

Light of the Mountains Retreat Center

Now is the time to schedule your personal retreat at Light of the Mountains Retreat Center!

Light of the Mountains, a retreat center in the foothills of western North Carolina's Smoky Mountains outside Asheville, was founded in 1978 by Himayat Inayati, then International head of the Sufi Healing Order. Beginning as part of a community of the Sufi Order International, the farm and retreat center were established in 1988 and dedicated to a universal approach to spiritual understanding and development.



Co-directed since 1991 by Himayat and his wife Angela, people from around the United States and the world continue to come to retreat with them because of the value found there. Pregnant with love and meaning, the land has been dedicated to spiritual pursuit for now almost 34 years. Throughout the years many have come to Light of the Mountains for respite, understanding, insight, and discovery of renewing Life through the unique individual retreat process with supportive personal attention, nature, guidance, and process found there.

The retreats are gentle and supportive, individualized for each retreatant by knowledgeable, compassionate, and experienced spiritual guides fully familiar with the spiritual emergence process. Please see Himayat and Angela's bios below to learn more about them.

The retreat center and farm is a cradle for new life. The retreat facilities and farm are on 104 lush acres of forested mountains, with pastures and winding lanes, clear creeks, intimate frog eco-ponds, peacocks, sheep, and Great Pyrenees dogs. All support renewing life.

To maximize benefit, five days are recommended for the first retreat. Retreatants come mid-afternoon to settle and relax before the day they actually start retreat. Retreat fee includes beautiful tranquil cottage with bed and bath linens and approximately an hour of spiritual counsel and direction daily with your retreat guide for \$125 daily. Airport shuttle (one hour trip) can be arranged for \$70 each way. A stop at a green grocery on the way to Light of the Mountains is part of this service.

Retreat Guide Bios:

Himayat Inayati M.S., Th.D.

Founder & Co-director, Light of the Mountains Retreat Center

Founder, The Raphaelite Work

Founder and President, Universal Awakening

Founding Executive Director, Odyssey Community School

Himayat, a student of Sufism since 1972, has taught mysticism and healing in fourteen countries. He was the International Kefayat of The Sufi Healing Order for twenty years. He is a leader in the evolutionary dialogue between science and spirituality, having created 27 national or regional conferences that addressed this topic including "Healing In Our Time", Washington, D.C., and "the School of Spiritual Healing", Black Mountain, North Carolina. The founder of the Raphaelite Work, a process of personal transformation and healing, he is also any international spokesperson for Universal Awakening, an organization that provides an evolutionary meeting place for all who hold life as precious and sacred.

Since 1977 Himayat has been orienting retreatants toward those pressing issues in life that serve to awaken one to sacred and fresh modes of life even as resolution and transformation is sought. He facilitates an organic process full of the mystery of self-revelation, personal clarification and transformation, through presence, contemplation of the divine and compassionate understanding. He uses spiritual practices from various traditions, most particularly those of the Sufi lineage.

Angela Whitney FNP

Co-director and retreat guide, Light of the Mountains Retreat Center

Retreat guide for facilitating sacred relationship, transformation, capacity-building, and the evolving self

Founder, Spirit Ventures in Asheville, North Carolina

Advanced practice holistic nurse, Board-certified, Family Nurse Practitioner, Board-certified, and Intrinsic Coach®

Studying universal Sufism since 1983 and co-directing the retreat center with her husband Himayat since 1991, Angela leads personal individualized retreats at Light of the Mountains

Retreat Center in the mountains outside of Asheville. She is adept at supporting people in experiencing their own relationship with the Divine in everyday life with direct experience of their ideal. She uses the Raphaelite Work with breath and imaginal work, life in nature, meditation, movement, energy yoga, cognition, humor, and a sense of adventure to enhance well-being, relationship with the universe, and spiritual growth. This is a journey that results in the personal experience of increased capacity. Gently and organically, work addressing physical, emotional, mental, connective, and spiritual domains supports authentic strengthening of that personal core capacity and knowing. This work can be customized to personal situations-- in retreat and in one-to-one sessions at Spirit Ventures, as well as using phone sessions.

On a personal level, Angela has been involved with her own path of wellness, healing, and awakening since 1971. Understanding that our bodies have intelligence to transform themselves when connected with sacred vision enhanced by nutrition, exercise, rest, and social support, she began her own awakening journey, leading her to support others in their own. Angela works to bring healing presence to a variety of traditional health settings, and supports ongoing transformation with individuals in her private practice Spirit Ventures. She lives with Himayat and their son Aiden at Light of the Mountains. Their two adult active and accomplished daughters, Noor and Alia, work internationally. She loves adventuring, the night sky, nature, hiking, and gardening.

For more information or to schedule a retreat, please email us at office@universal-awakening.org