

All Roads Lead to the Soul: The Melodies of Remembrance

Sufi Mureeds Retreat: Zikr, Silence, Wasifa Immersion, Community

7-10 November 2019

Allanton Peace Sanctuary, Dumfriesshire, Scotland

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As Sufi mureeds, we are faced with the urgencies of daily life, the enormous distractions and challenges of living in our times. At the same time, we feel the need to keep our hearts fresh, our sense of purpose renewed and invigorated. How can we do it?



During this retreat, we will seek the door to this balance in our souls through several forms of remembrance practice (*zikr*). We will also dive into our selves through various “beautiful names,” which can help us to reframe our everyday reality. The retreat will also include periods of silence, shared body prayer (silent, Aramaic or Arabic), walking meditation, Dances of Universal Peace, and teaching stories.

As wayfarers on the path, we have a wealth of meditation and practice at our disposal. Which can best serve us at this time of our lives and the life of the world?

This retreat is limited to initiated Sufi students (mureeds) of any lineage, initiates of the Dervish Healing Order and others by permission.

Time: Retreat begins on Thursday, November 7 at 6.30 p.m. with dinner and finishes on Sunday, November 10 with lunch.

Cost: This retreat will be done on a *dana basis*, donations accepted, with each person paying his/her own room and board costs: **£95** (own accommodation, lunch and dinner onsite included), **£179** (onsite, shared room), **£130** (own tent, on the premises, includes all meals). **To secure your place**, please send an **£80 deposit**, which will go towards room and board costs (refundable until October 1, 2019).

Venue: Allanton Peace Sanctuary, Auldgirth, Dumfries DG2 0RY, Scotland. Find a detailed map on: <https://goo.gl/maps/Vvbn9XvYtFq>

Allanton Sanctuary is the European Sanctuary of the World Peace Prayer Society, an international organization with a mission to spread the message 'May Peace Prevail on Earth', to help achieve harmony within the individual, in society, and with our environment, where 'peace' is seen as the highest aspiration of humanity. For more information visit www.worldpeace-uk.org

Accommodation: Accommodation is in spacious first floor rooms. All rooms have a seating corner, a wardrobe and a sink. The number of beds varies from two to six. We will try to spread you out as much as possible, so that no more than 3 people will be sharing a room, but we cannot guarantee it. There are no single rooms available on the premises. It is possible to tent or bring your own caravan on the premises. You could also stay in a local B&B – contact us for more info. Another option, used by a number of regular participants who prefer to have a twin/double rooms, is to stay in Premier Inn (www.premierinn.com) or Travelodge in Dumfries (www.travelodge.co.uk). If booked well in advance you can get a room for a very reasonable price. This option requires access to a car or a friend with a car.

Meals: You will be served three vegetarian/ vegan /wheat-free meals a day, cooked by our hosts in Allanton. If you have any special needs or food allergies, please let us know in advance. *Please be aware that Allanton cannot cater for life-threatening dietary requirements.*

For more information and on the particulars of pricing and accommodation, please contact us on info@eial.org

Registration: To register, please get in touch with Stella – skcranwell@hotmail.com