

**GOD IS BREATH SEMAINAR WALKS**

**Classes: DN=Dharma Night; GiB=God is Breath;  
BtS=Becoming the Stillness Between the Breaths**

<u>TITLE</u>	<u>NOTES</u>	<u>CLASS</u>	<u>TRACK</u>	<u>LOCATION</u>	<u>CATEGORY</u>
Papa Ramdas / Murshid SAM Walk		DN	2/28/2012		Masters
Sun Spin	Planetary Spins Instruction, Part I	DN	6/26/2012	0:00:12	Astrological
Moon Spin	Planetary Spins Instruction, Part I	DN	6/26/2012	0:08:25	Astrological
Mars Spin	Planetary Spins Instruction, Part I	DN	6/26/2012	0:19:05	Astrological
Neptune Spin	Planetary Spins Instruction, Part I	DN	6/26/2012	0:29:37	Astrological
Saturn Spin	Planetary Spins Instruction, Part II	DN	7/24/2012	0:00:28	Astrological
Jupiter Spin	Planetary Spins Instruction, Part II	DN	7/24/2012	0:11:29	Astrological
Mercury Spin	Planetary Spins Instruction, Part II	DN	7/24/2012	0:20:04	Astrological
Uranus Spin	Planetary Spins Instruction, Part II	DN	7/24/2012	0:24:34	Astrological
Sun and Moon Together Spin	Planetary Spins Instruction, Part III	DN	10/23/2012	0:00:26	Astrological
Sun and Moon Together Walk	Planetary Spins Instruction, Part III	DN	10/23/2012	0:09:28	Astrological
Venus (vs. Mars) Walk	Planetary Spins Instruction, Part III	DN	10/23/2012	0:13:50	Astrological
Venus Spin	Planetary Spins Instruction, Part III	DN	10/23/2012	0:17:53	Astrological
Pluto Group Practice	Planetary Spins Instruction, Part III	DN	10/23/2012	0:20:44	Astrological
Pluto Spin (with some Sun)	Planetary Spins Instruction, Part III	DN	10/23/2012	0:28:00	Astrological
Hara Center Walk		GiB 1	4	0:12:09	Centers
Sun Walk		GiB 1	5	0:17:37	Astrological
Toward The One	from Third Eye, Knowing-Wisdom (Following 3rd Eye Center Breathing Meditation)	GiB 1	6	0:02:38	Centers
Kwan Yin - Compassion	(Following Kwan Zeon Bosai Dance)	GiB 1	9	0:09:39	Masters
Murshid SAM & Peace is Power Attunement	(Following Allaho Akbar-Ya Salaam Anthem Dance)	GiB 1	13	0:09:14	Masters
Hara Center Walk		GiB 1	14	0:08:10	Centers
Hara Center Walk		GiB 2	1	0:05:01	Centers
Ya Rahman, Ya Rahim		GiB 2	1	0:09:54	Wazaif
Ya Matin, Ya Halim		GiB 2	1	0:15:43	Wazaif
Toward The One		GiB 2	5	0:00:17	Darood
Divine Mother	(Following Instruction and Meditation on Divine Mother)	GiB 2	5	0:46:11	Masters
Peace is Power Walk	(Following Allaho Akbar-Ya Salaam Anthem Song)	GiB 2	5	1:08:41	Wazaif
Ya Sabur, Ya Jamil		GiB 2	8	0:06:12	Wazaif
Ya Sabur, Ya Jamil		GiB 3	1	0:18:26	Wazaif
Hara Center Walk		GiB 3	4	0:00:18	Centers
Holy Mother		GiB 3	4	0:28:11	Masters
Elemental Walks with Added Ether Element	Introduction	GiB 3	4	0:37:54	Instruction
Earth with Ether		GiB 3	4	0:38:18	Elemental
Water with Ether		GiB 3	4	0:46:41	Elemental
Fire with Ether		GiB 3	4	0:54:00	Elemental
Air with Ether		GiB 3	4	1:04:22	Elemental
Applying the Ether Breath	Commentary	GiB 3	4	1:11:42	Instruction
Angelic Plane Walk		GiB 4	1	0:42:18	Centers
Dhal Jalali wal 'Ikram Walk		GiB 4	3	0:41:43	Wazaif
Hara Center Walk		GiB 4	4	0:00:19	Centers

