

Three Introductory Sessions on
THE NONDUAL HEART OF SUFISM



with **Pir Elias Amidon** and **Murshid Kiran Rana**

We live in a sacred reality. The here-and-now is alive with a pure, awake, and loving presence that is beyond all description. It is our vibrant home. Many of us have glimpsed this reality when we were children, or in moments of ecstatic love, spiritual practice or psychedelic experience.

Although daily life tends to obscure our remembrance of this reality — the luminous and loving ground of all being — it is always present. Opening ourselves to its presence, even for brief moments, is an unforgettable blessing that can instill in us the gift of natural ease, well-being and caring for all.

During these introductory sessions, we will explore contemporary Sufi approaches to recognizing this sacred reality. To aid us we will make use of direct pointing out, silence, guided meditation, heart-opening and breathing exercises, self-inquiry, and musical meditation.

BERKELEY • MARCH 23 www.regonline.com/nondualheartberkeley

Friday evening, 6:00–9:00p.m. **Lumbini Buddhist Art Gallery**
2177 Bancroft Way, Berkeley \$15.00 with online registration, \$20 at door.

SAN FRANCISCO • MARCH 24 www.regonline.com/nondualheartsf

Saturday afternoon, 2:00–6:00 p.m. **Mentorgarten**
410 Precita Ave, San Francisco \$30.00 with online registration, \$35 at door.

SANTA CRUZ • MARCH 25 www.regonline.com/nondualheartsantacruz

Sunday afternoon, 2:30–6:30 p.m. **Pacific Cultural Center**
1307 Seabright Ave, Santa Cruz \$30.00 with online registration, \$35 at door.

To register online, go to the links shown above. If you have questions, or to register by phone, call Adarsha Bhattarai at 510-701-6187. No one will be turned away because of financial limitations.

We will continue this exploration with two workshops in June and September in Berkeley:

June 15-16 > **Doing the Beautiful**

September 21-22 > **Continuous Realization**

For details (after March 20), visit www.sufiway.org, or call (510) 701-6187.

Pir Elias Amidon is the spiritual director (*Pir*) of the Sufi Way, a contemporary and non-sectarian mystical school dedicated to spiritual awakening and friendship. He is the author of the books *The Open Path: Recognizing Nondual Awareness*, and *Free Medicine: Meditations on Nondual Awakening*, and co-editor of the anthologies *Earth Prayers* and *Life Prayers*.

Murshid Kiran Rana has been a Sufi since meeting his teacher, Pir-O-Murshid Fazal Inayat-Khan, in 1974. A publisher of books on health and wholeness for many years, Kiran now devotes himself full-time to the practice and teaching of Sufism both at the Bay Dervish Center in Alameda, California, with his wife Jeanne, and through the online course, *A Taste of Sufism*.