Sufi Walking as the Son or Daughter of Your Moment Surrender: fully accept God's decree as a moment to Step 1 reflect on God as the Source of all goodness, and an opportunity to walk into closer proximity to Him Step 2 Uncover the Divine Quality through Tawba (Return): ask for strengthened beautification and illumination of the qualities that will most benefit all concerned Walk: face your internal and external obstacles with Step 3 deepening trust that God's mercy is everything and His compassion will suffice you Remember: fill your heart with God's infinite love, peace Step 4 and wisdom until you are ready to take excellent action Times of Be the Expression of God's Qualities: become Step 5 Hardship the heart, the hands, the eyes, the ears and Times of Ease voice of the divine Times of Ease Deepen Separation **ISSUE PROBLEM** Declare there's Believe you are something wrong destined for limitation or a dreaded future with what is Leaves us with stress related illness, Living in Illusion **Emotional Distress** social injustice, and Lost Heart ecological ruin, **REACTION** societal suffering **STORY** Explain yourself as a Be forgetful of God small star when the and take compromised whole universe is actions inside you Recreating More of What We Don't Want