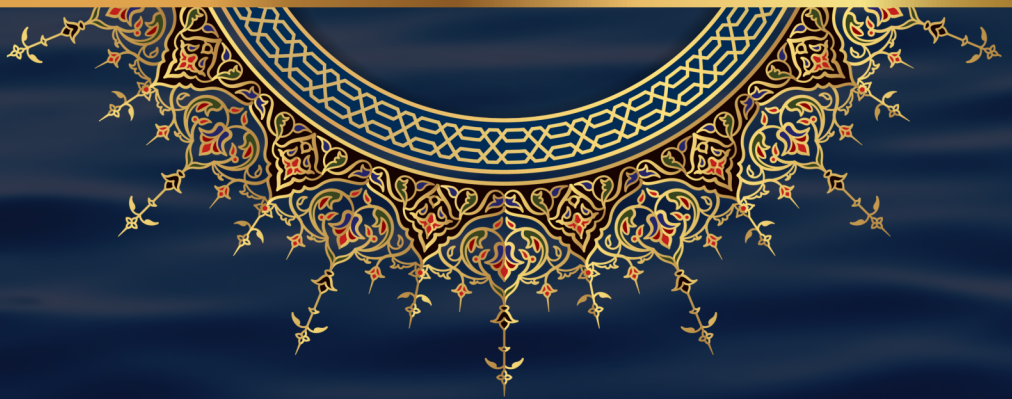




Living the Complete Experience of
Divine Unity



We're So Glad You're Here

Dearest beloved,

Blessings of peace, love, and mercy to your heart.

We welcome you to our Shadhiliyya Sufi way, a complete mystical path that helps you taste your true essence and spiritually awaken every part of your being. Travel to the Divine Love and the experience of Oneness and Truth.

We invite you to take your chance to break open your holy tomb; learn to live the complete experience of unity by walking to oneness with the Divine, supported by our three organizations: the Ma'rifa Foundation, the Institute of Spiritual Healing, and the University of Sufism.

**We are here to support you and guide you throughout your journey.
We pray you find everything your heart is longing for.**

Thank you so much for connecting with us.

*In deep service on behalf of the Leadership Council,
Ibrahim Robert Jaffe, Murshid Spiritual Guide, MD, DD
Salima Adelstein, Murshida Spiritual Guide, MEd, DD
Kamila Shenmen, PhD, DiplAc, DiplCH, MDiv
Abdullah Matt Snapp, PhD, LMFT, CGP*

*“This place where you are right now,
God circled on a map for you.”*

Hafiz

Find out more at: marifafoundation.org/ConsciousLife

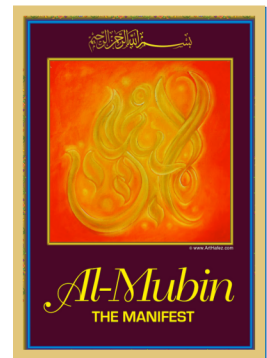
The Essence of Who We Are

The Ma'rifa Foundation, Institute of Spiritual Healing (ISH), and University of Sufism (UoS) are sister organizations that share ancient Shadhiliyya Sufi teachings in contemporary ways.

These teachings come from Shaykh Muhammad Sa'id al-Jamal ar-Rafa'i ash-Shaduli, affectionately known to us as Sidi. Sidi was a famous Sufi scholar who resided in Jerusalem and taught at Al-Aqsa Mosque. As an Imam and a direct descendant of Muhammad (peace be upon him), he knew the world of Unity intimately.

Each organization has a unique focus that helps you to discover this world of Unity:

- **Ma'rifa Foundation** contains & teaches the Divine Wisdom and deep Connection with God and others
- **ISH** teaches you spiritual healing techniques to heal & purify yourself
- **UoS**, a degree granting institution, teaches you to walk the complete path to God



As you journey with us, the faculty and staff in the organizations, led by Dr. Ibrahim Jaffe, Salima Adelstein, Kamila Shenmen, and Abdullah Snapp, will hold your heart and help you to heal and elevate closer to God.

"If you are ever fortunate to meet one who has your remedy, keep always close to him. If you ever have the good fortune to come across one who guides you to what you have lost, remain always close to him. You may never get to know such people for they are a few, rare individuals." 'Abd Al-Qadir al-Jilani

courses@drjaffemd.com * 1-888-237-5233

Get to Know Us:



Dr. Ibrahim Jaffe is a Physician, Sufi Master, and Spiritual Guide (Murshid Murabi Ruhi). As Founder and head of ISH, UoS and the Ma'rifa Foundation, he is committed to people walking the path of Spiritual Unity and Love. He is the author of *God's Way: Sufi Spiritual Healing* and creator of the

APIIR-TB Divine healing method using the 99 names of God. Through walking with Dr. Jaffe, people experience deep physical and spiritual healing. Dr. Jaffe's vision is to bring together the Light of all paths and help the world move to Oneness and Peace. His heart holds the tremendous power of unconditional love and gnostic understanding.

