

# Day Workshop: 31 October 2015

## A Sufi Perspective on Healing - Ourselves, Others and the Planet

*This is the third in the series of one-day Sufi Perspectives workshops.*



*Facilitator: Alice Fateah Saunders*  
*Musical support from Gavin and Clare*

Sanctuary, Augustine United Church,  
41 George IV Bridge, Edinburgh, EH1 1EL  
Registration: 9.30am-10am  
Day Workshop: 10am-5pm

Cost: £25/£20 (Concessions)

For a Registration Form:  
Contact: Neill Walker,  
mesp2015@hotmail.com  
0131 331 4469

Apart from our words, there are so many ways in which we can give support to other people- an empathic glance, the touch of our hand, bringing ourselves into rapport with the other person through our breath, and the kind of listening called by Sufis simple presence.

During this workshop we will work experientially in various ways, maybe in small groups, bringing healing to ourselves and developing our understanding of the healing we can transmit to others and to the environment.

Sacred words and chants of the Dances of Universal Peace will be part of this process; also other Sufi practices involving breath, walking meditations and sitting in silent meditation. Readings from various Sufi mystics will be included.

The Healing Ritual, as given to his followers by Sufi mystic Hazrat Inayat Khan, may also be included. This is for sending healing to people not present in the workshop, who have requested it.