

DEEPER INTO THE HEART OF LOVE

a non-residential, weekend, mini-retreat of intentional spiritual practice

WITH MUIZ BRINKERHOFF AND SANDRA SUNFIRE

THURS EVENING THROUGH SUNDAY AFTERNOON

(THUR & FRI: 8 – 10 PM, SAT: 10 AM – 6 PM & 8 – 10 PM, SUN: 10 AM – 4 PM)

11 – 14 JUNE 2009

Derwenlas Village Hall, near Machynlleth, Powys
in the beautiful Dyfi Valley, mid-Wales

*– I was a hidden treasure, yearning to be known,
so I created the human Heart, that I might be known.*

The heavens and the earth cannot contain Me, but the heart of the humanity can

– God is your Lover, not your Jailer

*– Come, come, whoever you are; wanderer, worshipper, lover of leaving; ours is not a caravan of despair;
even if you've broken your vows a 1000 times – come, come again*

—Sufism is based on personal, inner experience, not on premises, beliefs, or mental concepts

The above 5 paraphrased quotes from the Sufi mystical lineage, will serve as the central inspiration for our combined efforts during the weekend. We'll weave together periods of movement, and sound, with stillness, and silence, to help us open and deepen into the sacred realm of Heart – the Hidden Treasure of Love, Generosity, Compassion, & Mercy, which is the core of our innermost Being, our True Nature.

We'll practice Presence, go for an inner swim in the Ocean of Generosity, experiment with expanding the horizons of our individual spheres of Heart, cultivate a radiant attitude and a positive, peaceful atmosphere, and approach the often "oh, so serious" business of Waking Up, in a gentle, relaxed, matter of fact, and even playful manner, neither grasping nor pushing away, as we seek to balance and integrate Doing and Being, the personal and transpersonal.

Various gems available for us to experience:

- o **Dances of Universal Peace (DUP)**
- o **Wazifa, Breath, and Zikr** Practices
- o **Walking Meditations**
- o **Concentration & Contemplation** on Polishing the Heart, Awakening to Generosity, & Expanding the Sphere of Heart Influence
- o **Sohbet** (*embodied conversation*)
- o **Relaxed Sharing of Food and Drink**
- o **Abundant Laughter**

This will be **Muiz'** third visit to Wales, in what has become an ongoing series of delightful collaborations with Sandra. From northern California in the USA, Muiz is a long-time leader of the DUP and Ruhaniat-style Sufi practice – since

1979 in the US and 2003 in the UK, with years of experience in NTSS (Not Taking Self Seriously). He fell in love with Wales last June, and is deeply grateful to be returning.

Sandra is also a long-term and accomplished DUP leader, with a profound Heart space, and a quiet, unassuming nature. She effortlessly provides a safe and grounded haven, and an opportunity for deep healing, for all who attend the ongoing circle at Derwenlas Hall, and at the other events she has focused over the years.

Croeso i bawb ~ all are welcome whether you are new to the DUP and Sufi practice, or returning for another drink from this particular well!

You are welcome to join us for all, or part of the weekend. Get in touch with Sandra about possible places to stay in the area.

Please bring food to share for all meals.

Cost:

Thurs or Fri evening only ~ £ 6
Thurs & Fri evening only ~ £ 10
Saturday daytime only ~ £30
Saturday evening only ~ £ 6
Sunday only ~ £25

The whole weekend ~ £55
(concessions available)

For more information, or to book a place, please contact Sandra Sunfire
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<http://myweb.tiscali.co.uk/dupderwenlas>