

The image features two hands, palms facing each other, with intricate body paint. The paint is a mix of blue, green, and orange, resembling a stylized map of the Earth. The background is a golden-yellow color with a repeating geometric pattern of interlocking lines.

# The Edinburgh International Middle Eastern Spirituality and Peace Festival, MESP 2015

7/3-29/3 MAIN EVENTS  
20/2-20/3 PARTNER EVENTS  
7/3-30/3 EXHIBITION  
15/2-12/12 FUTURE EVENTS

**EICSP**  
Edinburgh International Centre  
for Spirituality and Peace



## MESP 2015 Calendar

Date	Time	Event	Format	Venue
<b>MESP 2015 Main Events - Saturday 7 March - Sunday 29 March 2015</b>				
7/3	10am	Wellbeing and Resilience	Workshop	Augustine Church
8/3	3.30pm	Celebrating Your Story	Workshop	Augustine Church
8/3	6.30pm	In Connection - Share, Connect, Create	Workshop	Augustine Church
14/3	10am	A Sufi Perspective on Loving One's Enemies	Workshop	Augustine Church
14/3	6.30pm	Kirtan: Chant for Peace	Kirtan	Augustine Church
15/3	9.30am	Mindful Peace Walk	Walking Meditation	Royal Botanic Garden Edinburgh
15/3	3.30pm	Peace Policy for the Middle East	Workshop	Augustine Church
21/3	10am	Spiritual Dance and Movement	Workshop	Augustine Church
21/3	6pm	Invitation to the Cosmic Dance - Biodanza	Workshop	Augustine Church
22/3	3.30pm	Wisdom of Yeshua	Workshop	Augustine Church
25/3	6pm	Mystical Approaches to Spiritual Healing	Workshop	Augustine Church
28/3	10am	Universal Heart Song	Workshop	Augustine Church
29/3	3.30pm	Celebrating Your Story	Workshop	Augustine Church
29/3	6.30pm	Emotional Intelligence	Workshop	Augustine Church
<b>MESP 2015 Partner Events - Friday 20 February - Friday 20 March 2015</b>				
20/2	8pm	Nitekirk	Sacred Space	Augustine Church
20/3	8pm	Nitekirk	Sacred Space	St Columbas by the Castle
<b>MESP 2015 Exhibition - Saturday 7 March - Monday 30 March 2015</b>				
7/3-30/3	11am	Artist as a Seer in the Quantum Age	Exhibition	Summerhall
7/3	7pm	Opening Concert	Concert	Summerhall
<b>MESP 2015 Future Events</b>				
Organised by, or jointly by, the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996				
15/2	3pm	Glasgow Six Hour Winter Kirtan	Chanting/Food	Queen Margaret Union
18/4	10am	Alexander Technique for Meditators	Workshop	Gillis Centre
19/4	10am	Body and Land as Spiritual Teaching	Workshop	Gillis Centre

