

# SUFI RICHTINGEN MEDITATIE



1. Noorden - Lucht
2. Oosten - Westen - Vuur - Aarde
3. Zuiden - Water
4. de Cirkel
5. Center - Derwish Dans
6. Spring op en neer - Hoe . . . Hoe . . .
7. de Christus Houding
8. de Oneindige Beweging
9. Lig of Zit - Meditatie
10. Stilte - Meditatie

# MEDITATION OF THE DIRECTIONS

It is the story of nine simple movements. They were received in dreamtime by a young explorer from the Atlas mountains, it was a long time ago. The movements were among many other things that converged together to help him heal a terminal illness. After recovering, the young explorer set himself free to travel and experience the world. During his journeys he shared some of the movements with the people. Many years later they became a popular meditation among them. For many of them, it is a daily practice and - it works.

Where do these movements actually come from? To which tradition, which tribe, which school they do belong? Why are they called Meditation of the Directions?

Just know that these movements were originally assembled the first time in Formentera by Jabrane Sebnat and a couple of friends. They were called the Meditation of the Directions. They were given later to the Alifia International Institute for Holistic studies to promote them. Today this meditation is made in spiritual schools, therapeutic and artistic communities, dance schools, theatre groups, fitness centres and many other places.

Each year I receive a new version of this meditation, with a new music, a new name but the movements stay the same. It is a sign for me that the material is useful. I still like the original music. That is the reason, I decided to make this new CD. I am very grateful to the many friends who helped me to put this work together. My best hugs to Dragan, Franzi, Gabi, Sonja, Peter, Harry, Jamal and Noah.

You will notice that the movements are similar to many other practices: Sufi dances, Yoga, Tai Chi, Dervish Dance, Sun Dance, Aerobics, Belly Dance and many other disciplines. I didn't come with anything new, I have been bringing many elements from various traditions together, and arranged them. My main inspiration is rooted in life.

These exercises are not meant to force anything to happen. There is no particular outcome expected. If you find yourself being forced from inside or by your teacher to breath in a particular form, you can stop and try again later.

These movements strengthen and empower the whole body system. This meditation is meant to increase our life force, to make us feel relaxed, open and passionately interested in exploring the beauties of life.

The nine movements are referring to the nine directions of space. We know that we have nine openings in our bodies, they are the sacred gates to the world. Nine stands for communication, orientation, balance and openness. The main message of this work is: Move, breath and express our beauty!

What is really amazing with these nine exercises is that even when you Are not a hard working type you still want to make them from time to time. Any kind of person will benefit from learning the practice of the Meditation of the Directions with its nine movements.

How to start? Reading through this manual will give you enough insight in how to start properly, alone, you may also invite friends to join you. I have seen people doing this meditation alone, in groups, with children and in schools, gardens, deserts and homes. I have seen people starting by facing North, South, East or West, without distinction. It does not matter how you do it. Just move and let yo beauty manifest.

Allow your body to adjust naturally to the movements with the help of the music. Accept your natural rhythm and listen to your body. You will find yourself becoming more aware about the relation to your body. Trust what is happening without any resistance. Please remember that the breathing process in these exercises is vital. The appropriate breath will increase the benefit of the meditation. Gentle and easy breath is recommended in most of the exercises.

There are nine pieces of music in this CD. Each one corresponds to a movement. The movements can be practiced separately. Please combine reading the instructions and looking at the pictures.

With much love to You. Good luck. – Jabrane Mohamed Sebnat

# 1. North (Lucht)

The main elements in this exercise are breath, touch and movement.

Facing North touch your belly with the palms of your hands (1), inhale through your nose and move your hands upward from your belly to the level of your heart (2).

Exhale through mouth and move right arm and right leg forward towards the North (3).

Bring back your hands to the belly and your right leg to the centre (4), repeat the same movement with left arm and left leg (5, 6).

Return to the centre (1) and continue the movement from the beginning . . .

# 1

NORTH-AIR • NORDEN-LUFT • NORD-AIR



## 2. East - West (Vuur - Aarde)

Same position and breath as for North (1).

