

Program and Classes 2026



Saadi Neil Douglas-Klotz, Scotland
Self-Protection and our Spiritual Immune System (all-school class)

Hazrat Inayat Khan speaks of the importance of recognizing and dealing with “mental-emotional viruses,” which he calls *muwakkils*. Dealing with these, which surround us via the media, internet, and the emotional atmosphere of modern life is one of the most important healing issues today. To this we will add lessons and practices on self-protection—establishing healthy boundaries by boosting our spiritual immune system. We will also dive into accounts of Jesus’ healing and the practices he uses, viewed from Aramaic, his native language. Updating these teachings for today, we will explore other tools for psychic and spiritual self-defense, all of which can lead us from perceived difficulties to the ease of a deeper connection to our heart and soul-nature.



Alima Silke, Germany
Rhythms of Life – In Tune with the Seasons within and around us

In nature, the great breath of life unfolds in cycles of growth and decay, light and darkness, fullness and stillness. In this class, we attune to the seasons – both around us and within. Through Sufi-inspired practices, and nature attunements, we reconnect with the rhythms that flow through all life. When we once again entrust ourselves to these rhythms and cycles, we strengthen our vitality and sense the wisdom inherent in change. An invitation to remember that we belong to the great cycle, with life breathing in us and through us.



Brita Baraka von Kügelgen and Hauke Jelaluddin Sturm, Germany
The Boundless Power of the Heart

Our heart truly has boundless power, if we allow it. Discord, fear, and worry often lead us to want to protect and close it off. But with love and compassion, we can reopen this protective shell around our heart. Let us unfold the boundless power of the heart together — for healing, forgiveness, and peace — inside and out. The walking meditations of the symbols and

the “walks of the healer” help us build heart resilience. Also with other Sufi exercises, meditation, healing service, and Sufi Soul-work—for a “living heart awakening,” as Samuel Lewis describes it.



Jean Pierre Salik David, Portugal
Turning toward the heart for grounding, healing and remembering the One

Practice becomes an anchor in our heart to stay in the centre of the circle of life that pulls us in all directions. The remembrance of the divine presence will be done over the week with deeper understanding of all the elements associated with it, including rhythm, tone, posture, symbology and visualization. This is the Zikr of Hazrat Inayat Khan as he played it nightly to his children before bedtime. The practice of the prayer Nayaz will be shared to show the way to seek vital energy from the spheres themselves, going back to the source and the One. The soul is the divine breath, and Nayaz was called the path itself by Murshid SAM. We will also do the purification healing breaths and share original dances of universal peace from Murshid SAM.



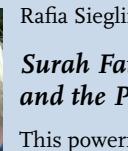
Natalia Nur Jahan, Scotland
The Most Precious Gift--The blessing and the responsibility of being made “in the divine image”

What is my purpose in this life?” Many never find a satisfying answer to this most essential question. What is a human being for here on Earth? And what can a Sufi’s best work here be? Bringing through *baraka* (blessing) in support of good causes and souls in need seems to be a worthy goal. Is this the highest we should aim for? What if the very way we are trained to use our minds is what keeps “rearranging the bars of the prison” of this world, for ourselves and for others? What if this stops us from building the life we desire, and the world we would love? In this class we explore ways to heal our heart-minds from the habitual enslavement to the world as we know it. As tools we use sitting and walking Sufi meditation, *asma-ul-husna*, *dhikr*, among others to remind ourselves of our fundamental divine inheritance—and to consciously re-join the process of co-creation.



Raaja Hakim, Germany
Healing Songs: Singing Towards the One

In this class I will offer a variety of Sacred Songs and singing Zikr. They range from a simple mantric style up to 4-part harmonies. The music consists mainly of original compositions inspired by my spiritual practices with a focus on Sufi contents or Aramaic words of Jesus (Yeshua). Also some of Nickomo’s Harmonic Temple songs as well as other Heart Songs might be presented. The main focus this year is on Healing Songs.