## MESP 2015 Calendar

Date	Time	Event	Format	Venue
25-26/4	10am	Therapeutic Retreat of Mindful Engagement with Nature	Workshop	Gillis Centre
2-3/5	10am	Taoist Way of Nourishing Life and Nurturing Spirit	Retreat	Gillis Centre
8-9/5	7pm	Simone Weil	Talk/Forum & Conference	Augustine Church
23-24/5	10am	Mindfulness - the nuts and bolts	Retreat	Gillis Centre
20/6	1pm	Edinburgh Eight Hour Summer Kirtan	Chanting/Food	Augustine Church
26-28/6	10am	Find Your Voice, Transform Your Life	Retreat	Gillis Centre
26/6	7.30pm	Concert with Chloe Goodchild	Concert	Augustine Church
11-12/7	10am	Transformation through Meditation/Satsang and Movement	Retreat	Gillis Centre
12/9	10.30am	Breaking the Chains of Ecocide	Workshop	Augustine Church
12/9	7pm	Evening with Polly Higgins	Talk	Augustine Church
19-20/9	10am	Taking Care of Ourselves as an Act of Love for Others	Retreat	Gillis Centre
26-27/9	10am	Heart of Creativity: Mindfulness and the Arts	Retreat	Gillis Centre
3/10	6pm	Dances of Universal Peace	Workshop	Augustine Church
10/10	1pm	Edinburgh Eight Hour Autumn Kirtan	Chanting/Food	Augustine Church
16/10	7pm	The Quest for an Ethical and Compassionate Compass	Talk/Forum	Augustine Church
17-18/10	10am	Mindfulness - Creative Embodiment	Retreat	Gillis Centre
23/10	6pm	Sri Aurobindo and Swami Vivekananda	Film Screening	Edinburgh University
24/10	10am & 7pm	Sri Aurobindo and Swami Vivekananda	Conference	Augustine Church
31/10	10am	A Sufi Perspective on Healing - Ourselves, Others and the Planet	Workshop	Augustine Church
4/11	7pm	Evening with Alastair McIntosh	Talk	Augustine Church
7/11	2pm	Afternoon Workshop with Satish Kumar	Workshop	Augustine Church
7/11	7pm	Evening with Satish Kumar	Talk	Augustine Church
14/11	10am & 7pm	Spiritualities and the Sacredness of the Divine Feminine	Conference	Augustine Church
21-22/11	10am	Mindful Way to Your Heart	Retreat	Gillis Centre
28-29/11	10.30am	Sufi Meditation and Zikr	Workshop and Zikr	The Old Kirk, Kirkcaldy
5/12	10am	Spirituality, Ecology and Consciousness	Conference	Augustine Church
12/12	10am	The Spirit of Place	Day Retreat & Workshop	Augustine Church
12/12	6.30pm	Evening with Lesley Riddoch	Talk	Augustine Church

# The 2015 Edinburgh International Festival of Middle Eastern Spirituality and Peace

Saturday 7 March – Sunday 29 March 2015

## Festival Introduction and Welcome

From Saturday 7 March – Sunday 29 March 2015 the 12th Annual Edinburgh International Festival of Middle Eastern Spirituality and Peace, MESP 2015, will bring together people from a wide range of spiritual backgrounds, people working with peace, conflict, reconciliation and justice, educators, teachers, scholars and students, people from artistic and cultural backgrounds, people working with health, wellbeing and healing experiences and concerns, people from diverse cultures, traditions and communities, and people from across Scotland and internationally. More generally, everyone participates in an individual and non-representative capacity to allow people to draw upon their own experiences and to share their unique visions and perspectives, and people of all backgrounds who respect the Festival ethos are warmly invited to participate in this spiritual, educational, artistic and cultural and international festival which celebrates peace and mutual understanding.



## Festival Organisation

The Festival is jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and the Edinburgh Institute for Advanced Learning, EIAL, supported by their networking, planning, management and coordinating role. The Festival was co-founded by, and is co-directed by, Neill Walker and Dr Neil Douglas-Klotz.

## Festival Directors

Neill Walker and Dr Neil Douglas-Klotz

For more detailed descriptions of all events please check [www.eicsp.org](http://www.eicsp.org)

# Middle Eastern Spirituality and Peace, MESP 2015, Sunday 29 March 2015



## **Festival Contact Information**

Edinburgh International Centre for Spirituality and Peace,  
EICSP, Scottish Charity, SC038996,  
4 William Black Place, South Queensferry, Edinburgh, EH30 9PZ.  
T: +44 (0) 131 331 4469, E: [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com),  
W: [www.eicsp.org](http://www.eicsp.org)  
Facebook: [www.facebook.com/eicsp](http://www.facebook.com/eicsp),  
and Twitter: [www.twitter.com/\\_EICSP](http://www.twitter.com/_EICSP)

## **Festival Website: [www.mesp.org.uk](http://www.mesp.org.uk)**

Check the Festival website for any updates and changes to the advertised programme, for more detailed background information, for downloading workshop registration forms as well as the Festival Brochure and Poster, for online booking, and for the MESP email list sign up.

