

# Effortless Becoming



“Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.” Jesus

The great Sufi master Hazrat Inayat Khan outlined three essential paths for the aspirant: the master, the saint, and the prophet. Effortless becoming stresses the path of the saint. Core to this path is a deep attunement to an essential resonance with The Christ. This path acknowledges the power of attunement, presence, allowing, truth, insight, healing, which ultimately blossoms as a unique embodiment of the powers of the Cosmos. This path is not of mastery. It is not an overcoming. It is not the pursuit of an ideal. It is a resolution of conflict and an embracing of truth. Implicit in the saying of Jesus noted above is the faith that behind the universe and its manifold manifestations is a deep intelligence guiding it to its ultimate fulfillment. This retreat will quicken, orient, and facilitate within each participant a dynamic of graceful awakening that comes through presence, insight, savoring, assimilating, and healing.



**Himayat Inayati, M.S., Th.D.** has been a member of the Sufi Order International since 1972, receiving the sacred transmission of Pir Vilayat Inayat Khan and Murshid Samuel Lewis. Himayat was the international head of The Sufi Healing Order for twenty years. He has been a catalytic figure in the on-going dialogue between science, spirituality, and healing – organizing twenty-six conferences in support of it. He is the founder of The Raphaelite Work, a method of healing and transformational process rooted in Sufism and updated by modern psychology and body work, Himayat has taught mysticism and spiritual healing in fourteen different countries. He is the founder and president of Universal Awakening, [www.universal-awakening.org](http://www.universal-awakening.org) and executive director of the Odyssey Community School (primary, middle, secondary) [www.odysseycommunity.org](http://www.odysseycommunity.org). Himayat’s teaching is lucid, accessible, and humorous, orienting the ancient mystical teaching of the major world spiritual traditions to address concerns of the post modern era.

## Practical information:

The retreat will take place in La Salindre, a retreat center in the southern Cevennes mountains. It is an ancient domain, 70kms from the Mediterranean Sea, in the valley of the Salindrenque. The peaceful atmosphere of this place invites deep relaxation and allows you to connect with the simplicity of being.

**Arrival:** Sunday, July 10<sup>th</sup> 6pm. Dinner at 7pm.

**Departure:** Saturday, July 16<sup>th</sup>, after lunch

You are welcome to stay longer for an individual retreat or an additional timeout

**Lodging:** in spacious twin bedrooms.

**Food** is vegetarian and partly organic

### Costs:

Retreat fee: 355€

(registration till march 31<sup>st</sup>)

After this date: 385€

Food and lodging: 345€ twin bedroom

300€ dormitory (please, bring your own sleeping bag)

Membership *Association Mandorla* (non-profit organization): 10€

For further information, please contact:

Association Mandorla

Maria Bernhold & Tansen Mundt

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## Registration Form

I register for the retreat « **Effortless Becoming** » with **Himayat Inayati (7.10.-18.2011)**

Name:

Address:

Phone:

E-mail:

Lodging: (please mark your choice)  twin bedroom

dormitory

Date:

Signature: