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| The Healing Service, by Murad Finkelstein |
| In these extraordinary times, many of us are experiencing a need to receive help from whatever source we can find. Help from the divine is always available. If we ask God/Goddess for help, they will be there to help and support us.Spending time doing anything that reminds us of that connection can be very helpful. Any work with meditation, Sufi practice, breath work, qigong, tai chi or yoga has a tendency to bring us back into our bodies and away from the emotional fears and anxiety that we all feel. This happens by letting our breath slow down and deepen. While it is important to stay informed about the current health and political situations, the media tends to bombard us with continuous information. We all have a tendency to get hooked into the constant stimulation and get overwhelmed and unbalanced. There are 2 solutions - limiting media exposure and adding in more things that bring us back to balance. Within our local Sufi offerings, we now offer 2 online Sufi healing classes a week - a Sufi healing class and healing service on Sundays at 7 PM and a healing service for the world on Fridays at 10 AM.The Healing Service was created by Hazrat Inayat Khan to pray for those who need healing. We also pray for the earth. In this time of need and challenge, it gives us an opportunity to be of service to help others and to help heal the earth.During the healing class, the focus has changed since the corona virus began. I have been leading healing practices that help strengthen our immune systems, our lungs, throat and sinuses. It seems that we can all benefit from them. These stem from my blend of Sufi practice with Taoist/qigong practice, along with insights as an acupuncturist for 40 years. If you have felt helpless since the onset of the corona virus, and have been wanting to do something to contribute towards healing, health, balance and harmony, come to the healing service for the world. No previous experience is necessary - only a willing heart to see the world and humanity in its divine perfection. In the process of serving the whole, you, as part of the whole, will receive from the boundless source of life as well. |