

# June 6, 2009- A Meditation Retreat AN EMERALD EARTH

Quiet Meadows, Canandaigua, NY (near Rochester, NY)  
with Sharifa Norton & Muinuddin Smith, Ph.D.

This retreat, for those new and those with much experience in meditation, will provide a time of renewal and clarified vision within the beauty of nature. We will draw from ancient wisdom teachings called Ziraat, using the dynamic symbols and processes of sacred agriculture and cultivation to reveal the profound alchemy of the spiritual journey. We first focus on practices of purification and clearing of layers of impressions and concepts that cover the light of the soul. This allows us to become receptive to our deepest guidance and to our soul's true longing. Awakening and cultivating seeds of vision and possibility we are better able to bring these to bear on the life around us.

Specific meditation practices of breath, light, visualization and movement will be used. We will attune to nature, meditating on the elements as living presences, and on reading nature as a sacred guiding manuscript. The ultimate goal of this retreat is to unfold the natural self in service and renewed intimacy with all of life on our sacred "Emerald Earth".

Sharifa Felicia Norton and Muinuddin Charles Smith are senior teachers and retreat guides within the Sufi Order International and the Ziraat tradition. Sharifa serves as head of Ziraat for the Sufi Order in North America ([www.ziraat.org](http://www.ziraat.org)). Together they founded and facilitate the Light of Guidance Center for Sufi Studies of Greater New York. Living in New York City, Sharifa dances professionally and teaches dance at the United Nations School, and Muinuddin teaches leadership and group dynamics at Hofstra University. Together they authored the newly-released book, *An Emerald Earth—Cultivating a Natural Spirituality and Serving Creative Beauty in Our World* (ISBN 978-9-6152-3546-2), ([www.anemeraldearth.org](http://www.anemeraldearth.org)).



10:00 to 5:00 PM Cost is \$75, \$65 if registered by May 29. Local housing available upon request. For registration and further information, please contact James Inayat Leff, phone: 315-946-9854 email: [jrleff\\_dc@yahoo.com](mailto:jrleff_dc@yahoo.com)

*There is one holy book, the sacred manuscript of nature,  
the only scripture which can enlighten the reader. —Hazrat Inayat Khan*