm of Animals*

*Air Element and the Realm of Human Beings*

*Ether Element and the Realm of the Unseen Beings*

**Dates will be confirmed early in the new year.** There is no fee, however you will need to register to receive the zoom links and additional information for personal study and research.

## 2024 SPRING AND FALL PRESENTATIONS

### Nature Spirits – Communicating Intuitively with Nature

Spring recordings (Feb – May) are available on the [Ziraat website](#):

Fall recordings (Sep – Dec) are currently available at the following [website](#)

They will be added to the [Ziraat Recordings of Past Programs](#) page soon.

- **Jewels of the Heart, an introduction to Gemstones** – Mahabano Scase
- **Mysticism of Sound and Nature** – Maryam Hasnaa At-Tauhidi
- **The Tender Fabric of the Spirit of Nature** – Devi Tide and Jamia Haqq
- **Learning to Breathe with the Earth** – Robert Karbelinkoff
  
- **The Crisis in the Realm of the Nature Spirits** – Robert Karbelinkoff
- **Contemplative Reverberations** – Widad Sabina Cox and the Herd of Light
- **Taonga – Treasures from Oceania** – Mahbano Genevieve Scase and Jamia Haqq Aila Paul
- **World Wide Ziraat Solstice Celebration** – VP's and Ziraat Council Europe and North America, Oceania



## CULTIVATING ZIRAAT

### Introductory Training - 2024

This 6-week online training program, was offered in May and June. By the end of the course 98 people had registered and around 20 requested initiations either at the last session or soon after.

### Advanced Training – 2025

A second training course is being developed at present with plans to offer this in the second half of the year.





## COMMUNITY CONTRIBUTIONS

### Message from Ziraat Co-Vice Presidents (NAO)

In July, Wali Via retired from his position as Ziraat Dar-us-salaam (Vice President) for North America and Oceania. We wish to acknowledge the incredible leadership and guidance Wali provided over the past three years and are so grateful for the many projects and programs he orchestrated. He will continue to serve on the Ziraat Council and will take the lead in curriculum development and training for Ziraat.

Jamia Haqq and Nehmat are sharing the role and look forward to opportunities to perhaps meet some of you in person over the years ahead. We thank you all for your support and encouragement and patience as we settle in.

Our first project is to establish a network of active Farmers and people holding Ziraat Lodges on a regular basis.

**Please write to Nehmat** via [ziraat@inayatiyya.org](mailto:ziraat@inayatiyya.org) and tell us about your groups and what you are doing and any suggestions or ideas you have for future Spring and Fall programs.

### From the Heart of Nature Consciousness

The words shared below are transmissions from the heart of Nature Consciousness. While deep in meditation and inter-breathing with a herd of five horse Beings called the Herd of Light, frequencies dance through and are translated into words. Each Sunday, for over a decade, the Herd and I commune, opening to and diving into the Heart of Nature Consciousness as One with our unitive True Nature. The transmissions below flowed through from our communal contemplation on the Ether and we are overjoyed to share them here with you.

#### Transmission from Ether:

Dive into the spaces in between and rest your vision.  
You endlessly look at appearances, hoping to make sense of things,  
hoping to find who you are by focusing on what appears,  
but in between what appears  
there you will find all.

In between your thoughts of what is,  
there Isness dwells  
In between your thoughts of who you think you are,  
There I AM.

#### Transmission From the Herd:

Ether is pure love.  
For what is love?  
Love is space for yourself to be as you are without the  
need to alter anything  
the Silent Witness of What Is.

Love is the space you offer another to be as they are  
without the need to alter them.

The Silent Witness of What Is.  
This space is the Ether  
it is love itself -  
it is Hu you are.