Salima Adelstein is Co-President of UoS and Academic Dean for the Spiritual Ministry degree programs. She is Founder and Spiritual Director of the Farm of Peace, a Sufi healing retreat center and community. As a Sufi Mystic, Master Healer and Teacher, she has guided students to the Truth for over 25 years. Salima is co-author of *A Drop in the Ocean of Love* and teaches seminars nationally and internationally. Salima's vision is that all people discover and embody the deep truth of their beauty and essence, bringing to the world their divine gift from God. Her heart is filled with the joy and compassion that results from living in the heart of God.



*"I wish I could show you,
when you are lonely or in darkness,
the astonishing light of your own being."*

Hafiz

Find out more at: marifafoundation.org/ConsciousLife

Our Leadership



Kamila Shenmen is Co-President of UoS, a Sufi Master Healer practicing since 2003, a Teacher, and a certified practitioner of Oriental Medicine. She is co-author of *A Drop in the Ocean of Love*. Previously, Kamila worked at the National Institute of Health where she received the NIH Director's Award for her work on mapping the cancer genome in the Cancer Genome Anatomy Project. She stands strong in her soul's commitment to create a world where every human knows their beauty, wholeness and truth. She has deep love for her students, community, and clients, and is known for her ability to transmit gnostic wisdom.

Abdullah Snapp is a Psychologist and Executive Coach who has worked with individuals, groups, couples, and organizations. He is the COO for ISH, Executive Director of the Ma'rifa Foundation, and leading member of the Leadership Council for all three organizations. A long-time spiritual seeker, Abdullah was introduced to Sufism by Sidi Muhammad and Ibrahim Jaffe in 2006. His vision is to create organizations where the Sufi teachings, taught by Sidi and Ibrahim, can be accessed by all. Abdullah is dedicated to developing ways of operating within enlightened organizations that couple strong business skills with love, connection, and spiritual guidance.



"O soul at peace, return to your Lord, well pleased and well-pleasing. Enter with My servants, enter into My Garden."

89:27-30

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Get to Know Us:

Who is the Ma'rifa Foundation?

We are a Shadhiliyya Sufi organization whose purpose is to help share the teachings of Unity as taught by Dr. Ibrahim Jaffe, founded on the message of Sidi Muhammad al-Jamal, which spread the wisdom of Divine Peace, Love, Freedom, Mercy, and Justice. Sufism is a beautiful way to connect with God through practices that are open to people of all spiritual paths and religions. Carrying the deep light of Divine Gnosis, Ma'rifa focuses on community, outreach, and global development, working closely with ISH and UoS.

What does the Ma'rifa Foundation offer?

- Supports the work of the University of Sufism in walking people towards God;
- Provides funds for the needy and poor;
- Provides support for those interested in opening Sufi spiritual retreat centers worldwide;
- Acts as a gathering place and sense of community for our Shadhiliyya Sufi community.

As a community space, we offer support and facilitate connections between community members, healers, teachers, and anyone curious about our Sufi path. It is a gift to journey together on this beautiful path of Divine Love.

*"Those who look for seashells will find seashells;
those who open them will find pearls."*

Al-Ghazali

Find out more at: marifafoundation.org/ConsciousLife

Ma'rifa Foundation

Where should you start?

Reach out to us and let us know you want to connect. We would love to hear from you. We welcome all who are longing to commune with like-hearted beloveds, seekers with questions, those in need of support, those wanting to help, and those curious to know more about the Sufi promise and about our teachings.

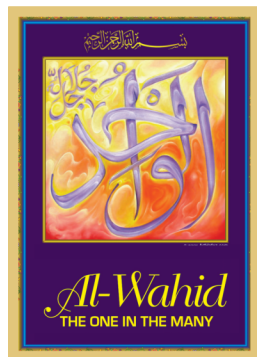
Who benefits from these offerings?

- You are curious about what it means to take the Sufi promise, a holy promise to follow the way of Divine Peace, Love, Mercy, Justice, and Freedom;
- You are longing to be in community with others seeking a deeper connection to God;
- You aren't quite ready to take a class in ISH or UoS but you want to stay connected and learn more;
- You are in need of support or are wanting to be of service.