## **Festival Event Booking**

Online: [www.mesp.org.uk](http://www.mesp.org.uk)  
Phone: +44 (0) 131 331 4469  
Email: [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com)

For more detailed descriptions of all events please check [www.mesp.org.uk](http://www.mesp.org.uk)

# MESP 2015 MAIN EVENTS

Saturday 7 March - Sunday 29 March 2015

## Day Workshop: Wellbeing and Resilience

Facilitator: Mike Wilson



Drawing upon ideas and practices from transpersonal psychology and neuroscience, this workshop aims to: support and strengthen your natural self-resourcing capacities; increase your capacity to manage many of life's challenges; build upon mindfulness based practices. This workshop is for anyone who would like to develop greater mastery of their lives, and cultivate practices which help tilt the mind away from its negativity bias. Using a balance of conversation, relevant theory and practical exercises, the main emphasis will be the practical application of methods to daily life.

**Michael Wilson** is a psychotherapist and counsellor (UKAHP Acc. UKCP Reg.), transpersonal psychologist (MSc), and lecturer in Higher Education, with over 20 years of experience in these respective fields. His co-authored book 'Creative Ethical Practice in Counselling and Psychotherapy' is published by Sage (2012).

[www.michaelwilson.uk.com](http://www.michaelwilson.uk.com)

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 7 March 2015.*

*Time: Registration: 9.30am-10am. Day Workshop: 10am-4pm.*

*Cost: £50/£40 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*



## Celebrating Your Story:

### The joy of sharing stories with others

A story-sharing event with Michael Williams  
and the Playback Edinburgh Theatre Company

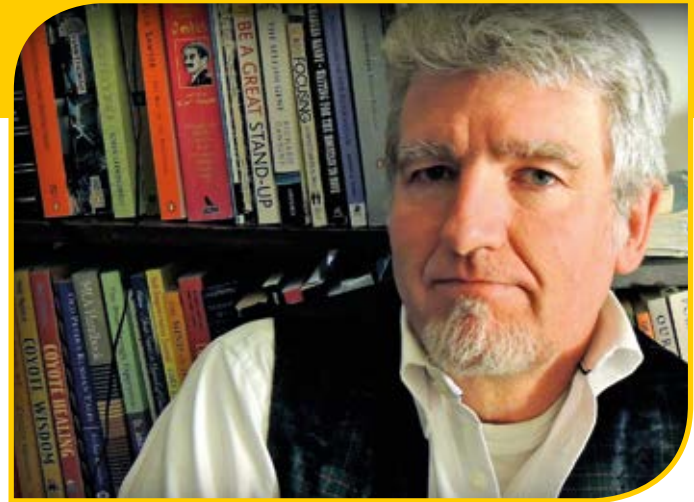
Facilitator: Dr Michael Williams

If you have a story that needs to be heard, then join us in this special story-sharing event. Using a variety of methods designed to transform your personal experience and shape it into a story, I and members of the Playback Edinburgh Theatre Company will help lift the burden of silence from your shoulders. In the company of others, we will support, honour, and celebrate your personal tale. Together we will experience the joy of sharing stories together, an activity known to build community and improve our health and well-being. No



previous experience of storytelling is necessary. Wear comfortable clothing. Bring pen and notebook and be prepared to share stories “eye to eye, mind to mind, and heart to heart.”  
[michaelwilliamsstorycoaching.com](http://michaelwilliamsstorycoaching.com)

Michael Williams is a professional StoryCoach and storyteller with more than 30 years of experience working with children, young people, and adults. Learn more about Michael’s work at [www.michaelwilliamsstorycoaching.com](http://www.michaelwilliamsstorycoaching.com). Playback Edinburgh Theatre Company offers an innovative form of theatre that plays back the stories of any community and the roles of the individuals within it. Learn more at [www.playbackedinburgh.weebly.com](http://www.playbackedinburgh.weebly.com)



*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 8 March 2015.*

*Time: Registration: 3pm-3.30pm. Workshop: 3.30pm-6pm.*

*Cost: £8/£7 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## **Evening Workshop: In Connection - Share, Connect, Create**

Facilitator: Corinne Harris



An exploration of life from a bird's-eye view - as individuals and community. Bringing our thoughts, ideas, our hopes and our fears into a space where magic can happen through stillness, in story, in breathing, in sharing, In Connection.

