
Centre for Spirituality and Cultural Advancement Information for Potential Stakeholders

Purpose of this Paper

The purpose of this paper is to introduce Centre for Spirituality and Cultural Advancement (CSCA) - a new UK based charity - to potential stakeholders, such that they can make an informed decision on how CSCA can be a powerful partner in fulfilling on joint aims and objectives.

Introduction to CSCA and its staff

CSCA is an educational charity dedicated to enabling Muslims and non-Muslims alike to access the practical application of the Islamic science of self purification. This spiritual discipline eliminates the aggressive or animal qualities of human nature by concentrating the practitioner on their inward relationship to God rather than the outward emphasis of trying to change others. The result is greater social cohesion, mutual respect of people with racial, religious and social differences as well as decreasing the tendency towards extremism and/or violence.

CSCA's objectives are:

- To enable individuals and communities to achieve societal harmony and moral excellence, by:
 - providing an environment in which people can embrace their spirituality and develop a strong moral and ethical code founded on the principles of respect for the “other”, engaging in civic activities in service of humanity, and generally improving their own character to benefit themselves as well as those they interact with and the public at large.
 - providing practical solutions on a broad range of social issues that serve all members of the pluralist society we live in.
 - educating Muslims and non Muslims as appropriate on classical Islamic theology and practice as distinct from current radicalised interpretations that have gained exposure.
 - enabling people to benefit from the pursuit of self discipline and moral excellence so that they can manage life challenges (such as, for example: racism, boredom, lack of belonging, personal/relationship breakdowns, disillusionment with media and political narratives on their culture/faith) in such a way that they take productive steps forward rather than let such challenges make them vulnerable to a life of crime.
 - disseminating classical, scholarly, Islamic teachings on global issues and working proactively to present Islam as a religion of social cohesion, peace and interfaith harmony.



CSCA was established by Shaykh Muhammad Hisham Kabbani, a renowned Islamic scholar and teacher and was launched in the UK on 4th February 2010 in the presence of His Royal Highness, Prince Charles; The Prince of Wales.



CSCA Staff

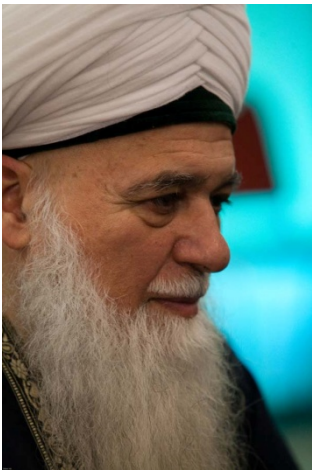
Members of the CSCA staff come from a diverse range of professional and ethnic backgrounds. Many of them have worked on the successful delivery of Government funded projects and worked with organisations that are strategic partners to the UK Government. They are committed to working on trailblazing projects that have a national impact and that build the capacity of Muslim communities to take practical steps to reject violent extremism, thereby enabling Muslims in the UK to experience being a welcome part of the wider British society.

The remainder of this document outlines the accomplishment of our staff and our intentions to build on the work they have delivered.

Key members of our team are:

Shaykh Hisham Kabbani

Shaykh Muhammed Hisham Kabbani is one of the world's most renowned scholars of Islamic history and the science of Islamic spirituality. As deputy leader of the Naqshbandi Haqqani Sufi Order, Shaykh Kabbani also serves as a guide and teacher to approximately 5 million Muslims throughout the world, including the UK, Southeast Asia and the United States.



He is the Chairman of the Institute for Spiritual and Cultural Advancement, a non profit religious organization based in the USA, which has spearheaded a number of peace initiatives, hosted notable conferences, actively engages in inter religious dialogue, and promotes traditional and moderate Islamic views within and outside of the USA.

In the role of spreading the message of Islam and peace, Shaykh Kabbani has met and counselled many heads of state and dignitaries, including the current President of Indonesia, Bambang Yudiono, His Royal Highness Prince Charles of England, former Presidents George Bush and Bill Clinton, then Vice President Jusuf Kalla (Indonesia), then Prime Minister Abdullah Badawi (Malaysia), President Harmid Karzai (Afghanistan) and Prime Minister Recep Erdogan (Turkey).

