

Sufi Foundation of America

[Home](#)

[About Adnan](#)

[Summer
Workshop](#)

[Contact](#)

Sufi teacher Adnan is a master of various traditions of scholarship, meditative sciences, physical exercise, mystical dance and music.

He is internationally known for his "Rapid Method" (Shattari Method) which develops higher intelligence and awareness, causing people to become creative and innovative and helps to destroy all types of bad habits which inhibit people's ability to live full and happy lives.



A sufi master and member of five orders, Adnan is founder and director of the [Sufi Foundation of America Center](#) based in the Manzano Mountains near Torreon, NM. He was first sponsored in America by the Cathedral Church of St. John the Divine, New York, the Unitarian Society of Whittier, California, and Esalen Institute, Big Sur, California. R.J. "Josh" Reynolds, III was also a major patron and student who helped support the Foundation in its efforts to fight destructive habits like smoking.

Adnan tours the world conducting workshops and giving concerts at prestigious institutions around the world including the United Nations in New York, St. James' Church in London, Alhambra Palace in Granada, Spain, the World Congress of Psychology in Switzerland, a grand concert at the Otto Zutz in Barcelona, Spain, the Earth Summit in Brazil, and conferences of Humanistic Psychology.

By invitation of the United Nations, he opened the Earth Summit in Brazil with a drumming presentation. In 1997, he received a special invitation from the Russian Parliament to present his work in Moscow.

He leads participants in a wide variety of timeless techniques that signal a connection to the past stretching back twelve hundred years.

A unique master of drumming, dance, breathing and movement exercises, meditation, chanting and whirling, his special technique heightens concentration, frees the body from tension, and brings harmony, contentment and peace. Each summer Adnan directs an intensive [two month workshop](#) at the Sufi Foundation of America Retreat Center near Torreon, New Mexico.

Adnan says, "It is important to bring the material life and the spirit together to gain the best of existence. If people only function in the materialistic reality alone, they will be unhappy. If they function only in the spiritual, they will also be unhappy. It is the blending and the balance between spirit and the material that makes life fulfilled and

complete."

A master drummer and dancer, he has developed a technique of meditative drumming unknown in the West which has a dynamic and profound positive effect on those who listen to it. After having heard Adnan's drumming, many people have been known to be cured of their addictions including drinking alcohol, smoking, taking drugs and overeating and have been cured of disease processes as well.

Students' quotes:

Adnan's "holistic approach to the development and integration of body and mind has helped me take a multi-faceted approach to teaching theater to university and conservatory students." — Jean-Claude van Itallie, Ph.D., Program in Theater and Dance, Princeton University

"Thanks to Adnan for the experience of that radiant fullness of a heart full of love; the ecstasy and peace of being in the moment; and for burning the names of God into our hearts forever." — Gwen Gosé, International Coordinator, S.F.A.

"Adnan is a man of simple needs and astounding abilities. Very rare to meet someone who has coupled these two streams." — John Chiarkas, Ph.D., Director of City University of New York, CATCH Program

R.J. "Josh" Reynolds, III, Board of Directors, RJ Reynolds Tobacco Company, said that the Sufi work instills *"greater freedom of action and a source of real meaning to existence."*

"The spiritual approach is here, but I never thought I'd lose so much weight." — Bill Hug, Head of Dance Department, Florida University

"A profoundly beautiful method of quieting the mind while toning, firming and relaxing the body. After the workshop I felt very calm and full of vibrant energy." — Janet Norquist, Cartographer, The New York Times, NY

[more quotes from students](#)

[\[Home\]](#) [\[Summer workshop\]](#) [\[Sufi book\]](#)