Just move your right arm and leg to the east side (2-4).

Return to the centre and move your left arm and leg to the west side (5-8)

and continue the movement . . . (1-8).

# 2

EAST-WEST-FIRE-EARTH • OSTEN-WESTEN-FEUER-ERDE • EST-OUEST-FEU-TERRRE



### 3. Zuiden (Water)

Move behind you with your right arm and leg (2-4),

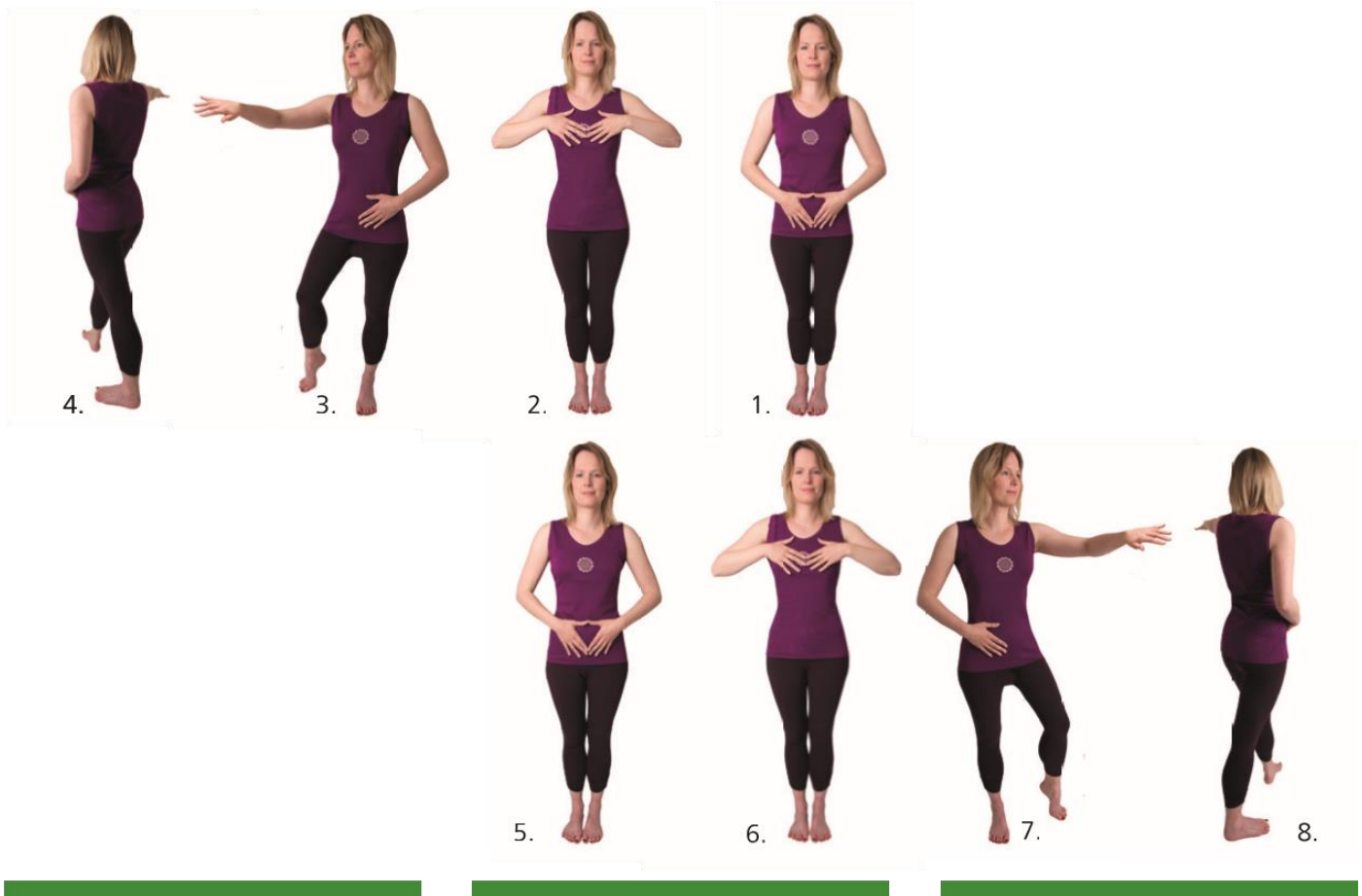
return to the centre (5) and

move behind you with your left arm and leg (6-8).