Dr Hedieh Mirahmadi

Hedieh Mirahmadi is co-founder of the CSCA and is a licensed law practitioner in the USA. She serves as legal counsel and consultant for several multinational non-governmental organizations, which cultivate an international network of support and expertise to combat the spread of Islamist extremism and the means by which they advance their goals. Dr. Mirahmadi is a frequent visitor to the UK and is actively involved in the overall administration of the CSCA. She lends her expertise to maintaining international standards of non profit governance, as well as designing and implementing counter-radicalisation and religious retraining programs for the UK based on the particular needs of British Muslims while maintaining international standards of excellence in this field.

Shokat Malik

Mr Malik is a community leader in the Lancashire area and is recognised by local religious and business groups for his ability to organise and administer social and community projects. He is the Vice chairman of the Voice Pennine Forum which has been set up to tackle Extremism and Islamophobia across East Lancashire. Mr Malik is also the Executive Director for Sufi Muslim Council which helps both Muslim and the non-Muslim communities understand the importance of the Prevent agenda. Through his extensive social network and credibility in the Muslim community, Mr Malik is often called upon to help in the rehabilitation of criminal offenders and in bringing those young Muslims on the edges of society back into the mainstream. He is also accountable for developing the infrastructure of the organisation.

Ariffin Yeop

Ariffin Yeop is a world class martial arts competitor and instructor as well as a certified Imam in Islamic religious sciences. Many soon to be Jihadi's or pre Jihadi's have an affinity to the discipline and physical rigor of martial arts and so Ariffin is able to appeal to them through this medium. He is able to then earn their trust and train them. Once the relationship is established he is able to "readjust" their Islamic beliefs and understanding. He has been doing this work for over 30 years in many different countries, in particular Malaysia and here in the UK. Ariffin Yeop leads CSCA's community engagement programmes for self defence and physical development.

M. K. Ahmad

Ahmad was a Sergeant Major in the Somali army for over 7 years. His vast expertise with military training of Somalians plus his cultural connection and the respect he has in the community makes him uniquely suited to do counter-radicalisation work with the African community in the area. It is no secret that the Somali home-grown terror threat is a severe problem and he has tactics and training to specifically address this community. He is a licensed and trained Imam as well and provides counselling to disaffected youth in a number of London based locations. M. K. Ahmad leads the Dhikr and Sohba sessions for CSCA as well as being CSCA's lead counsellor.

Ishreen Macan Markar

Ishreen manages CSCA's London office, grassroots project portfolio and external communications. Prior to joining CSCA, Ishreen worked at senior levels in global consulting organisations. In her spare time, Ishreen leads public programmes for people from diverse social, cultural and economic backgrounds in which participants deliver community projects and develop themselves as leaders in their lives, their families and their communities. She has also initiated and delivered community projects for women's groups and young people through education, culture, arts and sport. Ishreen has a BSc in Electronics Engineering and an MBA from London Business School.

Farzana Kosar

Farzana is a legal professional qualified to PhD level. She is a dedicated interfaith worker and has worked on a number of women's projects in the Bury area. For the past three years, she has been responsible for the corporate governance of a national not for profit organization including maintaining audited financial statements, negotiating leases, event planning, and grant monitoring.

Laila Ahmad Farah

Laila leads CSCA's women's' and children's' education curricula. She is a qualified social worker by profession and uses these skills as a part of CSCA's counselling team.

CSCA Events and Activities - Building capacity of Muslim communities to take practical steps to reject violent extremism and feel a welcome part of wider British society

Monthly Family based learning events

CSCA's family based learning events were launched as a part of the Campaign for Learning's Family Learning



Festival and now take place once a month. Our family learning events are open to Muslim and non-Muslim families and provide an opportunity for families to learn together in a vibrant and engaging environment.

Activities to date have included: drum circles (lessons in drumming) and calligraphy tasters (introduction to and practice of calligraphy) and art. Families enquire into the process of developing the skills, quickly process how to create music/calligraphy/art and use reasoning skills to understand why the music/calligraphy/art they initially produce does not match their expectations. They are guided through such enquiries by our staff and are enabled to take steps using reasoning, evaluation and problem solving skills to elevate their performance. The process is designed to impact creative thinking and have family

groups work as a team to support each other in having a fantastic experience whilst learning to listen to each other's opinions and perspectives.

For adults, these events:

- provide fun activities that are new to the adults, enabling them to re-learn the basic learning skill of how to discover to discover.
- enable them to learn new skills that they can choose to develop further – giving them the opportunity to build their self confidence and develop a craft.
- help them to discover new ways of engaging with and communicating with their children through the media of arts and music.

