



A Sufi Perspective on Loving One's Enemies



This is the second in the series of one-day “Sufi Perspectives” workshops

Life brings numerous conflicts into our daily lives, resulting in feelings of disharmony with others. But one might say that our “enemies” are within as well as without, for as we grow and develop we realize there are inner struggles also to be faced.

So what might the phrase “loving one’s enemies” really mean? And how can we go about doing this?

During the day we will use the words, chants and movements of several Dances of Universal Peace to help us. Also we will focus on other Sufi practices involving breath, repetition of sacred words from various spiritual traditions, walking meditations and sitting in silent meditation. Readings from various Sufi mystics will accompany our journey. There may be sharing of experiences in small groups.

Fateah Alice Saunders has been following a Sufi path for over 20 years and previously trained for several years in psychotherapy and

counseling skills. Having worked closely with several senior Ruhaniat Sufi teachers in the UK and US, she leads Sufi sessions and Dances of Universal Peace in Edinburgh, further afield in Scotland and overseas such as the Czech Republic and Latvia.

Musical support from Gavin and Clare.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL

Date: Saturday 14 March 2015

Time: 9.30 for start at 10.00am until 5.00pm

Cost: £25 (£20 concession)

For registration please contact Neill Walker:

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This event is part of Edinburgh's 12th Middle East Spirituality and Peace Festival, organized and supported by the Edinburgh International Centre for Spirituality and Peace (EICSP)

www.mesp.org.uk

Fateah delights in introducing the Sufi path to newcomers and welcomes queries at any time. You can contact her by phone or e-mail.

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She is currently leading a twice-monthly Sufi Healing Hour at the Salisbury Centre, Edinburgh on Wednesday afternoons:

www.salisburycentre.org