Hazrat Inayat Khan Walk	(Following 'Tassawuri Murshid' by HIK & Commentary	GiB 4	5	0:52:45	Masters
Holy Mother		GiB 5	2	1:18:41	Masters
Shakti Walk	(Following Shakti Jai Dance)	GiB 5	3	0:15:44	Wazaif
Urooj Breath and Walk		GiB 5	4	0:07:13	Breath
Zaval Breath and Walk		GiB 5	4	0:23:13	Breath
Kamal Balanced Breath and Walk		GiB 5	4	0:39:24	Breath
Sun Breath, then Walk		Gib 5	5	0:00:29	Astrological
Moon Breath, then Walk		GiB 5	5	0:11:47	Astrological
Sun and Moon Together Breath, then Walk		GiB 5	5	0:26:27	Astrological
Ya Rahman, Ya Rahim		Gib 6	1	0:02:12	Wazaif
Ya Fattah Walk		GiB 6	1	0:07:08	Wazaif
Ya Hayyo, Ya Qayyum Walk		GiB 6	1	0:11:12	Wazaif
Abraham Walk	(Following Guidance on Attuning to Illuminated Soul)	Gib 6	2	0:27:22	Masters
Ya 'Alim, Ya Hakim Walk	(Following Ya 'Alim, then Ya 'A;im, Ya Hakim Wazifahs)	Gib 6	2	1:43:36	Wazaif
Hara Center - Ya Haqq Walk		GiB 7	1	0:00:15	Centers
Avalokiteshvara Walk		GiB 7	3	0:42:11	Masters
Harmony with the Breath Walking		GiB 8	2	0:00:11	Breath
Subhan Allah Walk		Gib 8	3	0:00:57	Wazaif
Ya Rahman, Ya Rahim		Gib 8	3	0:07:34	Wazaif
Ya Sabur, Ya Halim, Ya Sabur, Ya Ghafur		Gib 8	3	0:15:26	Wazaif
Concentration, Walking with		GiB 9	4	0:00:19	Breath
Ya Rahman, Ya Rahim	(Followed by Ya Rahman, Ya Rahim Dance)	Gib 9	4	0:02:22	Wazaif
Flowing with the Breath Walking		GiB 10	3	0:00:21	Breath
Ya Malik, Ya Malikal-Mulk		GiB 10	3	1:00:35	Wazaif
Hara Center Breathing Ya Azim	(Following Ya Azim Dance)	GiB 10	5	0:07:55	Centers
Toward The One Sun and Moon Walks		GiB 11	1	0:12:19	Astrological
Toward The One, Grounded		GiB 11	3	0:00:22	Darood
Sun Walk	as Inspired by Sun Tarot Card	GiB 11	3	0:22:33	Astrological
Spin of Pluto Demonstration		BtS 1	3	0:34:56	Astrological
Astrological Yoga in Combination - Introduction		BtS 1	3	0:36:32	Astrological
Sun - Pluto		BtS 1	3	0:39:32	Astrological
Moon - Pluto Description		BtS 1	3	0:47:58	Astrological
Sun - Uranus		BtS 1	3	0:50:01	Astrological
Moon - Uranus		BtS 1	3	0:55:02	Astrological
Neptune & Sun, Neptune		BtS 1	3	0:55:41	Astrological
Pluto - TTO Practice as Group		BtS 1	3	1:07:22	Astrological
Mohammed Abdullah Walk	(Following Ya Mohammed Abdullah Dance)	BtS 1	3	1:23:41	Masters
Allaho Akbar Anthem Dance and Walk		BtS 1	5	0:31:40	Wazaif
Astrological Walks - Karma and Dharma Walks Introduction		BtS 2	2	0:00:00	Instruction
Karma Walk - Mars-Jupiter		BtS 2	2	0:06:00	Astrological
Dharma Walk - Moon-Neptune-Uranus		BtS 2	2	0:14:23	Astrological
Mary Tassawuri	(with Remarks on Tassawuri Preceding (18:32) and Following (1:20:00))	BtS 3	3	1:11:02	Masters

Walk of Mastery Description		BtS 3	4	0:29:40	Masters
Jupiter Walk		BtS 4	1	0:25:35	Astrological
Saturn Walk		BtS 4	1	0:31:32	Astrological
Jupiter + Saturn Walk		BtS 4	1	0:36:46	Astrological
Jesus Meditation and Walk	(Preceded and Followed by Tasawwur Teachings (25:01 and 1:02:06))	BtS 5	1	0:45:50	Masters
Pluto + Ether Astrological Spin and Walk		BtS 5	2	0:51:40	Astrological
Air Element Teaching, Breath, Walk, Spin		BtS 5	2	1:04:46	Elemental
Toward The One Walk		BtS 5	3	0:00:00	Darood
Murshid SAM Walk		BtS 5	4	1:08:24	Masters
Hazrat Inayat Khan Walk		BtS 5	4	1:10:59	Masters
Walks and Dances Attuning		BtS 5	4	1:17:00	Instruction
Tassawuri Murshid SAM -Peace is Power Walk	(Precedd by Allahu Akbar Dance)	BtS 5	5	0:33:09	Masters
Sufi Invocation Walk		BtS 6	1	0:05:05	Darood
Wazifah Chant & Walk Teachings		BtS 6	2	0:25:55	Wazaif
Ya Zal Jalali wal 'Ikram Chanting and Walk		BtS 6	2	0:29:19	Wazaif
Toward the One Walk		BtS 7	1	0:00:00	Darood
Jesus Walk of Effacement, Trust, Oneness		BtS 7	2	0:00:00	Masters
Quan Yin - Avalokiteshvara Walk	(Following Way of the Saint & Master, preceding Commentary on Tassawur Practice)	BtS 7	2	0:10:40	Masters
Ya Zal Jalali wal 'Ikram Chanting and Walk - Jalali Aspect	(Following attunement, and Dance)	Bts 7	3	0:13:02	Wazaif
Rabia Walk		BtS 7	3	0:17:50	Masters