Rafia Sieglin, Germany
Surah Fateha – Opening to Healing, Unity, and the Power of Love

This powerful prayer helps us to align ourselves with God/Allah and connects us with the all-encompassing power of love of the divine being, Reality itself. We get in touch with the individual lines of this first Surah, in meditation, body awareness, chant, and movement. Through this, our confidence and trust in our connection to divine guidance is strengthened. Beautiful Names, Dances of Universal Peace, Sufi practices, being together and sharing will also support our journey.



Rahmana Dziubany, Germany
Landscapes of Our Soul – Feminine Sources of Wisdom and Healing Through the Ages

On every life’s path, the landscape of the individual soul reveals itself. We tune into the timeless stories of great women – their qualities of mastery and their human nature. What is the secret of their greatness, embodiment, and spiritual vitality? Were their life and work influenced by the landscapes of their external world? Umm Salama, Rabia, Nur-un-Nisa Inayat Khan, Ruth St. Denis. We make ourselves receptive to the flow of blessings from these souls through the Beautiful Names, body prayers, walking, and nature meditations, Soulwork and of course, Dances of Universal Peace. As always, the landscape around the Proitzer Mill will be a central part of our meditation practice – the mill waters, the ancient trees, and the wide horizon of the fields.



Tara Andrea and Maboud Charles, USA
Portals of Potential: The Healing Alchemy of the Beautiful Names

Together we will attune to the 99 Beautiful Names (asma ul husna) as referred to in Sufi traditions. In this offering we will cultivate a relationship with this type of prayerful attunement through original Dances of Universal Peace and body prayers, guided and silent meditations, intonation of the Beautiful Names, and group sharing. We engage with the mystery of a Unifying Higher Power in this to experience the Names as living archetypal energies of our potential for healing and wholeness. Each Name contains qualities or attributes that may release us from the limitations, wounds and defensive patterns of our ego-self and liberate the energies of our soul-self or true self. In this way we may be able to live with greater honesty, vulnerability, authenticity and loving kindness.



Glen Unmana, England
Türen zur Realität

This morning meditation class offers anchoring practices to guide us into the silent depths of our Being. Working with breath, chanting, chakras, body prayer and our own simple “I Am-ness” these practices drawn from the non-dual Advaita Vedanta, Kashmiri Shaivism and other traditions will take us beyond the fluctuations of the mind to a direct encounter with the timeless lifespring within.



Khabir Wali, Germany
Early Morning Sufi Practices

“Breath is the principal and essential power that can help in healing. When the rhythm of breath is in harmony, the whole being is in tune.” — Hazrat Inayat Khan. In this morning class, we start the day by consciously turning to our breath and prayer, and thus to our own rhythm, in order to experience it from day to day more and more easily, simply, and deeply — so that healing could happen.