Children:

- learn new skills together with their parents. This creates a new way of relating to their parents and opens up new ways for parents and children to communicate with each other.
- apply their developing skills in enquiry, reasoning, evaluation, problem solving and creative thinking to a whole new skill area which will shine a new light on how to think about challenges and skills development.

The learning skills are designed to impact family understanding and harmony. CSCA firmly believes that family harmony is the first step towards being a fulfilled citizen who contributes positively to their community.

Intercultural Community Events

These events take place in venues around the UK, with cultural performances attended by more than 5000 people in total to date. The events have included men and women from different nationalities such as Pakistani, Indian Somali, Arab and Turkish, French, German, English, Irish and Scottish. The events use music as a medium for attracting large audiences and drawing people together in an uplifting manner. The music is carefully selected to convey messages of peace and tranquillity in different languages. People that attended these events said they



enjoyed the performances and understood the messages that were being conveyed.

Lectures on Community Cohesion

Our lectures are delivered by guest speakers and focus on commonalities between communities and build on shared elements rather than focus on the negative impacts of our differences. The messages are thorough and delivered powerfully. CSCA staff have successfully delivered effective

speeches on issues such as community cohesion and the importance of working together as one community to help build a safe and better community for all of us to we live in. Guest speakers are able to emphasise in

immense detail how we should build community resilience against radicalisation and extremist ideologies that infiltrate our communities.



Monthly Ladies Study Circle

The ladies study circle is designed to enable women to explore issues that are of importance to them, but that they would not be comfortable bringing up in mixed environments. The sessions are facilitated by Laila Ahmad Farah who has been trained personally by CSCA spiritual leader, Shaykh Hisham Kabbani. The study circles have enabled the women who participate to experience a new level of empowerment and freedom in

nurturing their families and making a valuable contribution to their communities. By providing a balanced education on issues faced by Muslim women and families living in the UK, CSCA is able to nurture the nurturers. These sessions are designed to counter the extremist narratives that are widely available in the media that can - if taken at face value – encourage women to operate from and educate their families towards a narrow perspective of Islam.

CSCA's approach enables the women attending these sessions to take a broad view based on traditional Islamic teachings that preach tolerance, acceptance and appreciation of people's differences as well as their similarities.

Monthly Children's Clubs

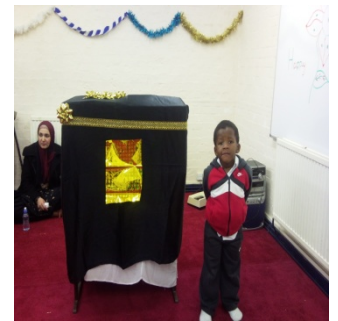
The Children's clubs are run pretty much as a traditional Sunday school. Following the initial assembly, the children are trained in Islamic story telling as well as being taught the basics of reading Arabic and reciting Surahs



from the Quran. They also learn Nasheeds, participate in quizzes and receive a broad based Islamic education. As with the ladies study circles, this broad based and moderate education provides the children with the narratives and knowledge to counter more extreme ideologies as they grow up and face intellectual challenges to their belief systems.

Eid and Milad un Nabi celebrations

These traditional celebrations also take place in venues around the country and bring people together to celebrate these important religious occasions. They provide a platform for participants of the Children's clubs to demonstrate their learning and development through the performance of Nasheeds and plays as well as enable entire families to celebrate in a peaceful and joyous way.



Monthly Silat Self Defence Workshops



These workshops run by Silat Master Ariffin Yeop are attended mainly by teenage and young adult men. These men have a high regard for Silat Master Ariffin and share the issues they are dealing with in the wider world with him during the break sessions. Through this medium, Ariffin is able to coach and advise this particularly vulnerable group to follow the middle path and operate

as good UK citizens, avoiding the temptations of radical groups.



Twice weekly Halaqaat and Sohba in Mosques/Places of Worship around the UK

Our twice weekly Halaqaat and Sohba sessions are attended by between 30 and 100 people per place of worship at over 20 locations around the UK. A list of locations where CSCA delivers these sessions may be found in the next section of this document. The Halaqaat and Sohba sessions deal with topics of current interest to the people attending and again are focused on educating people to be good UK citizens and contribute to the country in which they live in a positive and productive way.

Topics covered to date include:

- The concept of community and civic responsibility in Islam and the value Islam places on human life.
- What Islam says on the relationships between Muslims and non Muslims.
- The validity of military jihad – what constitutes military jihad and what does not?