How do people benefit?

"From the moment I connected with Ma'rifa staff, I felt a sense of calm and welcome that supported my heart during a chaotic time in my life. That support gave my heart the courage to say 'yes' and

to open to and know God's tenderness, love and mercy. This knowing grew by drops and is now like a stream. I'm full of gratitude for the deep knowing of God's abundance that's always available to me." N. P.



***"You think you are a small star, when in fact
you contain the whole universe."***

Sidi Shaykh Muhammad Sa'id al-Jamal

Get to Know Us:

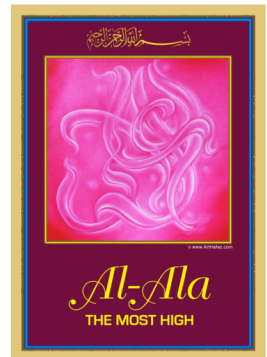
Who is ISH?

At the Institute of Spiritual Healing (ISH), our mission is to help you understand and heal from psychological, emotional, physical, and/or spiritual aspects of disease and suffering. We work to integrate ancient spiritual healing methods, rooted in Sufi mysticism, with conventional western and complementary medicine so that you have the best possibility of healing. We also teach purification methods of the heart and soul, via Sufi principles and practices, that over time, can lead to Oneness and Unity with the Divine.

Our vision is to open the heart of humanity to the Reality of Divine Love, Gnostic Understanding, and Complete Healing through Sufi principles and the APIIR-TB Sufi Spiritual Healing method as taught by Dr. Ibrahim Jaffe.

What does ISH offer?

Through the classes we offer, we hope to accomplish our vision through concentrating on two key aspects of spiritual healing: purification and illumination of the heart. Our classes help each student learn to heal themselves and others.



*"Awaken my dear. Be kind to your sleeping heart.
Take it out into the vast fields of Light
and let it breathe."*

Hafiz

Find out more at: marifafoundation.org/ConsciousLife

Institute of Spiritual Healing

Where should you start?

- Free classes and teachings to introduce you to the Sufi Spiritual Healing principles and APIIR-TB Sufi Spiritual Healing method;
- Foundations of Spiritual Healing & Sufism, an introductory 9-course series;
- The Institute of Spiritual Healing Level 1, an 18-month Certification program (prerequisite to enter UoS).

Who benefits from these teachings?

Our organization holds the door open wide for all to enter. We particularly encourage you to join us if you are seeking healing and transformation from pain and suffering or desiring closeness with the Divine.

How do people benefit?

"The techniques [Dr. Jaffe] uses to teach self healing are astoundingly straightforward. Once you start implementing them you feel better almost instantaneously. With Dr Jaffe's deep knowledge and guidance I've been able to heal much more in my life than Hashimoto's disease. I've grown to trust myself again and move forward in all areas of my life."

Kim Shanti, Los Angeles, CA

"Healthcare, today, is moving towards a more unified healing system, incorporating medical knowledge with spirituality, love, and compassion, allowing for an increased understanding and healing of diseases and their causes."

Dr. Ibrahim Jaffe

Get to Know Us:

Who is UoS?

The University of Sufism (UoS) offers spiritual programs, intensive education, and master's degrees to students all over the world.

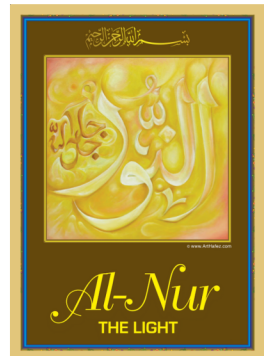
When you join the university after attending the Institute of Spiritual Healing, you enter a deeper level of the teachings and healing practices of Shadhiliyya Sufism, passed down from generations through our faculty from Shaykh Muhammad Sa'id al-Jamal ar-Rafa'i ash-Shaduli. He reminds us that it is not the religion itself but the essence and soul of the path that helps us find our way home to God within.

Through the coursework at UoS, you deepen your spiritual walking while also learning valuable knowledge.

What does UoS offer?

We offer an 18-month Level 2 Sufi Walking program where you can receive certification as a Spiritual Healing Practitioner. Following this, you can choose from 4 different Level 3 Master's in Divinity offerings:

- Advanced Spiritual Healing Practitioner
- Advanced Spiritual Peacemaking
- Sufi Spiritual Ministry & Healing
- Sufi Spiritual Guidance & Education



*"We carry inside us
the wonders we seek outside us."*

Rumi

Find out more at: marifafoundation.org/ConsciousLife

University of Sufism

Where should you start?