**Corinne Harris** has been involved in theatre for thirty years as an actor, director and musician. Her belief in the transformative potential of theatre as an art form and platform for life changing possibility has led her to exploring the

theatre of possibility both on and off stage. She received an MA from RADA and King's College, London specialising in directing – her primary focus being the practice of Eastern European directors.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 8 March 2015.*

*Time: Registration: 6pm-6.30pm.*

*Evening Workshop: 6.30pm-9.30pm.*

*Cost: £8/£7 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## **Day Workshop : A Sufi Perspective**

Facilitator: Alice Fateah Saunders. M

This is the second in the series of one-day "Sufi Perspectives" workshops. Life brings numerous conflicts into our daily lives, resulting in feelings of disharmony with others. But one might say that our "enemies" are within as well as without, for as we grow and develop we realize there are inner struggles also to be faced. So what might the phrase "loving one's enemies" really mean? And how can we go about doing this?

During the day we will use the words, chants and movements of several Dances of Universal Peace to help us. Also, we will focus on other Sufi practices involving breath, repetition of sacred words from various spiritual traditions, walking meditations and sitting in silent meditation. Readings from various Sufi mystics will accompany our journey. There may be sharing of experiences in small groups.

## Workshop on Loving One's Enemies

musical support from Gavin and Clare



**Fateah Alice Saunders** has been following a Sufi path for over 20 years and previously trained for several years in psychotherapy and counseling skills. Having worked closely with several senior Ruhaniat Sufi teachers in the UK and US, she leads Sufi sessions and Dances of Universal Peace in Edinburgh, further afield in Scotland and overseas such as the Czech Republic and Latvia.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 14 March 2015.*

*Time: 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.*

## Kirtan: Chant for Peace



Join us for a joyful time of call-and-response chanting. Vegan food will be served.

*Organisers:* Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and ISKCON Scotland, Scottish Charity, SC001127.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 14 March 2015.*

*Time: Registration: 6pm-6.30pm. Kirtan: 6.30pm-9pm.*

*Cost: £5. For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Mindful Peace Walk



This silent walking meditation is an open event. It will be led by the lay members of the Edinburgh Sangha of the Community of Interbeing, who follow the practice and teachings of Zen Buddhist Master, Thich Nhat Hanh.

*Venue: Royal Botanic Garden Edinburgh, John Hope Gateway, Arboretum Place, Edinburgh, EH3 5NZ.*

*Date: Sunday 15 March 2015.*

*Time: 9.30am-11am, meet at West Gate entrance to the John Hope Gateway, Arboretum Place, at 9.30am.*

*(Introduction to mindful walking at 9.45am and walk begins at 10am).*

*No access from East Gate.*

*Cost: Admission Free. Just come along on the day.*

*For further information:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Day Workshop:

### Towards a Visionary yet Viable Peace Policy for the Middle East:

**How do we get where we want to go from here?**

Facilitator: Dr Thomas Clough Daffern



This workshop will focus on generating ideas for a viable and practical peace policy to enable the fastest possible transition to peace in the Middle East. This workshop will empower participants to come up with creative ideas and goals that can inspire all those tasked with thinking up policy options to think more about peace policy, and less about defence or military policy options.