Counselling

CSCA's chief counsellor – M. K. Ahmad and his team provide counselling sessions around London, including Ealing, Walthamstow, Tottenham and Brixton. Mr Ahmad's unique ability and sense of humour makes it easier for young people at risk to engage with him. The open and gentle style adopted by our counsellors enables women and children as well as men to open up to them. To date, CSCA's counsellors have worked with over 200 people of all ages on religious, social and educational issues. Many of the people counselled had personal, social educational and faith based issues on which they request guidance and advice. Some people of the people counselled were found to be confused in their Islamic ideology. Many people later commented that they felt that this was an incredible way of feeling relaxed and being able to calm ones anger.

In addition to the work carried out by M. K. Ahmad and his team, CSCA's spiritual leader Shaykh Hisham Kabbani has many hundreds of people request his advice and support when he is in the UK. In December 2009, Shaykh Hisham counselled many people on the issues they are facing at 10 events in the UK that attracted between 100 and 500 people each.

CSCA - National impact

- Our team have delivered projects in the following cities and towns across the UK:
 - London:
 - Peckham, Tottenham, Manor Park, Euston, Queens Park, Leytonstone, Ilford, Ealing, Plaistow, Walthamstow, Brixton.
 - North West England:
 - Bury, Burnley, Blackburn, Rochdale, Nelson, Trafford.
 - Yorkshire & Humberside
 - Sheffield, Tinsley.
 - Midlands
 - Birmingham, Leicester.

Trailblazing projects that inform national best practice

CSCA has delivered a number of trailblazing projects in the UK. The following are some examples that have either become recurring events or are seen as unique contributions for the Muslim community:

“Spirituality in Action” – February 2010 – a celebration of the contribution of moderate Muslims to life in the UK showcasing the Muslim communities' contribution to Music, Sculpture, Calligraphy and the visual arts by Britain's leading Muslim artists. This event was attended by Muslims from over 30 different practicing communities ranging from secular Muslims to different levels of practicing Sufis, as well as people from the Jewish and Christian faiths. The highlight of the event was having His Royal Highness, Prince Charles in attendance as the Chief guest. The project fulfilled on its intended objective of building pride in being Muslim and British



with the 500+ audience. People experienced being part of a community that contributes to and makes a difference in British society.



“The United Colours of Sufi” – A series of events with cultural performers and guest speakers from different faiths, attended by a diverse audience with more than 2500 people in total:

House of Commons Mawlid - On 28th March 2007, the first of three historic Mawlids was held at the

UK House of Commons in commemoration of the birthday of Prophet Muhammad. For the first time ever in the House of Commons, Shaykh Hisham Kabbani led the congregation who were comprised of MPs, including then UK secretary of State Ruth Kelly and other dignitaries in the performance of Dhikr (Sufi Chanting of the names and attributes of God).



- During these troubled times, there are many negative reasons for people to gather and lament the difficult challenges that face us in a multicultural society. In contrast, this was a positive opportunity for people to gather and commemorate the life of the Prophet Muhammad (pbuh) and reflect upon the true messages of love, hope, acceptance, and understanding that he preached.
- The events were attended by high profile Ministers/ shadow Ministers, Shayukhs from the United Kingdom and abroad.
- The Programmes were in English and included a special traditional Arabic recital from Bouchaib Abdel Hadi and Ali Sayed (Naqshbandi Ensemble of USA)
- At the 2009 event,
 - Dr Hedieh Mirahadmi (executive Director of WORDE) spoke pertinently of the international dimension and the circumstances that Muslims are currently finding themselves in the UK. Dr Mirahmadi praised Hazel Blears for her help and contribution in tackling issues of extremism.
 - There were speeches from Hazel Blears (at the time Minister of Communities and Local Government) and Jackie Smith (at the time Home Secretary).
 - Both Praised the Sufi Muslim Council for their help and endless effort in helping the Government in trying to combat issues of extremism.
 - The keynote speech was delivered by Shaykh Hisham Kabbani chairman of the Supreme Islamic Council of America. Shaykh Kabbani’s discussed the need for moderate law abiding Muslim communities in the UK to resist the ideological onslaught of Islamic extremism. Shaykh Kabbani went on to thank Hazel Blears for helping the Muslim Community.

Media

The contribution of CSCA directors and staff has been widely covered in the external Media.

Many of our events have been aired on Noor TV and/or Ummah TV, enabling those people who were unable to attend the events in person to watch them and follow the messages that are attached to them. Messages are focused on building community cohesion and being good UK citizens. The following are recent examples of events and associated Media coverage.

