

New Thought Islām

She [Jennifer Salima Holt, Ph.D.] ... practices a regimen of sacred prayer (two to four hours a day) that incorporates many Muslim spiritual chants and salats (physical prostration prayers), because, as she says, “They connect me to God, Allah, Source or whatever you wish to call the Ineffable One, in a way that no other practices had been able to do--for me personally--during my long, long spiritual search over three decades. But I call myself a ‘New Thought Muslim’--a term I created to indicate my ‘hybridization’ of the New Thought Movement, a completely all-inclusive spiritual community, and the Islamic faith, for the light transmitted to me from the [Shadulliyya Sufi](#) lineage. However, I am absolutely crazy in love with non-dualism and the teaching of Adyashanti and Mokshananda as well. It is a very direct knowing of Beingness that feels like the finishing touch for my heart.” ...

As a student with the University of Spiritual Healing and Sufism, many of their tenets and dogma were extremely difficult for me initially. I did not agree with many of the Islamic practices. And I had many arguments with the teachers, including the leader, or shayk, of the order, Sidi al Jamal, who was very patient with me. But I prevailed because, frankly, I had hit a total bottom in my spiritual life....

Eventually it became clear that regardless of my differences with the dogma, I am a Muslim anyway, one might say on a level, for lack of a better term, I call, ‘of Light.’ But it is not all

of who I am spiritually. I carry a 'compilation' of spiritual practices and beliefs, as more and more of us are choosing to do on the planet. I dearly love the total inclusion espoused by Reverend Michael Bernard Beckwith and the New Thought movement, so the name New Thought Muslim feels appropriate. I am also very immersed in the study of Non-Dualism, or oneness. And I am a Sufi Islamic Muslim in that I chant the sacred chants, I use Arabic in my spiritual healing sessions. In deference to those who are more purely Muslim, I believe calling myself this hybridized term is more respectful.

From:

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