**Dr Thomas Clough Daffern** B.A. (Hons.) PGCE. D.Sc. (Hon), PhD. is a philosopher, historian, teacher, poet, author, lecturer, musician, thinker, educator, consultant and peace studies specialist. Director, International Institute of Peace Studies and Global Philosophy.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 15 March 2015.*

*Time: Registration: 3pm-3.30pm. Day Workshop: 3.30pm-9.30pm.*

*Cost: £25/£20 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

**Day Workshop:  
Health, Wellbeing, and Healing  
through Spiritual Dance and Movement**

Facilitators:



LINDA WYMAN



CATHERINE WRIGHT



BARBARA WESOLOWSKA



CATHY FERRIS

Join us for a joyful day of sharing spiritual dance and movement for health, wellbeing, healing and peace. We will all be together throughout the day, building community and celebrating diversity through spiritual dance and movement.

**Facilitators:** **Cathy Ferris** (An Introduction to the Nia Technique); **Barbara Wesolowska** (My movement - the way to My-self: Dance Movement Psychotherapy); **Catherine Wright** (An Introduction to the Practice of Movement Medicine); and **Linda Wyman** (An Introduction to the Alexander Technique).

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 21 March 2015.*

*Time: 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.*

## **Evening Workshop: An Invitation to the Cosmic Dance - Biodanza**

Facilitator: Claire Levey Lewis



An introductory evening to participate in the 'dance of life' – Biodanza – founded by the Psychologist, Medical Anthropologist, Artist and Poet, Rolando Toro Araneda. In this workshop we will discover more about the work of Rolando Toro Araneda and the dance of life which is now practised all over the world.

We will then experience a Biodanza session, especially created as part of the Festival of Middle Eastern Spirituality and Peace. Please wear what you are comfortable dancing and moving in. We usually dance in bare feet. Please bring water to drink.

**Claire Levey Lewis** has been practising Biodanza since 1996. She qualified as a teacher in 2002 and has been director of the Rolando Toro Schools of Biodanza in Scotland and Ireland since 2005/2006.

[www.biodanzascotland.com](http://www.biodanzascotland.com)

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 21 March 2015.*

*Time: Registration: 5.30pm-6pm.*

*Evening Workshop: 6pm-9.30pm.*

*Cost: £10/£8 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## **Day Workshop:**

### **Resting in the Wisdom of Yeshua: A Middle Eastern Approach to the teachings of Jesus**

Facilitators: Jenny Williams and Sarah Bonner-Morgan

Come and help us create a temporary community resting our hearts and minds in the Wisdom of Yeshua, coming home to ourselves, our hearts and our breath. We have both found that by chanting, moving with, and listening to the sounds of Aramaic words spoken by Jesus, our hearts have been opened to simple wisdom, powerful comfort, and gentle, continuous outpouring of blessing. We will share and explore simple chants and movement in a circle of connection. All are welcome. Bring along your friends, a blanket and/or a cushion and some snacks to share. Soup provided. Absolutely no experience needed!

**Jenny Williams** works with an Emerging Church Project called Nitekirik and is an ordained minister in the Church of Scotland and **Sarah Bonner-Morgan** teaches the Alexander Technique and is deeply influenced by the Sufi tradition. We would like to thank our teacher Saadi, Neil Douglas-Klotz, whose inspirational work and teachings on the Aramaic Jesus is the basis of what we will teach and share with you.

[www.abwoon.com](http://www.abwoon.com)

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 22 March 2015.*

*Time: Registration: 3pm-3.30pm. Day Workshop: 3.30pm-9.30pm.*

*Cost: £25/£20 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## **Evening Workshop: The Way of Oneness; Mystical approaches to Spiritual Healing: using talks, stories, dialogue and meditation**

Facilitator: Jim Pym



Examples of Spiritual Healing can be found in most of the major world faiths and spiritual traditions, though the principles behind them are often hidden in a maze of myth and dogma. Using talks, stories, dialogue and meditation we will explore these traditions, discovering the simple truths behind them, and finding ways in which these can be of practical help to us in our everyday lives.

