Sufi Ruhaniat International

Esoteric Studies

Dharma Class with Murshid Wali Ali Meyer

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Class 39 — October 23, 2017

01 Welcome, and Taking Refuge                        [02:09]
02 Other Forms of Buddhism                           [01:39]
03 Eloquent Silence - Seven Treasures, pp 244-245, 249-251 [12:38]
04 Original Nature (pp 176-178)                       [07:58]
05 Meditation Instruction and Meditation              [14:34]
06 Original Nature (pp 179-183) Reading and Commentary [27:26]
07 Meditation Instruction and Meditation              [16:14]
08 Closing Comments and Dedication                   [01:52]

Class 40 — October 30, 2017

01 Taking Refuge                                      [01:47]
02 Zen Flesh, Zen Bones - Stories & Commentary        [11:31]
03 Soundless Sound; Zen History                       [06:44]
04 Meditation Introduction                            [01:57]
05 Meditation                                         [10:37]
06 Original Nature Reading (pp 186-192) with Commentary [33:51]
07 Meditation                                         [13:18]
08 Closing Remarks and Dedication                     [01:36]

Class 41 — November 13, 2017

01 Introduction – Background                         [07:05]
02 Taking Refuge                                     [02:24]
03 Intro to Centering Exercises from Zen Flesh, Zen Bones [03:09]
04 Centering Exercise Teaching and Practice          [13:56]
05 Second Centering Exercise Teaching and Practice    [12:56]
06 Third Centering Exercise Teaching and Practice     [05:04]
07 What is Zen Intro, Reading & Story of HIK - Nyogen Senzaki [04:55]
08 Original Nature Reading (pp 142-143, 186-189), with Commentary & Stories [33:35]
09 Meditation Introduction, Instruction & Meditation  [23:34]
10 In Honor of the Feminine, Closing Remarks & Dedication [06:13]
Class 42 — November 20, 2017

01 Taking Refuge, Eloquent Silence, Seven Treasures (pp 253-256) [10:07]
02 Prajna Paramita Hridaya Sutra (Heart Sutra) [04:38]
03 Meditation Instruction & Meditation [09:30]
04 Commentary on & Chanting of Prajna Paramita Sutra [06:32]
05 Original Nature (pp 191-199) [33:54]
06 Meditation [16:00]
07 Holding Infinity in the Heart [00:51]
08 Experience vs Conceptualization, Closing Comments [03:16]
09 Dedication [01:20]

Class 43 — November 27, 2017

01 Opening & Eloquent Silence #46, Proceed from Top (pp 194-196) with Commentary [12:37]
02 Meditation Instruction [04:01]
03 Meditation [12:56]
04 Post Meditation Commentary [01:14]
05 Original Nature Excerpts (pp 83-86, 91-93) [30:15]
06 Commentary on Reading - Original Nature [02:14]
07 Meditation Instruction & Meditation [18:48]
08 Post-meditation Comments [01:00]
09 Original Nature Reading (p 136) [02:38]
10 Closing Comments & Dedication [02:37]

Class 44 — December 4, 2017

01 Taking Refuge, Original Nature pp 200-202, 212, 213-214, 216-219 with Commentary [38:17]
02 Meditation Instruction & Meditation [27:35]
03 Eloquent Silence Case 11 - Joshu Examines a Hermit Monk in Meditation (pp 77-79) [08:38]
04 Q & A, Buddhist Stories [10:43]
05 Dedication [00:54]
Class 45 — December 11, 2017

01 Taking Refuge, Honoring Mother Krishnabai [02:51]
02 Zen Flesh, Zen Bones Reading on Dying [02:49]
03 Original Nature (pp 223-225, 230-234) [26:31]
04 Meditation Instruction & Meditation [22:00]
05 Q & A - Mother Krishnabai, Noor-un-Nisa, etc [20:24]
06 Meditation [07:11]
07 Dedication [00:57]

