

# The Remembrance

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Right now I'd like to share with you a very simple form of the most basic Sufi spiritual practice, which is called the Remembrance. Remembrance is about going within and opening our deep hearts to directly experience God's love for us, using the name of God as a focal point. This is a beautiful and amazingly simple practice that deeply feeds people's hearts. Of course, as you do the Remembrance, you can use any name for the Divine that holds the greatest love and beauty and light for you, but I invite you to taste what happens when you use the Sufi name for God, Allah.

So take a moment to get comfortable. You might want to set aside 10 or 15 minutes for this exercise, or even more if you like. Read through these instructions first, and then, when you're ready, let your eyes gently close.

Now take a few full, deep breaths. As you slowly inhale and exhale, let your chest, upper back, and abdomen really expand and open, so that you can receive fully and deeply. With each exhale, let any tension, stress, or discomfort begin to melt away, so that your body becomes loose, limp, and relaxed.

When you're ready, allow your awareness to begin to drift down and settle into your heart center, into that sweet tender place right in the center of your chest. Now let yourself travel inward, deeper and deeper into your heart, back toward your spine. You may notice an almost magnetic pull to this deep and beautiful part of your being.

**Now take a deep breath, and as you exhale, gently repeat the Sufi name for God, Allah.**

**“Alli-lllaaaaah.”**

**Continue to softly repeat the name, and let the rhythm of your breath and the soothing sound take you deeper and deeper into your own heart. Allow your heart to gently open, like the tender petals of a flower unfolding to drink in the golden sunshine. Let all the thirsty places in your heart be filled.**

**If you find your awareness pulled up into your mind, that’s ok. Just recognize you’ve gone up into your head, thank your mind for sharing, and let yourself drop back down into your beautiful heart again.**

**Continue to breathe and very softly repeat the name. Allow yourself to pause from time to time to notice what you’re experiencing. Many people describe a sense of deep peace and serenity. Others experience light, love, joy, gratitude. Sometimes people feel a release of pent-up tension or emotion. Whatever happens for you, is just right, so I invite you to allow yourself to notice your experience from a place of compassion rather than judgment.**

**When you’re ready, gently reconnect with the physical reality around you. Move your body, shrug your shoulders, wiggle your toes, open your eyes, and enjoy the afterglow of whatever you’ve just experienced.**

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From [Elizabeth Rose](#) and inspired by the [University of Spiritual Healing and Sufism](#)