**Jim** has been a spiritual healer for more than 50 years, and regularly leads retreats and workshops on spiritual healing and meditation.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Wednesday 25 March 2015.*

*Time: Registration: 5.30pm-6pm. Evening Workshop: 6pm-9.30pm.*

*Cost: £8/£7 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## **Day Workshop: Universal Heart Song**

Facilitators: Vivienne Crighton, Elizabeth Pawley and Rolf Billes



This one-day workshop offers a unique opportunity to combine singing, mantras, chants and liberating songs of the heart. Awakening to our own unique expression through voice; our very own heart song, our true nature.

Local facilitators Vivienne, Rolf and Elizabeth offer you the invitation to discover the delights of expressing your own authentic sound in a creative, and compassionate way. Working with simple yet profound authentic practices we learn to connect with the source of our true voice. No vocal or musical experience required.

**Elizabeth Pawley** - teaches piano and yoga and explores creative expression through breathwork and voice; **Rolf Billes** - is passionate about the transformational power of singing and is a Church of Scotland minister in Colinton, Edinburgh; **Vivienne Crighton** - a naturally creative, intuitive healer who is deeply inspired through liberating and empowering the soul with the voice.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 28 March 2015.*

*Time: 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.*

**Afternoon Workshop:**  
**Celebrating Your Story:**  
**the joy of sharing stories with others**  
*A story-sharing event with Michael Williams  
and the Playback Edinburgh Theatre Company*

Facilitator: Dr Michael Williams



Celebrating Your Story: the joy of sharing stories with others -a story-sharing event with Michael Williams and the Playback Edinburgh Theatre Company.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 29 March 2015.*

*Time: Registration: 3pm-3.30pm. Afternoon Workshop: 3.30pm-6pm.*

*Cost: £8/£7 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

**Evening Workshop:**  
**Emotional Intelligence -**  
**why it can matter more than IQ?**

Facilitator: Dr Martin Williams



The Workshop will explore and discuss the ingredients of emotional intelligence and why it is so important for success and fulfillment in the New Millenium. We will show how Emotional Intelligence has the potential to transform our lives and our relationships personally and professionally.

**Martin Williams**, PhD, M.Ed (Humanistic Psychology and Human Relations) Dip.Guidance, Counselling and Pastoral Care, PGCE (Secondary) BA (Hons). Martin was formerly Senior Lecturer in Humanistic Psychology and Human Relations in the School of Education, Community Education and Social Work at the University of Dundee, Scotland. Martin is an experienced Teacher, Psychotherapist, Counsellor and Supervisor specialising in work with individuals, couples, children/young people and families.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Sunday 29 March 2015.*

*Time: Registration: 6pm-6.30pm. Evening Workshop: 6.30pm-9.30pm.*

*Cost: £8/£7 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## MESP 2015 PARTNER EVENTS

Friday 20 February - Friday 20 March 2015

### Nitekirk in February 2015

*Venue: Sanctuary, Augustine United Church,  
41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Friday 20 February 2015.*

### Nitekirk in March 2015

*Venue: St Columbas by the Castle,  
14 Johnston Terrace, Edinburgh, EH1 2PW.*

*Date: Friday 20 March 2015.*

*Time: Drop-in between 8pm and 11pm.*

Nitekirk gathers on the third Friday of each month for a time for silence and stillness, contemplation, creative reflection and welcome. Each month, the Nitekirk community curates this sacred space which is open to all. Rooted in Greyfriars Kirk and supported by its ecumenical partners, Nitekirk seeks to be a space for peace in Edinburgh's heart. For more information, please visit [nitekirk.org](http://nitekirk.org)

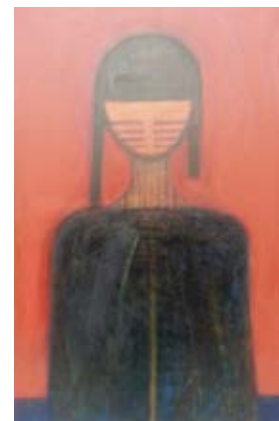
*Cost: Admission Free.*

*Contact: Jenny Williams and Katie Munnik, [news@nitekirk.org](mailto:news@nitekirk.org)*

## MESP 2015 EXHIBITION

### Artist as a Seer in the Quantum Age

Saturday 7 March - Monday 30 March 2015



This exhibition features the work of four artists based in Edinburgh, Glasgow and Dunbar: **James Page**, **Basia Mindewicz**, **Marta Kamila Pawelek** and **Billi Love**.

