

Co-Sponsored by the Whidbey Institute and the Sufi Way International



THE INTIMATE ART OF AWAKENING

with Pir Elias Amidon

Sunday, January 17, 1-4 PM

Whidbey Institute, Clinton, Washington

For information call: 360-341-1884 Suggested donation: \$15

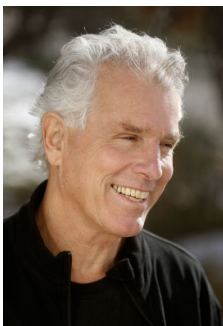
One of the most joyful moments in the life of a spiritual seeker is when we recognize that the long sought-for goal is already here: that *we are the pure Presence the mystics and poets speak about*. Not our personality, but the heart of our own natural awareness is this most intimate and boundless Presence. We experience in these moments of realization that we are one with all of reality and have always been so. We recognize there is no question of being worthy or not worthy of this illumination. It is our natural state.

And yet all too often we may experience ourselves disconnected from realizing this natural state. What will reconnect us? How can we stabilize this realization when it appears? We may have tried different approaches like adopting a religious belief system, or stimulating special states through meditation and esoteric practices, or following a charismatic teacher, only to discover ourselves circling like an airplane in a repetitive holding pattern in which the plane never lands.

In this afternoon workshop we will inquire into the nature of “spiritual awakening” itself. Is it a one-time event? Is it the result of years of disciplined practice? Or is it rather an art – an ever-unfolding process that calls for our utmost creative engagement?

If awakening is an art, then each of us is the artist of his or her own awakening. During this gathering we will consider some of the elements of this art: recognizing our mental and emotional constructions, releasing identification with the self, calming the mind, opening the heart, practicing self-inquiry, not-doing, not-knowing, and other “moves” of this most intimate art.

Pir Elias will be teaching a ten-month “Open Path Training” in the art of awakening on Whidbey Island, Washington, starting in June, 2010.



Pir Elias Amidon is the spiritual director (Pir) of the Sufi Way International, (www.sufiway.org) a contemporary and non-sectarian inner school. He 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. Co-editor of the books ***Earth Prayers*** and ***Life Prayers***, 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. Currently he is working with the Abraham Path Initiative (www.abrahampath.org) to open a 1500 kilometer walking trail through the Middle East.