



International Silat Federation of America

Master Instructor Stoute – Sh. Bapak Waleed

www.InternationalSilatFederation.com

“Dance of the Spiritual Warrior”

“Seni Silat Haqq”, in modern times, and in a contemporary context, may be referred to as:



By whatever name this Sacred Art is called, the ‘**healing benefits**’ from training are, and have been, consistent over time (since before the 6th century AD). Through training in the ‘sacred movements’ that consist of “**Seni Silat Haqq: The Dance of the Spiritual Warrior**,” one learns to become conscious of Breath and Energy, while intending to experience the Present Moment. Through ancient Sensitivity & Awareness training methods people are introduced to the various “**Divine Oceans of Reality**.”

Students are guided through a comprehensive system of movement exercises which develop the body (senses), enlighten mind (intellect) and inspire the spirit (soul). Our movement exercises incorporate both stationary and fluid body positioning, performed in conjunction with specific breathing and meditation methodology.

Training in “**Seni Silat Haqq**” leads to develop a new level of one’s senses (including a 6th sense), enhancing one’s consciousness and spiritual understanding. Students work towards the coordination of hands and feet (in movement) which, as a result of such training, will balance ‘both sides of the brain.’

The music, dance and martial arts of Indonesian & Malaysia are essential components of the “**Seni Silat Haqq**” training methodology. The music and dance help facilitate the attributes of rhythm, balance, and ‘feeling’. The music from the Gamelan orchestras’ of Bali, Java and Sumatra stimulate the atmosphere, enhancing the ‘energy’ of the space/room/environment. The natural melody, groove, and beat contribute to remind us of our connection with Nature, furthering revealing the Compassion & Harmony in/of Creation... Thus, students are trained to move "with feeling, in balance, and for a purpose...

Wherefore, "Meditation in Motion" is more inclined towards individuals with interests in Dance, Yoga, Aikido, Chi-Gung, Tai Chi, etc; the movements are drawn from the martial art of Pencak Silat, and therefore, are practical & effective applications used in the realm of self defense and combat (**Silat Satria Muda**).

Rooted in the Spiritual & Mystical Traditions of the Naqshbandi Sufi Order, “**Seni Silat Haqq**” is Blessed from the Baraka of this Golden Chain which continues to illuminate humanity, showering all ‘Seekers of Truth’ with the Majestic Lights & Endless Oceans of Knowledge, Wisdom & Mercy.....

Connecting through the ancient lineage of the Wali Songos, the roots of ‘**Seni Haqq**’ tracing back throughout both Java and Sumatra. These Sacred Roots have been hidden and embedded in the ‘Oceans of Mercy and Wisdom’ of the Mystics and **Spiritual Warriors** of that time and present...

In the Old Country, practitioners of **Seni Silat Haqq** are referred to as "**Spiritual Warriors**" upholding Sufi Chivalry, Honor, Respect and the Pusaka. **Seni Haqq Masters** are the spiritual guides & natural healers of their respective communities.



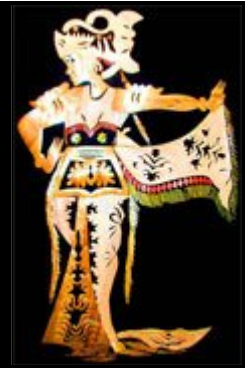
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What are some of the realities experienced through training in Seni Silat Haqq?

- **Balanced Senses (Mind, Body & Spirit)**
- **Able to sustain high energy levels & heightened focus**
- **Un-learn bad habits & unhealthy patterns of behavior**
- **Awareness of Breath; Being in Present Time,**
- **Discovering your Higher Self**
- **Connecting to your True Reality**
- **Opening the "Eyes of the Heart"**
- **Dissolving the Veils of Existence**
- **Traveling the Inner Journey towards the Divine**



The practice of 'Meditation in Motion' incorporates Breathing Exercises, Breath Awareness, and Sufi Meditation which lead to the "Opening of the Heart", connecting our Spiritual Realities to an Ocean of Wisdom and Understanding which reveals the **"Opening of the Eyes of the Heart"**...

The Dhikr ("Remembrance and Awareness of God Almighty"), Giving Thanks & Appreciation - Love & Harmony - Health & Well-Being, is observed and maintained through The Breath...Being Present in the Moment...Keeping Awareness and Being Awake...

Wherefore maintaining Humbleness and Respect...Belief and Patience...Brings you further towards the Light...

The "Recitations of the Heart" and Breath Awareness can be Experienced and Understood as an Essential part of Consciousness, in the Esoteric Experience of the **"Naqshbandi Sufi Dhikr"**.

Thus, above and beyond all:

"Seni Silat Haqq" is about 'Experiencing the Present Moment.'

As a Spiritual Teacher once said:
"I'm not going to teach you anything, because what I teach you will forget.
Instead, what I will give you are experiences.....Light.....Energy....

As our teacher states: "see and do"; Don't think about it, analyze it, compare it...NO! --- Simply, "see and do!"