



UNITED KINGDOM
VISIT

MOMENTS TO MULAQAT

Episode I

How do you want to show up for Didar?

1. How do you want to meet this Didar experience? E.g. curiosity, humility, receptivity, open-hearted

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2. What do you hope to receive, learn or understand over the next 4 weeks?

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3. What would help you to achieve that?

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4. How will this facilitate your spiritual growth? What does spiritual growth mean to you? What do you hope spiritual growth will look like for you?

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Contracting with yourself

5. If there were one inner shift that you would like to make, what would it be?

6. What might be holding you back from this?
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7. Where might forgiveness (toward yourself or others) be needed?

Next steps

8. What is one small, consistent practice you can commit to that will support your spiritual growth leading up to Didar?

9. What tangible action can you take that will help create the inner space you want to enter Didar with?

10. If you could do one thing each day to prepare your heart and mind over the next 4 weeks, what would that look like?



Personal Reflections

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