Full class descriptions:
<https://europeansufischool.org/26-theme/>

24. EUROPEAN SUFI SUMMER SCHOOL 2026

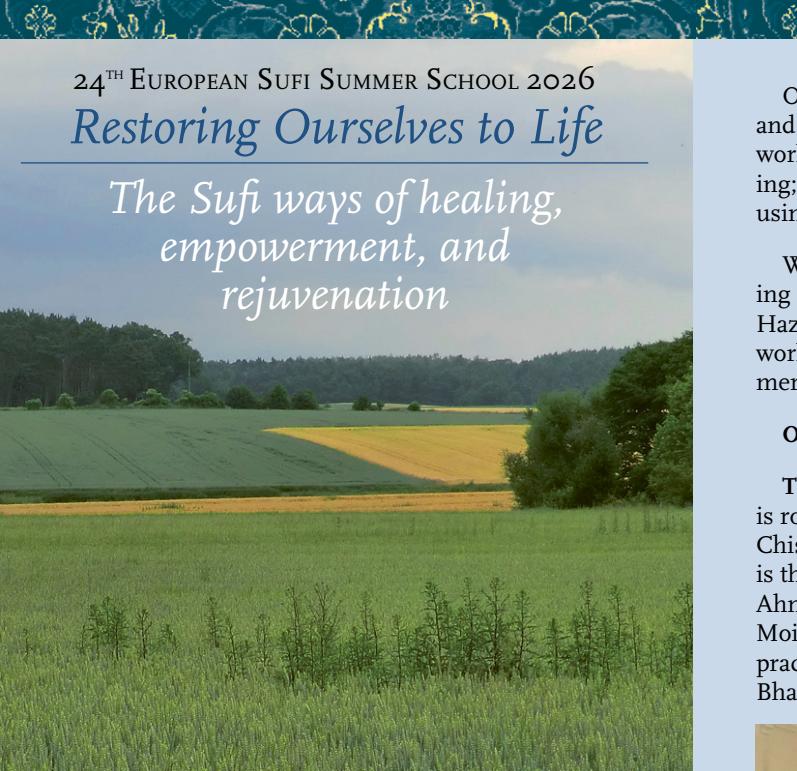
Restoring Ourselves to Life
The Sufi ways of healing, empowerment, and rejuvenation



27 June – 3 July 2026
Proitzer Mühle near Uelzen

24TH EUROPEAN SUFI SUMMER SCHOOL 2026 *Restoring Ourselves to Life*

The Sufi ways of healing, empowerment, and rejuvenation



To live to our fullest capacity, to love our life, to feel that we are bringing joy, beauty, and aliveness into this world is what each of us hopes for when we begin our journey on this planet.

In its countless ways, the world affects us, resulting in a loss of our physical, mental, and spiritual vitality, due to the weakening of our alignment with the source of all healing – the energy of Life itself, *Al-Hayy*.

At this year's Summer School, we will explore many different aspects of healing and wholeness. What the Sufis call unity, *tawhid*, needs to be experienced in the most expansive part of our being as well as in the most deeply embodied. This only happens when we dive into the genuine warmth of our spiritual heart, the “heaven of the heart,” as some Sufis called it.

Our diverse teaching staff will share teachings and practices that unite us in experiences of remembering and enacting our wholeness. We are fortunate to have five Shafayats (senior initiates of the Dervish Healing Order) on our team, all skilled in different modalities of healing.

Our themes and practices will include: self-protection and boundaries, connection in a healthy way to the unseen worlds; channelling and radiating magnetism and blessing; clearing the mind to free the creative focus in life; using breath, heart and eye to change

We will draw not only from the Sufi lineage of teaching (primarily but not exclusively the Chishti one through Hazrat Inayat Khan) but also from a wider range of the world's spiritual wisdom in which our teachers have immersed themselves.

Open to all. You are welcome to join us!

The European Sufi Summer School is open to all. It is rooted in an open spiritual tradition of the ancient Chistia lineage of Sufism. Our transmission (*ruhaniyya*) is through Murshid Hazrat Inayat Khan, Murshid Sufi Ahmed Murad Chisti (Samuel L. Lewis) and Murshid Moineddin Jablonski. Threads of their individual spiritual practice also include Zen Buddhism, mystical Christianity, Bhakti and Advaita Yoga, and Kaballah.



The Summer School is staffed by dedicated students connected in various ways to and through this line of spiritual transmission. It is not legally or financially connected with any other Sufi corporation, organisation, or project.

Our Summer School celebrates the living way of the many paths of the heart through Sufi zikr (Remembrance), sitting and walking meditation, healing, spiritual music, Soulwork and Spiritual Psychology, art, and Dances of Universal Peace, and more.

We offer a range of classes, all focused toward present-day challenges, personally and globally. The day at the summer school begins with an all-school class, and then



multiple classes are offered throughout the day. In the evening, we join together again for shared practice, Dances of Universal Peace, meditation, and wisdom stories, usually from the Sufi tradition.