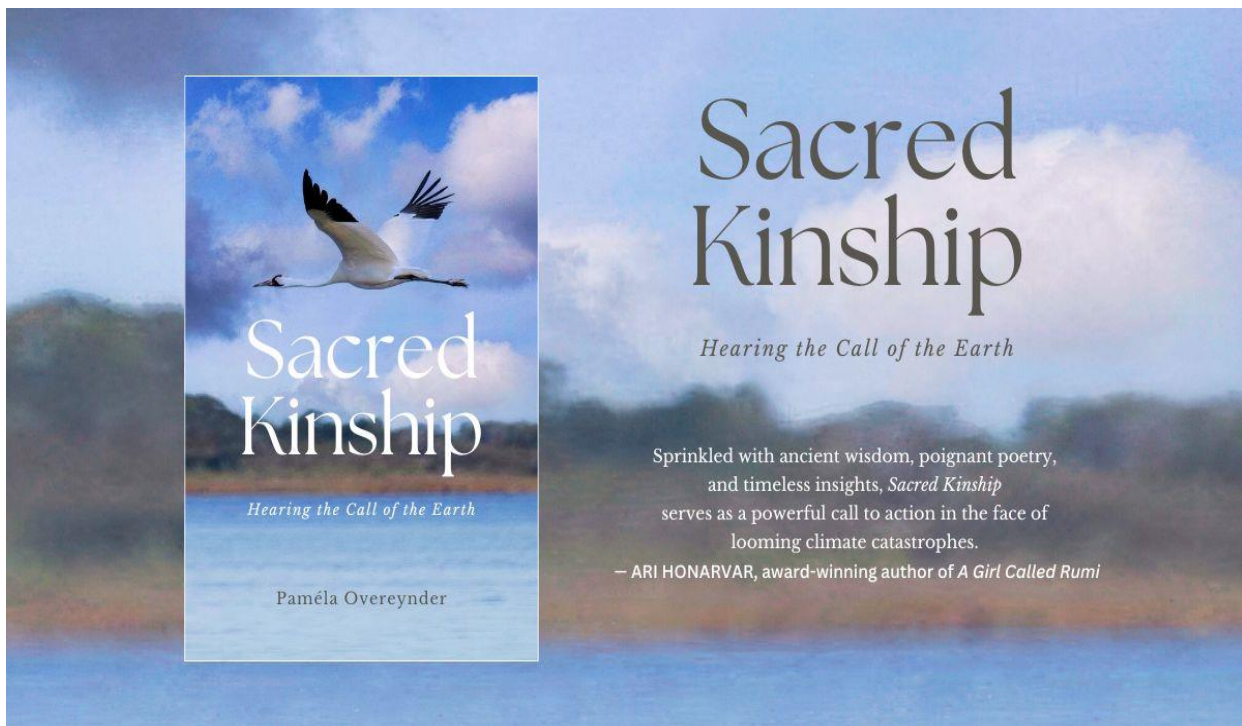


**All our Love - Widad and Herd of Light**

Email: [sabinananda@yahoo.com](mailto:sabinananda@yahoo.com) Website: [www.oneherdoneheart.com](http://www.oneherdoneheart.com)

## Sacred Kinship—Hearing the Call of the Earth

This is new book written by Zebunissa. It is now available in paperback and e-book formats on Amazon as of November 27, 2024. Go to Amazon and search for *Sacred Kinship: Hearing the Call of the Earth*. Or you can find Zebunissa here: [Amazon.com: Paméla Overeynder: books, biography, latest update](https://www.amazon.com/Pamela-Overeynder/e/B000APR084)



## A prayer for World Peace - Pir Zia Inayat Khan

*We affirm that race, religion and nationality cannot separate our shared beating heart  
We affirm that our heart seeks peace and unity with the one heart to which we all belong,  
and we affirm our solidarity in the pursuit of peace.*

*We affirm that the flow of the same force that moves the universe moves through all our blood  
and all our hearts, and we vow to rise above the distracting illusions of forgetfulness and live in awareness.*

*We send a prayer that all beings will come together in the burgeoning being through which flows  
peace, peace, peace throughout the world.*

*AMAN – AMAN – AMAN – AMAN - AMAN*

## CONTACT: INAYATIYYA ZIRAAT – NORTH AMERICA & OCEANIA

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