

Ziraat Retreat

Tassawuri Gaia: Self-Effacement in Nature

Mount Shepherd Retreat Center, Asheboro NC
November 8-10, 2010



Ziraat is a Sufi practice of spiritual ecology for building a bridge between our inner meditative work and our outer service to the natural world. It is a process of restoring our attunement to the Earth and of deepening our connection to the sacredness of all of life.

At this time we bear witness to the desecration of the Temple of Nature (sacred Gaia), observed in the catastrophic extinction of species underway; mountaintop-removal mining; tar sands oil extraction; Gulf oil 'volcano'; and the list grows in length and magnitude.

We will practice Tassawuri Gaia following the guidance embedded within the teachings of Hazrat Inayat Khan on Ziraat, or Sacred Symbology (using the metaphor of farming or gardening). Through the Purification Breaths, Meditations on Nature and Sound, Dances of Universal Peace, group Soulwork, and more, we will efface ourselves in Gaia, to become agents for restored health to ecosystems both personal and planetary.

All are welcome, no prior experience is necessary. Open to anyone wishing to explore spirituality through Earth-based practices and awareness. Guided by Ziraat Coordinator Vakil Forest Shomer and guests. Special guest Tamam Kahn reading from *Untold: A History of the Wives of Prophet Muhammad*.

We'll begin with dinner on Monday, Nov. 8, and end with lunch on Wednesday, Nov. 10. Cost for meals and bed (all lower bunks!): \$125 until October 15, \$145 after. Donations for the teacher will be gratefully accepted. Airport pick-up available, extra charge

Information: Vakil Forest Shomer, ziraat@olympus.net, 360-385-6114
For registration form contact: Hamid David Chaika, chaikad@hotmail.com



Sheikh Vakil Forest Shomer is Coordinator for the Ziraat Activity for the Sufi Ruhaniat International and has been a Sufi mureed since 1973. He was initiated by Pir Moineddin as "Experienced Farmer" in 2000. He published the anthology *Ziraat Reader* in 2004. In service to the Ziraat work he has traveled twice to South America, as well as to Europe. Vakil is a resident of Port Townsend, Washington, where he is the owner of Inside Passage Seeds, the premier source for native seeds of the Pacific Northwest. A performing musician, he plays and records on classical and folk flutes, hand percussion instruments, marimba, and crafts gourd shakers (hosho) used in African music.