Class 46 — December 18, 2017

01 Welcome, Taking Refuge, Historical Review & Plan for Future Classes [05:47]
02 Eloquent Silence - N Senzaki, Buddhism & Women (pp 272-275) [09:51]
03 Meditation Instruction & Meditation [12:27]
04 Nyogen Senzaki Writings from Internment Camp (Eloquent Silence, pp 334 & 338) [03:25]
05 Commentary on Sokei-an's Internment & Marriage to Ruth Fuller [02:04]
06 Original Nature (pp 28-32) [19:11]
07 Commentary - Dharma Path, Women in Religion, Emptiness & Expression [14:42]
08 Meditation Instruction & Meditation [17:22]
09 Post-Meditation Comments [02:36]
10 Dedication & Wishes for New Year [01:39]

(Due to technical issues, a recording of Class 47 on January 3, 2018 is not available).

Class 48 – January 11, 2018

01 Taking Refuge and Introduction [02:23]
02 Eloquent Silence #27 It Is Not Mind - Buddha - Things (pp 130-132) [10:04]
03 Meditation Instruction and Meditation [16:09]
04 Original Nature (pp 275-283) [04:02]
05 Meditation Instruction and Meditation [15:25]
06 Dedication [01:14]
Class 49 – January 25, 2018

01 Taking Refuge, Reading from Murshid Sam's 1956 Diary – Thailand [05:49]
02 Original Nature Reading (pp 283-286) with Commentary - History [18:36]
03 Meditation Instruction and Meditation [13:26]
04 Original Nature (pp 275-283) [40:02]
05 Meditation Instruction and Meditation [15:25]
06 Dedication [01:14]

Class 50 – February 1, 2018

01 Welcome, Taking Refuge [02:30]
02 Eloquent Silence Intro & Reading - The 7 Treasures (pp 244-248) [14:40]
03 Inayat Khan - Mysticism of Sound Reading with Commentary [02:09]
04 Mirror Consciousness Meditation Instructions, Meditation [13:25]
05 Papa Ramdas Intro, Reading & Commentary on One Being [10:55]
06 Original Nature (pp 293-294) [12:46]
07 Commentary on Zen in America [04:20]
08 Original Nature Meditation Instruction, Meditation [20:27]
09 Prajna Paramita Mantra Chanting [05:48]
10 Dedication [01:00]

Class 51 – February 8, 2018

01 Welcome, Taking Refuge, Murshid SAM's Buddhist History [06:42]
02 Centering Exercises (Shiva Practices) #3 & #4 [03:53]
03 Meditation [12:33]
04 Remarks on Meditation [00:46]
05 Original Nature Reading (pp 296-304) with SAM Story [41:59]
06 Story Contemplation & Commentary [01:10]
07 Attendee Story; Commentary [01:29]
08 Teaching Realization [06:50]
09 Meditation [13:34]
10 Dedication [01:02]
Class 52 – February 15, 2018

01 Welcome & Taking Refuge [02:34]
02 Eloquent Silence Reading (p 340, p 344) [05:17]
03 Meditation Instruction & Meditation [13:21]
04 Original Nature Reading (pp 304-311) [41:37]
05 Commentary, Q & A [11:26]
06 Meditation [10:07]
07 Dedication [01:08]

Class 53 – February 22, 2018

01 Welcome, Class Schedule & Taking Refuge [03:46]
02 Overview of the Sutra of the Sixth Patriarch, and Sokei-an Sasaki [06:07]
03 SAM Article from Sufi Vision & Initiation pp125-129 & Commentary [16:57]
04 Meditation [15:15]
05 Commentary [01:55]
06 Original Nature Reading, pp 311-313, with Commentary [24:00]
07 Meditation [16:03]
08 Dedication [01:10]

Class 54 – March 8, 2018

01 Taking Refuge [01:52]
02 Eloquent Silence, 'Buddhism & Women' p 272, 275 [06:41]
04 Meditation Instruction & Meditation, Commentary [10:54]
06 Experience vs Concepts, Historical Sketches of 6th Pat, Senzaki, SAM, & HIK [14:23]
07 Meditation [05:03]
08 Dedication [00:44]
Class 55 – March 15, 2018

01 Welcome, Taking Refuge [02:08]
02 Prajna Paramita Sutra - Teaching, Chanting, Meditation [20:54]
03 Bowl of Saki for Match 15 [02:11]
04 Original Nature Reading, pp 321-328 [45:27]
05 Meditation [11:16]
06 Dedication [00:47]