*Venue: Summerhall, Summerhall Place, Edinburgh, EH9 1QH.*

*Dates: Saturday 7 March - Monday 30 March 2015.*

*Times: 11am - 6pm.*

## Exhibition Opening Concert

Saturday 7 March 2015, 7pm

**Davno** is a female collective performing songs from the vocal traditions of Poland, Russia and Ukraine;

**Edinburgh Georgian Singing Group**, led by **David Tugwell**. The group aspires to follow Frank Kane's approach of focusing on vibration in the body as the path to finding the authentic voice within ourselves and to connecting with other singers;



**Marc-John Brown** is a didgeridoo artist with a deep respect and interest in all indigenous cultures of the world, including of course, the Australian Aborigines.

*Venue: Summerhall, Summerhall Place, Edinburgh, EH9 1QH.*

*Cost: Admission Free. Everyone Welcome.*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## MESP 2015 FUTURE EVENTS

Organised by, or jointly by, the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996

### ***Glasgow Six Hour Winter Kirtan- Non-stop enchanting mantra music experience***



Non-stop enchanting mantra music experience. Join us for a joyful time of call-and-response chanting.  
Vegan food will be served.

*Organisers: Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and ISKCON Scotland, Scottish Charity, SC001127.*

*Venue: Qudos, Queen Margaret Union, 22 University Gdns, Glasgow G12 8QN.*

*Date: Sunday 15 February 2015.*

*Time: 3pm-9pm.*

*Cost: Admission by donation. Everyone Welcome.*

*Contact: scotlandkirtan@facebook.com, 07726688778.*

## Day Workshop:

# Alexander Technique for Meditators: learn to sit easily upright without strain

Facilitator: Sandra Riddell



If you find yourself struggling to sit with ease during your meditation sessions, this workshop will give you tools to make your practice more enjoyable. The Alexander Technique is both a mindfulness practice, and a way to be more comfortable in your body whatever you are doing. We become aware of how we create tensions which cause aches and pains, and learn how to let go of them and rediscover our natural ease and wellbeing. We will explore some basic functional anatomy as it applies to sitting,

walking and breathing, and learn how to re-build strength and natural balance to make all of these activities not only easier and more effective for you, but also more interesting. You will learn the Alexander practice of Constructive Rest, which combines true relaxation with opening up to energy which you can take into the rest of your life.



**Sandra Riddell:** Like many people I came to the Alexander Technique because of pain issues – in my case in knees and feet. These were resolved, and by then I was intrigued by its potential to bring more energy and enthusiasm as well as ease to daily life and to my movement and spiritual

practices. I trained for 3 years in Cumbria as a teacher, and have taught the Technique to individuals, groups and organisations in Edinburgh for ten years.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Date: Saturday 18 April 2015.*

*Time: Registration: 9.30am-10am. Day Workshop: 10am-5pm.*

*Cost: £30/£25 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Day Workshop: Body and Land as Spiritual Teaching

Facilitator: Sister Fionntulach



As well as exploring Celtic myth and imagery, Sister Fionntulach will introduce transformative and devotional practices used within the Céile Dé tradition, an ancient Gaelic esoteric path shaped by these lands, that in turn shapes our bodies, hearts, minds and ways of dissolving into the Nameless Beyond.