Spirituality in Action:

This event was featured in a number of publications. A synopsis of the features is provided here as well as a list of publications that featured the event.

Prince Charles wowed by whirling dervishes

February 08, 2010

Prince Charles was guest of honour at a celebration of Sufi Muslim culture at Manchester United's Old Trafford ground where he was entertained by whirlers in traditional dress.

Greeted by artists, religious leaders and musicians, he made his way into a hushed hall at the stadium where he enjoyed a musical recitation of the Holy Quran accompanied by whirling dervishes dressed in traditional costumes.

The Spirituality in Action event celebrated the contributions of Sufi culture and heritage to 21st Century British life.

It shows how Sufism has positively influenced contemporary British society through its unique traditions and cultural practices. The event specifically highlights the importance of religion and freedom of expression on the lives of young people – showcasing examples of rehabilitation through spiritual healing.

Host Shaykh Mohammed Hisham Kabbani, spiritual leader of the Sufi Muslim order, told the prince that he and his mother were in their 'hearts' before he departed with an excited crowd shouting out their blessings.

Manchester Evening News: http://www.manchestereveningnews.co.uk/news/s/1191868_prince_charles_wowed_by_whirling_dervishes?rss=yes

Asian News: http://www.theasiannews.co.uk/news/s/1191868_prince_charles_wowed_by_whirling_dervishes

Trafford Metro: http://www.metronews.co.uk/news/s/1191686_prince_charles_visits_trafford

Trafford Messenger: http://www.messengernewspapers.co.uk/news/4992370.Trafford_gets_a_royal_visit/

BBC News: <http://news.bbc.co.uk/1/hi/england/manchester/8498276.stm>

Clarence House web site: http://www.princeofwales.gov.uk/newsandgallery/gallery/trh_visit_manchester_608019307_397614779.html

The Daily Jang – Urdu edition.

Ummah Channel.

Republika Online - a famous National website in Indonesia featured and article at: [Prince Charles Event with Mawlana Shaykh Hisham](#) . This article translates as: “Prince Charles was the honourable guest who attended a Sufi and Muslim Cultural event in Manchester, UK. The Crown Prince was welcomed by religious leaders, artists and musicians. Shaykh Hisham Kabbani as a Sufi Spiritual leader said to the Prince how he and his mother,

Queen Elizabeth are always in his heart. This event showed how tasawwuf can give a positive influence to English society through its unique culture and tradition.”



Shaykh Hisham UK Tour, December 2009

The following article was published in the Lancashire Telegraph on 14th December 2009:



Islamic preacher's East Lancashire visits to challenge 'extremist agendas'

14th December 2009 [By David Watkinson »](#)

A WORLD-renowned Islamic preacher is visiting three East Lancashire towns in a bid to “challenge extremist agendas”.

Shaykh Hisham Kabbani visited a spiritual centre in Pringle Street, Blackburn yesterday as part of a whistle-stop 10-day tour of England which also includes a trip to Burnley and Nelson on Friday. Shaykh Hisham, who has advised two previous United States’ governments on issues regarding Islam, religious tolerance and terrorism, said there was a “real issue of young people being influenced by extremists” in this area.

And he said East Lancashire was vulnerable to extremists looking to infiltrate mosques. Hundreds of people turned out to the event on Sunday at the Naqshbandiyya Mujaddidiyya Aslamiyya mosque.

He said he chose East Lancashire as part of his tour because of its high level of ethnic diversity and worries over extremism.

Speaking to the Lancashire Telegraph today, Shaykh Hisham, who is based in the USA but was born in Beirut, said preaching moderation was important because there was a “real concern” that extremists were targeting mosques.

He said: “There are too many violent ideas and anti-Western thoughts being spread to young people in communities in Lancashire. “There is a radical minority but they must be shunned and ignored. “The real Islam isn’t bombing and terror but we must discuss the problems so we can avoid them.”

Coun. Salim Mulla, from the Lancashire Council of Mosques, said: “The visit was very positive for the community.”

Mr Hisham is the founder of the Sufi Muslim Council, a moderate organisation which aims to stand up to extremism.

He has addressed numerous world bodies such as the United Nations and has met with heads of state, including former US presidents George Bush and Bill Clinton.

The tour will see Shaykh Hisham visit mosques in Peckham in south London, Ilford in Essex, Rochdale, Sheffield, Manchester, Bury and Birmingham as well as East Lancashire.

