

Pathways of the Heart - a journey of peace and healing



Led by Fateah Alice Saunders
Thursday evenings (dates given below), 7.00 to 9.00pm
Salisbury Centre, 2 Salisbury Road, Edinburgh EH16 5AB
www.salisburycentre.org
By donation

Sacred words, music and silence are important to many people.

In these sessions we will be singing sacred words while moving to the music, interspersed with sitting silently in meditation.

It was said by the American Sufi master, Samuel L Lewis, that spiritual dancing is a good preparation for silent meditation, and meditation is a good way to prepare for spiritual expression through dance.

Each session, beginning with simple healing breaths, will focus on a particular phase of our journey, supported by other spiritual practices and teachings from the SRI tradition. Music will be provided by Clare (clarinet) and Gavin (guitar).

We will close each evening with a short Sufi prayer followed by sharing tea and light refreshments together.

A minimum number of participants is required at each session, so please contact Fateah by midnight on the Monday beforehand if you wish to come that week. Fewer than 8 people will result in cancellation that Tuesday.

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Newcomers, as well as those experienced in this approach, are all welcome.

Dates to the end of 2014: 25 Sept; 30 Oct; 27 Nov; 18 Dec;

Fateah was initiated into the Sufi Ruhaniat International over 20 years ago and as a teacher in 2006. She has been involved with Edinburgh's annual Middle East Spirituality and Peace Festival since its beginnings and has been leading Dances of Universal Peace throughout the UK and overseas since 1994.

Fateah works individually with new people drawn to the Ruhaniat Sufi path, and also leads Sufi Hour twice monthly at the Salisbury Centre. She welcomes enquiries.

These sessions are supported by the Edinburgh International Centre for Spirituality and Peace (EICSP)