

a weekend retreat

SEEING THE ONE WORLD WITH TWO EYES



As human beings, we live in a paradox: whilst spiritual insight teaches us that reality is one and undivided, our own human experience is usually one of separation. There is me, there is you; there is my essential nature, there is my personality, etc. All too often, we get taken over by the intensity, the beauty and suffering, of these dualistic experiences. Then we may wonder how to realize the spontaneous presence of transparent being. How can we resolve the paradox of balancing the separate and the One? How can we dance with both the unity and the diversity of this life?

Pir Elias Amidon teaches that thinking about this paradox won't help resolve it. Only the Heart can see the One World with Two Eyes.

This is the theme we want to explore together in this weekend retreat. We will use various forms of meditation; we will hold a council to share our experiences from the heart; we will carry out exercises to loosen up the grip of our conditioned self and let this paradox point us to a deeper level of realization. Throughout the retreat, there will be singing and meditative music.

Elmer has been a member of the Sufi Way since 1976 and has been facilitator for programmes related to music, Islam and out-door quests. He is now following a training as a guide for Vision Quests.

Karim is a group leader and a passionate musician who plays meditative music on various instruments.

Practical Information

| | |
|------------------------------------|---|
| <i>Contact & Registration:</i> | Elmer Koole: elmerkoole@gmail.com + 31 6 27093762 |
| <i>Dates & Times:</i> | Saturday, September 16, 10:00 - 17.30; Sunday, September 17 ; 10.00 - 16.30 |
| <i>Fee:</i> | € 80 – whole programme including tea and coffee € 45 - one day Transfer fee to Sufi Way NL Bank account: IBAN: NL86INGB0004895129 BIC: INGBNL2A |
| <i>Venue:</i> | Art Stable Gallery Fokke Simonszstraat 73, 1017 TE Amsterdam The Netherlands |
| <i>How to get there:</i> | The Art Stable is in the center of Amsterdam. Parking is not a problem, but expensive; you are advised to use public transport. From Metro station “Weesperplein”, you can either walk 10 minutes or take either tramway 7 or 10. From Central Station, get tramway 4 to stop “Frederiksplein”. |
| <i>Lunch:</i> | Please bring food to share for a communal lunch. We will provide soup and salad |