



Join

PIR ELIAS AMIDON

*at Poulstone Court Retreat Center, Kings Cople, Herefordshire, UK
for a Five-Day Retreat on*

Being Mortal

THE GRACE OF LIVING, AGING, AND DYING

May 23 – 27, 2020

Living this mortal human life is a great privilege, but it's not always easy. Along with the love, beauty, and pleasure of our lives, we must also accept conflict, loss, sickness, aging, and death. Everything we have ever been given, we will one day have to let go. Learning how to live our mortal lives under these conditions with grace and dignity, embracing all of it, is our deepest and most intimate practice.

In this four-day retreat we will ask ourselves to directly face the impermanence of our lives and the lives of our loved ones. We will contemplate the arc that our lives have followed and discover what is still calling for fulfillment and resolution. We will speak together about how we experience loss and grief, and how we've learned to carry on. We will face into our fears and thoughts about aging and dying, and the challenges of enduring pain and sickness. We will speak of the gifts and trials of being a caregiver, and of being the one receiving care. We will be supported in all this by periods of silence, guided meditations, poetry, song, insights from Sufism, Buddhism, and other spiritual traditions, and musical meditations.

And throughout our time together, we will dive deep into the mystic experience of our true nature — for to live, age, and die gracefully is ever more possible once we have realized our identity with the luminous ground of all being. This realization gives us the certainty that *we are safe no matter what happens*, and that we are inseparable from the love that animates all of reality.



Logistics

The *Being Mortal* retreat will take place at the Poulstone Court Retreat Center in Herefordshire, UK, about 1½ hours from Bristol. Poulstone Court is a perfect place for engaging in this profound work. You can get a glimpse of the beauty of Poulstone Court at their website: www.poulstone.com, and you will find a map that locates Poulstone Court on their “Contact” page.

Please plan to arrive at Poulstone to check-in at 3:30 PM on Saturday, May 23, 2020. Our first meeting will begin at 4:30 PM. The retreat will conclude after lunch on Wednesday, May 27.

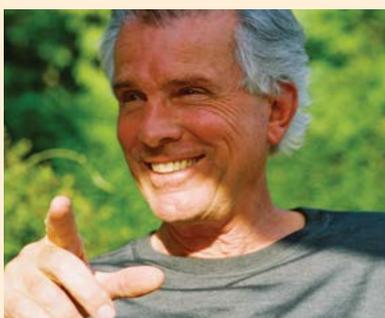
Cost and Registration

The **tuition fee** for the retreat is £280. A deposit of £100 is required to secure your reservation. The balance is due two months prior to the retreat. You may also pay the balance in instalments. A refund for cancellations will be given up to two months prior to the retreat, minus a £50 administration fee. If you cancel after that date and a replacement can be found, you will receive the same refund.

A scholarship fund has been established through the generous donations of past students; it is our hope that no one will be prevented from attending any Open Path program for financial reasons. To apply for a partial scholarship, write to openpath@sufiway.org, describing your financial circumstances and the amount you feel able to pay. And if you can contribute to the scholarship fund, we would be most grateful.

The fee for 4 nights accommodation and all meals (dinner Saturday through lunch Wednesday) at Poulstone Court is £340 (double room). There is a £55 surcharge for a private room.

TO REGISTER: Go to <https://sufiway.regfox.com/being-mortal-the-grace-of-living-aging-and-dying-herefordshire-uk>. You will be able to specify there the type of accommodation you wish. If you have any questions about the retreat or the registration process, please write to openpath@sufiway.org.



Pir Elias Amidon is the spiritual director (Pir) of the Sufi Way (www.sufiway.org), a contemporary and non-sectarian inner school in the lineage of Sufi Inayat Khan. Pir Elias teaches and holds retreats on nondual spirituality and Sufism throughout Europe and the United States, and is known for his direct and experiential approach to spiritual realization. He has worked for many years in the field of peace and environmental activism in the Middle East and Southeast Asia, and with indigenous tribes on land-rights issues. He is the author of *The Open Path: Recognizing Nondual Awareness; Free Medicine: Meditations on Nondual Awakening*; and *Munajat: Forty Prayers*.