



*Join*

**PIR ELIAS AMIDON**

*at Aldermarsh Retreat Center, Whidbey Island, Washington  
for a Four-Day Retreat on*

***Being Mortal***

**THE GRACE OF LIVING, AGING, AND DYING**

April 23 – 26, 2020

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**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*

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The *Being Mortal* retreat will take place at the Aldermarsh Retreat Center on Whidbey Island, Washington, about 1 ½ hours from Seattle. Aldermarsh is a perfect place for engaging in this profound work. You can get a glimpse of the beauty of Aldermarsh at their website: <http://www.aldermarsh.net>, and you will find a map that locates Aldermarsh on their “Contact” page. There is a shuttle to Whidbey Island from the Seattle airport. More specific directions will be available once you have registered.

The retreat will begin at noon on Thursday, April 23, 2020. We will gather first for lunch together and have time to get settled; our first meeting will begin at 2 PM. The retreat will conclude after lunch on Sunday, April 26.

## *Cost and Registration*

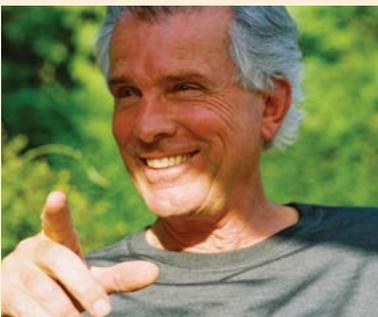
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The **tuition fee** for the retreat is \$325. A deposit of \$150 is required to secure your reservation. The balance is due two months prior to the retreat. You may also pay the balance in installments. A refund for cancellations will be given up to two months prior to the retreat, minus a \$50 administration fee. If you cancel after that date and a replacement can be found, 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](mailto: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 3 nights accommodation and all meals** (lunch Thursday through lunch Sunday) at Aldermarsh is \$450 (double room). There is a \$100 surcharge for a private room, and a discount of \$40 for sharing a room with 2 others. The Aldermarsh facility fee for retreat participants staying off-site is \$120 without self-serve breakfasts; breakfasts cost an additional \$10 each. Lunches or dinners for those staying off-site are \$25 each.

TO REGISTER: Go to <https://sufiway.regfox.com/being-mortal-the-grace-of-living-aging-and-dying>  
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](mailto:openpath@sufiway.org).



**Pir Elias Amidon** is the spiritual director (Pir) of the Sufi Way ([www.sufiway.org](http://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*.