

EMERALD EARTH RETREAT

Vancouver, B.C.

Cultivating a Natural Spirituality

Friday, June 26 2009– Evening Talk & Book Signing

Saturday, June 27 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). Together they founded and facilitate the Light of Guidance Center for Sufi Studies of Greater New York (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).



Dates/Times:

Friday, June 26, 6:30-8:00 pm, Talk and book signing of "An Emerald Earth." Location: Ayurveda Yoga, 3630 West 4th Ave. Admission by donation

Saturday, June 27, 10-5 pm, Emerald Earth Retreat. Location: Quaker Hall (Friends Meeting Hall), 1090 West 70th Ave (one block west of Oak St).

Workshop \$60 . Bring your lunch.

Events Co-sponsored by Banyen Books and The Caravan of the Message Sufi Centre.

Contact info: Tickets for Retreat available from Banyen Sound - 604-737-8858

To register or for information call Zainab Paula Ford at 604-877-0022 or email Paula@seva.ca