Continue the movements . . . (1-8).

# 3

SOUTH-WATER • SÜDEN-WASSER • SUD-BAU





# 4. de Cirkel

Move in the four directions.

North (with right arm: 1-3) and

North (with left arm: 4-6),

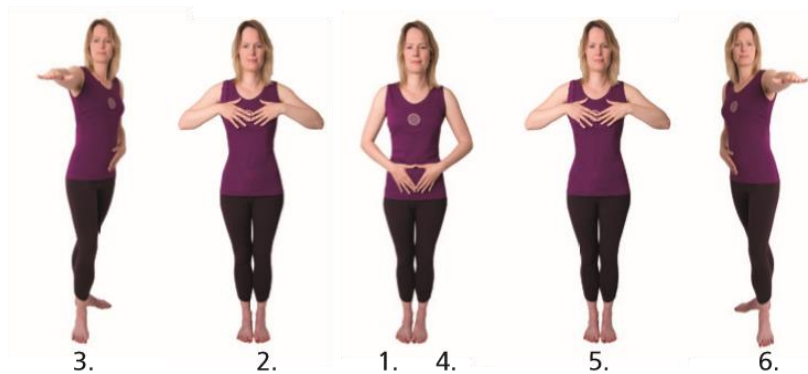
East (1-4) and

West (5-8),

South (1-4) and

South (5-8),

continue ...



## 5. Center - Derwish Dans

This part of the meditation is based on the Dervish-Dance.

Raise the right arm with the palm of your hand opened upwards.

Expand the left arm with the palm of your hand opened downwards.

Then elevate your head slightly to your right side.

Keep your eyes half open and start turning counter-clockwise.

You will turn for as long as you wish.

Sufi schools have discovered that this form of movement affects the mechanism of balance and orientation which is located in the inner ear.

Balance and orientation are the result of the practice of the Dervish Dance.

5

CENTRE-DERVISH DANCE • MITTE-DERWISCHTANZ • CENTRE-DANSE DERVICHE



## 6. de Sufi “HOE . . . HOE . . .”

The breath is inhaled through the mouth while you are jumping up.

It is then followed by an energetic exhalation with the sound of „Hou“ while you are coming down.

The arms are raised up vertically, and you jump up from one foot to the other.

THE SUFI „HOU“ • DAS SUFI „HU“ • LE „HOU“ SOUFIE





## 7. de Christus Houding

Standing upright with your feet comfortably spaced and  
your knees slightly bent,  
feel the contact with the earth.

Bring your arms up at the sides of your body and  
keep them slightly stretched.

The palms of the hands are turned upwards.

The breath is free and relaxed.



THE CHRIST POSITION • DIE CHRISTUSPOSITION • LA POSITION DU CHRIST



## 8. de Oneindige Beweging

You are standing upright and  
your arms are slightly raised at the side of your body,  
then you start moving the upper part of your body like a reversed eight,  
just following the movement.



THE INFINITE MOVEMENT • DIE UNENDLICHE BEWEGUNG • LE MOUVEMENT DE L'INFINI



## 9. ga Liggen of Zitten

Lie down in a foetal position,  
or just sit with crossed legs and  
meditate.



LYING-SITTING • LIEGEN-SITZEN • COUCHÉ-ASSIS



## 10. Stilte - blijf bewust

Aanpassing door Nirav:

10. Na de rustige muziek met oceaangolven volgt een 7 minuten stilte.

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SILENZIO AG • Badstr. 131 • 91349 Egloffstein • Germany

Tel. +49 (0) 9197-6266280 • Fax +49 (0) 9197-62662888

Email: [info@SILENZIO.de](mailto:info@SILENZIO.de) • [www.SILENZIO.de](http://www.SILENZIO.de)