The meditative walks of Murshid Samuel Lewis are a virtually untapped treasure about the truth of where each of us is right now, as doorways to Unity. His dances, inspired through vision and dream, offer the possibility to experience meditation in movement, and stillness in motion.

Participation in all classes is optional.

We emphasize teaching “in the footsteps of” our spiritual ancestors with language and practice adapted to the current challenges of humanity and the planet as a whole. No prior experience is necessary except a heart open to wisdom from the world's many traditions.

Our aim is to nurture a community of seekers—and finders!—from across Europe and the rest of the world. You are welcome to join us!

All classes are conducted in English and German.



Location: Our gatherings take place in Protzer Mühle in North Germany, in the hills of a nature reserve park of the Elba River. Surrounded by forests, meadows, and lakes it is an old water mill, whose history goes back to the 14th century. The buildings are on a 10-hectare site and have been remodelled to a high standard. It is now a venue for spiritual seminars and dance groups.

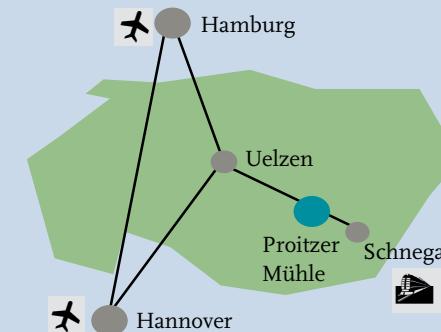
The main house features a large dance hall with a wooden spring-floor, where we hold our main sessions. Two more meeting rooms provide us with the opportunity to have a few classes running simultaneously. The area provides a lot of opportunity for spending quality time outdoors, weather permitting. Be that a long walk along the fields and even into the forests, a courageous dive in a local pond, or simply dining al-fresco or just having a cuppa at one of the many sitting areas around the mill, breathing the fresh air of the German countryside—all offer a pleasurable summer experience.

Accommodation: The venue has plentiful accommodation in the main house, as well as in two newer houses. Most of the rooms are en-suite, and those that are not share a bathroom with one or two other rooms. A few single rooms are available, and one is always advised to book those early. The majority of rooms are double and triple. You can also camp in your own tent or stay in a larger shared accommodation (dormitory, also called ‘the mattress room’). For those preferring a more private accommodation, there are a few B&Bs in the area, including in the walking distance from the seminar hall.

Vegetarian meals are standard, and as abundant as they are amazingly delicious. Over the years many have noticed that clothes seem to shrink by the end of the seminar, so this might be something to be conscious of. If you have different dietary needs, the kitchen will be able to accommodate vegan, gluten free and dairy free diets pretty easily.

Director: Saadi Neil Douglas-Klotz
Assistant director/treasurer: Natalia Nur Jahan
Team: Renate, Fatima Nuri, Rahima Nuri, Matthias, Glen, Salik, and Abi.

*Our venue website
www.proitzer-muehle.de*



27 June – 3 July 2026

Summer School Tuition and Accommodation:
Take advantage of the “early bird” discount. Get € 50 or € 100 (couples) off the full price, if we receive your deposit of € 250 by March, 1.

2026 prices:

Tuition: € 475 per person, couples € 900, Young adults (18-28) € 310; if in education - € 230.

Accommodation (bed+ standard meals, per person, for 6 nights):
Single room (just a few available!) € 554-584
Double room - € 416-434
Three bed-room - € 404
Mattress room/own tent/staying off-site - € 320

A limited number of tickets with additional discounts is available every year, please enquire early!

Diet: Our standard diet is vegetarian. Special diets (+€ 8/day) include vegan, gluten free, dairy free.
Bedding, if desired: € 12 (paid on site)

Info Email: info@europeansufischool.org

Registration and room booking only online at our website, where you can also find more information about our school, this year classes, and travel details:

<https://europeansufischool.org/>