Class 56 – March 29, 2018

01 Welcome, Taking Refuge [01:48]
02 Heart of Perfect Wisdom - Prajna Paramita Hridaya Sutra [11:08]
03 Meditation [12:38]
04 Original Nature Reading (pp329-335) with Commentary [40:07]
05 Meditation [16:17]
06 Dedication [00:47]

Class 57 – April 5, 2018

01 Welcome, Taking Refuge, Bowl of Saki for March 4 with SAM Commentary [05:12]
02 Original Nature Introduction [04:12]
03 Original Nature Reading, pp 334-335 with Commentary [06:35]
04 Reading from Paul Reps' Centering Exercises [10:54]
05 Original Nature Reading, pp 335-340 [31:45]
06 Meditation [10:57]
08 Historical and Closing Remarks, Dedication [04:48]
Class 58 – April 12, 2018

01 Taking Refuge [01:45]
02 Original Nature Excerpt, p 363, & Meditation Instruction [03:30]
03 Meditation [10:09]
04 Original Nature Reading, pp 346 - 359 [65:02]
05 Murshid Sam & Rinzai Zen Story, with Q&A [08:29]
06 Taking Refuge Silently, Dedication [01:36]

Class 59 – April 19, 2018

01 Introduction, Historical Perspective [06:15]
02 Taking Refuge [02:13]
03 Bowl of Saki for April 19th [01:45]
04 Original Nature Reading, p 368, with Commentary [09:04]
05 Meditation [11:35]
06 Original Nature Reading, pp 359-367, and Contemplation [47:24]
07 Meditation [09:31]
08 Dedication [01:18]

Class 60 – April 26, 2018

01 Welcome, Taking Refuge [02:10]
02 Eloquent Silence Reading re-Soyen Shaku (p 310-312) [07:59]
03 Original Nature (pp 367-368) [06:11]
04 Meditation Instruction & Meditation [12:09]
05 Original Nature (pp 368-376) [39:13]
06 Meditation [11:22]
07 Dedication [00:55]

Class 61 – May 3, 2018

01 Welcome, Taking Refuge 02:30
02 Original Nature reading, pp 375-380 28:57
03 Meditation 16:32
04 Original Nature reading, pp 380-384 16:59
05 Preview of the rest of Original Nature 01:03
06 Commentary - Sasaki and Senzaki, SAM in Japan 08:26
07 Closing Remarks, Dedication 01:38
Class 62 – May 10, 2018

01 Welcome  01:11
02 Taking Refuge  01:24
03 Centering Exercises History  02:12
04 Manual for Self-Realization, Verses 84-85  03:43
05 Akasha Contemplation  10:17
06 Original Nature Reading pp 384-392  52:01
07 Meditation  14:17
08 Dedication and Closing Remarks  01:26

Class 63 – May 17, 2018

01 Opening Meditation  09:33
02 Taking Refuge  01:41
03 Original Nature Reading (pp 389-395)  36:57
04 Meditation  12:17
05 Dedication  00:38

Class 64 – May 24, 2018

01 Welcome, Taking Refuge  02:44
02 Introduction to Sokei-an Sasaki  05:51
03 'Original Nature' Reading (pp 387-390)  18:10
04 Alaya Consciousness Meditation  13:22
05 'Original Nature' Reading (pp 390-394)  23:14
06 'Original Nature' Reading (pp 395-397)  19:03
07 Summary Remarks, Q & A  08:39
08 Dedication  00:53
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<td>04 Recitation of Prajna Paramita Hridaya Mantra.mp3</td>
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<td>06 The Zen Eye - 'The Key' (pp 23 - 25).mp3</td>
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<td>07 Commentary on The Key.mp3</td>
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<td>08:06</td>
<td>08 Where Religions Meet - Non-Egoic State.mp3</td>
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Follow-up Dharma Night Classes:

Class 67 – September 13, 2018

01 Introduction to Class & Taking Refuge 04:11
02 Reading from The Zen Eye, Motionless Mind pp 61-63 09:38
03 Meditation on the Deep Ocean 20:37
04 Intro to Papa Ramdas & Reading of His Stories 01:36
05 Story #61 - Ignorance Is Like Dust In The Eye 02:28
06 Story #104 - The Two Sadhus 04:59
07 Story #9 - The Devil And The Pole 02:30
08 Ramnam Mantra Chanting, Fikr_Meditation 11:40
09 More on Papa Ramdas and Murshid Sam Accounts 06:42
10 Radiance Sutra #42 with Meditation 12:27
11 Murshid Sam Stories, Events, Scheduling Discussions 05:03
12 Dedication 01:07

Class 68 – September 20, 2018

01 Introduction & Taking Refuge 04:07
02 Reading from Hazrat Inayat Khan on Willpower, with Commentary 04:26
03 Vijnana Bhairava # 27 05:13
04 Concentration Instruction and Practice 09:37
05 Inhale Bliss, Exhale Serenity 13:17
06 Practice - Subboohun, Quddoosun, Rabbul-Malaekate, Wa Rooh 06:26
07 Sokei-an Sasaki, 'The Zen Eye' pp 17-18 07:16
08 Prajna Paramita Hridaya Sutra Reading & Commentary 08:41
09 'Gate Gate, Paragate' Chant from the Sutra 06:50
10 Meditation 08:01
11 Karuna Yoga Gita (Murshid Sam) Reading & Commentary 07:05
12 Concluding Comments & Khatum 03:05

Class 69 – September 27, 2018

01 Taking Refuge 02:20
02 Vijnana Bhairava Practice Instruction 06:06
03 Sitting Practice 25:41
04 Post-Practice Commentary & Discussion 07:24
05 Zen Eye Reading & Commentary - The Great Ocean pp 35-38 21:23
06 Amal Practice Teaching 06:10
07 Amal Practice with Meditation 13:17
08 Dedication 00:42
### Class 70 – October 4, 2018

| 01 | Welcome - Taking Refuge | 02:50 |
| 02 | Reading from 'The Zen Eye' | 16:02 |
| 03 | Foundation of Buddhist Practice pp 92-95 | 11:35 |
| 04 | Alaya-Vijnana Practice, Centering Exercise #8 | 06:02 |
| 05 | Prajna Paramita Hridaya Sutra | 04:08 |
| 06 | Amal Practice | 13:17 |
| 07 | 'In Quest of God' by Papa Ramdas – Bringing Prajna & Heart Together | 12:16 |
| 08 | Inhale Bliss, Exhale Serenity Practice | 11:51 |
| 09 | Om Gate Gate Mantra | 04:35 |
| 10 | Dedication | 01:46 |

### Class 71 – October 11, 2018

| 01 | Taking Refuge | 02:21 |
| 02 | Bowl of Saki for October 10 | 02:48 |
| 03 | Papa Ramdas 'In the Quest of God_ Reading and Commentary | 05:57 |
| 04 | Meditation Attunement - Om Sri Ram Jai Ram Jai Jai Ram | 05:25 |
| 05 | Meditation | 13:54 |
| 06 | Inhale Bliss, Radiate Peace, Serenity | 07:17 |
| 07 | Zen Eye (Sokei-an Sasaki) - 'Buddhist Students' (pp 96-99) | 11:19 |
| 08 | Reading from SAM's Dharma Transmission + Incense from Roshis | 12:36 |
| 09 | Barkat Ali Amal Practice, Subboohun – Quddoosun | 04:58 |
| 10 | Rabbul-Malaekate - Wa Rooh | 04:41 |
| 11 | Post-amal Meditation | 11:07 |
| 12 | Dedication | 00:56 |
**Class 72 – October 18, 2018**

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<td>06 Ya Wasi' Practice</td>
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<td>07 Amal Practice- Subboohun - Quddoosun –</td>
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<td>Rabbul-Malaekate - Wa Rooh</td>
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<td>Qayyamun - Dayamun - Abbadan -Abad</td>
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<td>10 Amal Contemplation</td>
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<td>11 Closing Remarks on Amal - Emptiness</td>
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