After completing ISH, you'll enter the Level 2 Sufi Walking program, deepening the opening of your heart and soul, before choosing a master's program that resonates with you.

Who benefits from these teachings?

If you are longing to awaken to your true essence, to a unique call to service, to the source of unconditional divine love, then you are in the right place. If you have exhausted all other possibilities, medical, emotional and spiritual, then we are here to revitalize hope and illuminate a path forward.

How do people benefit?

“For the first time in my life I felt safe, I understood what divine love was and I could love myself. The school moved me through my fear, a veil that was keeping me from receiving divine love and healing. I entered the school with hopes that I could heal myself but if not, at least I could heal my children - and it saved my life! The love and mercy of God moves through you and you just start to heal.”

Jamila Salaam

“If the Muslims, Jews, Christians, and the people of any other religion knew their religion well, then there would be only one religion, the religion of love, peace, mercy, justice and freedom. This university will raise the flag of unity, peace, mercy, love, justice and freedom for all people.”

Sidi Shaykh Muhammad Sa'id al-Jamal

Get Started on Your Journey with Us

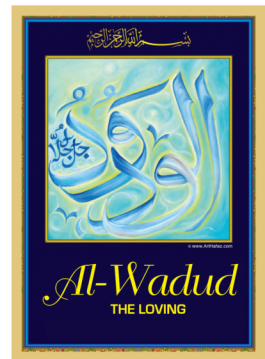
Wherever you are in your journey to know the Divine is perfect and we look forward to walking with you. We believe you too can live the complete experience of Divine Unity in this lifetime.

Join in our offerings!

- The **Institute of Spiritual Healing** has the prerequisite classes to start you on your inner work in the Shadhiliyya way.
- Get questions answered about the Sufi promise, sit with other beloveds on the Shadhiliya Sufi path, and be of service through the **Ma'rifa Foundation**.
- Explore free offerings to taste our traditions from **all three organizations**.

No matter when or where you feel called to begin, our team can support you in getting to the place that is right for your heart.

Visit our website, email, or call us to begin your journey. We're glad you're here.



"You are the treasure, but bring forth the secret jewels that are inside of you."

Sidi Shaykh Muhammad Sa'id al-Jamal

Find out more at: marifafoundation.org/ConsciousLife

Experience Spiritual Healing through Divine Names

The Divine Names are attributes of God that carry individualized and unique meanings. Through these names, we can taste the Divine essence and get support for our spiritual walking. Each of us are born with all these names purely in our hearts. Over time, as we live in the world, they become distorted and veiled; we misunderstand the divine meanings and form illusionary pictures.

Part of our spiritual healing journey is to spend time with each quality, cleaning the veils and allowing the true, pure light of the quality to shine brightly in our heart.

We invite you to try working with the qualities al Ahad (the One) and al Jami (the Gatherer). To do the exercise:

- Close your eyes and say a prayer to the Divine with your intention for the exercise. Notice how your heart feels.
- Chant the quality with your eyes shut at least 100 times. Try saying "Ya Allah Ya Ahad" and "Ya Allah Ya Jami." The "ah" sound in Allah is a sacred sound that your being responds to on a cellular level.
- When you finish, check back with your heart. How has it changed? What is moving inside? How do you feel?

Close your eyes, fall in love, stay there."

Rumi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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Al-Ahad

THE ONE

This Name reveals that Allah is the transcendent aspect of God that is above all of creation. Recitation of this Name will open the doors to the secret and one will reach towards realization of the World of Unity

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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Al-Jami

THE GATHERER

This Name reveals that Allah gathers all of the Divine Qualities together in Oneness. Recitation of this Name will help one find lost items, friends and family and in healing will gather the many images of disease and allow more complete healing

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Walking the Stations to God



Station 4: Station of the Secret

This walking is with God, and it is through the Praiseworthy Reality. Its locus is the secret, and its state is sincere serenity, or tranquility and security.

Station 3: Station of the Soul

The world of the inspired self is the World of Spirits, and its locus is the spirit. Its state is ardent, penetrating love and its arrival is gnosis (divine wisdom).

Station 2: Station of the Heart

This is the station where the self becomes inspired to walk to the Divine. Its locus is the heart, its state is love. This is where you begin to discern truth from falsehood.

Station 1: Station of the Self

The Self contains your perception, your hearing, your feeling, the voices in your mind, and the desires of your heart. This is the station of beginning the journey toward the Divine.