On Friday he will be at the new Burnley Ghauthia Masjid mosque in Abel Street from noon and at 7pm the Ghauthia Masjid mosque in Every Street, Nelson.

Strategic Partners

CSCA relies on a network of organisations and individuals that:

- supply individuals that may be at risk (e.g. local mosques, statutory bodies, as well as international and local NGO's).
- provide a range of initiatives that are practical solutions that have worked for people at risk with issues' such as drug abuse and violence.
- supply Theological / Ideological / Political / Social narratives and advice for individuals that are at risk, including direct counselling
- provide Activities whereby youngsters can re-focus their energy

We also provide a set of “best practice” guidelines to build the capacity of these affiliate scholars and teachers to provide counselling for their own communities both with CSCA and elsewhere.

The following are some of CSCA's existing strategic partnerships and assets:

- Network of experts:
 - Munir Zamir - Fida Management
 - Irfan Chistie MBE - Intervention work in prisons
- Organisational Partnerships
 - Minhaj ul Quran International
 - Leabridge Road Mosque
- Network of Imams:
 - Imam Mohammed Asim - Barking Mosque
 - Imam Sulemani - Hounslow Mosque
- Worldwide Spiritual Leaders & Theologians:
 - Shaykh Kabbani
 - Shaykh Samdani
- Credibility with at risk communities
 - Somali
 - Pakistani

Future projects that require stakeholder funding

Inside our commitment to working on and expanding trailblazing projects that build the capacity of Muslim communities to take practical steps to reject violent extremism and enable Muslims to experience being a welcome part of the wider British society, CSCA is planning to scale up the work that has been carried out by our staff to date. Our projects ease tensions, uplift people and enable them to work towards having productive futures for themselves rather than being attracted to a life of crime. The projects apply the Sufi science of eliminating the aggressive or animal qualities of all human beings through practical and engaging methods. Our intention going forward is to accelerate and deepen the benefits CSCA staff have already delivered to the communities we work with.

Specific projects that we believe will be of benefit and would require further funding to scale up include:

1. Projects that provide more opportunities for positive integration:
 - a. road shows with world famous spiritual leaders. These road shows attract multi-cultural audiences of 100-500 people per event in which the discussions enable young people to aspire to reaching their full potential through a realisation of the importance of personal spiritual development. The discussions encourage people in the audience to become more proactive in the societies they hail from and be better citizens.
 - b. a programme of lectures/debates on community cohesion that inform and educate the audience to find ways of living peacefully together and contributing to each others' communities.
 - c. inter-cultural community events that engage people from different cultures in entertaining and uplifting experiences through social activities.
 - d. Projects that enable young Muslims to gain leadership skills and take on civic roles.
2. Increase opportunities to positively influence participants to be informed, uplifted and productive citizens by increasing the frequency of our current events from being monthly to weekly events. Having these events on a weekly basis will accelerate and deepen the relationships participants have with our staff, building trust and an opening for our staff to contribute positively to people's outlooks and abilities. Specifically, we are looking to provide the following events on a weekly basis:
 - a. Family based learning events.
 - b. Ladies study circle.
 - c. Children's club.
 - d. Silat self defence workshops.
3. Projects that serve Muslim women, who as mothers and nurturers have a key role to play in influencing and developing the next generations and have been inadequately supported to date. Specific projects include:
 - a. Craft workshops, including calligraphy and art, homeopathy and massage workshops that will create an environment for women to learn a new skill as well as share thoughts and learn from each other on matters that are of importance to them.
 - b. Support with writing CVs and finding work that fits around their roles as mothers and wives so that they can experience a new level of independence and contribution.

4. Support home educating projects through venue and learning resource provision.
5. Expand our counselling services to provide more opportunities for people to participate in our counselling services that have a track record of benefitting those counselled.

Expression of interest

CSCA's work to date has been supported by a high proportion of voluntary as opposed to paid personnel. Scaling up the services provided by CSCA will require a higher paid to voluntary personnel ratio, as well as materials and programme development. CSCA is currently looking for stakeholders with like-minded aims and objectives to partner with us in enabling individuals and communities in the UK to achieve societal harmony and moral excellence

If your organisation is interested in working with CSCA on this wide-ranging portfolio of projects that are designed to enable people from the diverse communities of Muslims and non Muslims living in the UK to experience being a productive and positive contribution to life in the UK, please contact Shokat Malik on 07976 401164 or write to CSCA at the following address: Centre for Spirituality & Cultural Advancement, 71 Somerton Road, Bolton BL2 6LN.