

# EMERALD EARTH RETREAT

Seattle, Washington

Cultivating a Natural Spirituality

Thursday, June 18, 2009 Book Talk

Saturday, June 20, 2009 Retreat

with Sharifa Norton & Muinuddin Smith, Ph.D.

This retreat, for those new to meditation and those with much experience, will provide a time of renewal and clarified vision. 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. 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 ([www.lightofguidance.org](http://www.lightofguidance.org)). 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)).



#### **Dates/Times:**

**Thursday, June 18, 7-8:30pm, Book Talk on "An Emerald Earth", at East-West Books, 6500 Roosevelt Way NE. \$10 donation**

**Saturday, June 20, 10- 5 pm, Emerald Earth Retreat, (9 a.m., registration and snacks), Location: M'illumino, 6921 Roosevelt Way NE., Seattle. Event followed by a Summer Solstice Celebration (optional). Fee: Saturday - \$85 / \$65 for seniors, students, low income**

Early registration (before May 25) \$75 / \$55 seniors, students, low income. Pay online with PayPal at <http://seattle.sufiorder.org/specialevents.htm> or make checks payable to: "Sufi Order Int'l - Seattle," PO Box 30082, Seattle WA 98113-2082 (please write "Emerald Earth" on the envelope and the check). For more information: Please contact Manal Dorothy Craig, [Dorothy@dpcraig.com](mailto:Dorothy@dpcraig.com) or 206-783-0462.