

SUNDAY, FEBRUARY 28, 2010, 2:00-5:00 pm
123 Johnson Street, Highland Park, NJ 08904



EMERALD EARTH RETREAT

***Cultivating the Heart
and Mind of Awakening***

**with Sharifa Norton
and Muinuddin Smith**

In this workshop we seek to cultivate seeds of awakening on all levels of our being. We will draw upon Sufi and Buddhist teachings, poetry, stories and the sacred Ziraat teachings of Sufi master Hazrat Inayat Khan. We will engage in practices to clear the field of our minds and hearts, touch the ground of Being and return to our natural state. We will explore new ways of opening fully and consciously to life's alchemy, regaining intimacy with the sacredness of all of life.

Sharifa Norton and Muinuddin Smith co-founded the Light of Guidance Center for Sufi Studies in New York, and serve as senior teachers and retreat guides within the Sufi Order International. They are the authors of the book An Emerald Earth: Cultivating a Natural Spirituality and Serving Creative Beauty in Our World. Sharifa serves as head of Ziraat in the Sufi Order in North America (www.ziraat.org). Sharifa is a professional dancer and Muinuddin is a university professor.

Cost is \$39. For more information and to register

please contact NoorAllah Jan de Pinto:

noorallah@earthlink.net ph. 908.328.2449

***The retreat will be preceded by a Universal Worship at 1 p.m.
and a potluck will follow the retreat at 5 p.m.
- please bring a dish to share.***

"Tuning the heart means changing the vibrations, bringing them to a certain pitch which is the natural one where you feel the joy and ecstasy of life." Hazrat Inayat Khan