



[www.jamalrahman.com](http://www.jamalrahman.com)

**Blush of the Beloved II**  
will be offered to continuing students  
following the completion of  
Blush of the Beloved I.

Further advanced courses will be offered in an intensive retreat format. They will build on principles and practices studied in earlier courses and will be especially designed to suit specific needs of attending students.

*“When you arrived here, everyone was laughing and smiling  
but you were crying.  
Live such a life that when you depart, everyone is crying  
but you are laughing and smiling.”  
(The Prophet Mohammad)*

# Blush of the Beloved I



*“Once the Blush of the Beloved graces you  
there is no going back to being a green apple.”*

*a sixteen week course in*  
**Spiritual Discernment & Spiritual Deepening**  
*drawing upon the practices, insights and wisdom  
within Sufism, Hinduism, Buddhism & Taoism  
with Jamal Rahman*

**January 11th through April 26th, 2010**  
*(Monday evenings and two Saturday retreats)*

Dear Friend;

I am grateful for your interest in this sixteen week course. If the course appeals to you, please do contact me. It is with joy that I humbly look forward to a shared experience of basking in the glow of Presence.

In Friendship,

Jamal

**Blush of the Beloved I ~ Course description:**

The class offers insights, practices and wisdom within community to support a way of being that is prayerfully present and joyously responsive to God's Compassion, Presence and Guidance. The goal is to allow our divine identity to emerge so that we can evolve into the fullness of our being and be of authentic service.

This course work is meant for those committed to making all of life a spiritual practice and also for those dedicated to sharing spiritual presence and guidance with others.

Here are the details:

**Dates:** January 11th through April 26th, 2010.

**Investment:** \$625.00 ~ *includes \$25.00 non-refundable registration fee.*

If paid IN FULL by December 30th, 2009 **only \$525.00.\***

*\*Includes \$25.00 non-refundable registration fee.*

**To Register:** Call Jamal 206.633.0150 or email [jamalrah@yahoo.com](mailto:jamalrah@yahoo.com).

**Please make checks payable to:** Jamal Rahman

**Mail to:** Jamal Rahman c/o Interfaith Community Church (address below).

**Meeting Times:** Monday evenings 7-9pm **January 11th through April 26th,** 2010. Plus two **Saturday** all day retreats 10am - 4pm: (to be announced)

**Class & Retreat Location:** INTERFAITH COMMUNITY CHURCH,  
1763 NW 62nd Street in Ballard 98107.

**About Jamal Rahman:** Jamal Rahman is a Muslim Sufi minister at Interfaith Community Church, adjunct faculty at Seattle University. He is author of "The Fragrance of Faith: The Enlightened Heart of Islam;" co-author of "Out of Darkness Into Light: Spiritual Guidance in the Qur'an with Reflections from Jewish and Christian Sources" and "Getting to the Heart of Interfaith ~ the Eye-Opening, Hope-filled Friendship of a Pastor, a Rabbi and a Sheikh." Jamal draws upon his life experiences in deepening his relationship with the Beloved and shares his insights with all in awe and gratitude.  
Visit his website: [www.jamalrahman.com](http://www.jamalrahman.com).

## Elements of The Blush of the Beloved ~ I

### The First Element: Cultivating Spiritual Qualities

#### **Cultivating Compassion**

*"Compassionate toward self, you reconcile all beings in the world."*  
~ (Tao Te Ching)

#### **Cultivating Awareness**

*"The miracle is not to walk on water; the miracle is to walk on land."*  
~ (Thich Nat Hanh)

*"Know thyself and you shall know thy Lord."*

~ (Hadith)

#### **Cultivating Remembrance**

*"Truly in the remembrance of God do hearts find rest."*  
~ (Qur'an)

#### **Cultivating Gratitude**

*"Favor upon favor have You bestowed upon this handful of dust."*  
~ (Sufi prayer)

#### **Cultivating Community**

*"Come out of the circle of time and enter the Circle of Love."*  
~ (Rumi)

### The Second Element: Spiritual Practices

#### **Deepening Silence**

*"All the theologies of the world are as nothing compared to a single whisper of the Beloved."* ~ (Traditional Sufi saying)

#### **Transforming the Ego**

*"Gather the scattered fragments of the ego so that the Royal Seal can be pressed upon it."* ~ (Rumi)

#### **Opening the Heart**

*"Open the window of the heart; the moon will kiss you only through the window."* ~ (Rumi)

*"I cannot be contained in the space of the earth or heavens, but I can be contained in the space of the pure loving heart of my servant."* ~ (Hadith Qudsi)

#### **Working in Imaginal Realms**

*"There is traffic and trade in the invisible worlds."* ~ (Rumi)

#### **Connecting to Joy**

*"From joy we have come; by joy we are sustained; unto joy we shall return."*  
~ (Upanishads)

#### **The Art of Forgiveness**

*"Whatever you release, releases you."* ~ (Traditional saying)

#### **Being of Service**

*"Become a lamp, lifeboat or ladder."* ~ (Rumi)