

The Center for the Message Presents:

Spiritual Transformation 2010 *Awakening Divine Creativity to Discover Joy and Peace in Life*

Aqdas (Ishi Nili) Newmark

Saturday, October 9 - 10 AM to 5:30 PM

Sunday, October 10 - 9 AM to 4 PM

3838 East Fort Lowell, Tucson AZ



*...What you are seeking for is within yourself...The way to proceed
...is for some moments to suspend all your senses... and by
concentration and by developing that meditative quality you will get
in touch with the inner self;.. and this gives joy, creates peace, and
produces in you a self-sufficient spirit, a spirit of independence, of
true liberty. -- Pir-o-Murshid Inayat Khan*

This retreat is for anyone who wishes to turn deeply within to awaken the wellspring of creative energy which brings renewal and vitality to life. Our intention is to be aware of our body, mind, heart, and soul and to reveal an experience of the living presence of the Divine.

Our retreat will focus on the experience of direct personal transformation, using spiritual practices, prayers, and breath work from the Sufi tradition to increase freedom and creativity.

Themes for the retreat will be:

1. Working with practices to encourage transformation.
2. Developing and deepening our relation with breath as an instrument for information about ourselves, our lives and the Sacred.
3. Awakening the Divine Creative power to overcome obstacles in our personality, our life, and our relationships.

Tuition: \$120 early registration, **\$145** after October 1st

Students and seniors, **\$100** early, **\$120** after October 1st

For 1 day attendance, 50% of either early or regular registration, plus \$5

Please mail check payable to Sufi Order to:

Kate Qayyima Schmidt, 11471 E. Placita Rancho Grande, Tucson AZ 85730.

Include your name, address, phone, and email so we can confirm your attendance.

Scholarships are available.

For more information, email TucsonSufi@yahoo.com or call Qayyima at 520-721-5016.
Lunch on your own. Beverages and snacks provided. This is a FRAGRANCE FREE event.

Aqdas is a long-time mureed and Representative in the Sufi Order. She serves as a retreat guide, Senior Teacher, and as a mentor for the Suluk Academy. Professionally, Aqdas is a psychologist in private practice in Half Moon Bay, California.