**Sister Fionntulach** belongs to the Céili Dé (The Servants or Spouses of God), a Celtic Christian spiritual Order based in Scotland. She is both a teacher of the tradition and an Anam Chara ('Soul Friend' or Spiritual Guide). Her life is divided between leading a contemplative life, serving her community and giving teachings to the growing community, both in Europe and in the USA, who feel called to walk the Céile Dé Path in these times. [www.ceilede.co.uk](http://www.ceilede.co.uk)

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Date: Sunday 19 April 2015.*

*Time: Registration: 9.30am-10am. Day Workshop: 10am-5pm.*

*Cost: £25/£20 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## 2-Day Workshop: Grounded in Light: A Weekend Therapeutic Retreat of Mindful Engagement with Nature

Facilitator: Caroline Brazier  
Debbie Swain will be her assistant at the workshop



This weekend retreat will offer a taster of what it is to encounter the natural world with consciousness and therapeutic intent. It will help us to bring our attention to the ordinary in extraordinary ways. By using methods drawn from mindfulness and ecotherapy practice, coupled with periods of silence and sharing we will create spaces in which to stop and reflect.

**Caroline Brazier** is course leader of the Tariki Training Programme in Other-Centred Psychotherapy and the Ten Directions Programme in Ecotherapy. She is author of six books on Buddhism and psychotherapy and has published a number of articles on Buddhism and ecotherapy as well as her most recent book, *Acorns Among the Grass: Adventures in Ecotherapy* (Earth Books 2011). Caroline teaches internationally and has been involved in developing the application of Buddhist psychology in different fields for over twenty years.

**Debbie Swain** is a member of the Tariki community and assists on the Ten Directions training programme in ecotherapy and has a particular interest in developing gardens as healing spaces.

*Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC03899, [www.eicsp.org](http://www.eicsp.org), and Blue Morpho Body and Mind Centre, [www.bluemorphocentre.co.uk](http://www.bluemorphocentre.co.uk)*

*Venue: Islay Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 25 - Sunday 26 April 2015.*

*Time: Registration: 9.30am-10am. Workshop Days: 10am-5pm.*

*Cost: £100. For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*



## **2-Day Retreat: The Taoist Way of Nourishing Life and Nurturing Spirit**

Facilitator: Muriel Kirtan



We will practice together a number of short, gentle Qigong sets to open our energy gates and energy meridians, promote deep relaxation, replenish vital life-force energy and activate our body's innate healing wisdom. The class is suitable for both beginners and experienced participants since the results gained from any Qigong practice are unique to each individual, much as water effortlessly adapts to match and be at one with whichever distinct environment it finds itself within.

**Muriel** began her study of Taoist practices 31 years ago when living and working in China. She became a Universal Healing Tao Instructor in Qigong, Taiji and Meditation, and a practitioner of Chi Nei Tsang and Tuina therapies, which follow the principles of Traditional Chinese Medicine. Over the last 9 years, Muriel has undertaken intensive study in Damo-Qigong and Taoist Internal Alchemy in the sacred mountain of Wudang, China, under the guidance of her teacher, Master Hu Xuezhi. Muriel is a faculty member of Wudang Taoist Internal Alchemy and Damo-Qigong.

*Venue: Islay Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 2 - Sunday 3 May 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £100. For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*



The purpose of this conference is to:

- Learn about and explore aspects of Simone Weil's life and thought;
- Provide a forum for networking among those who are interested in aspects of Simone Weil's life and thought;
- Facilitate open and mutually respectful enquiry and communication among scholars and the wider public regarding aspects of Simone Weil's life and thought.

**Talk/Forum and Day Conference:  
Simone Weil**

**Talk/Forum Event:  
Simone Weil: A Visionary for our Time**

**Day Conference:  
Key Ideas in Simone Weil's Life and Thought:  
Force, Affliction and Attention**

Facilitators: Dr Timothy Baker; Prof Zenon Bankowski;  
Elizabeth Drummond Young;  
Dr David Levy; Prof James Williams

Chair: Brian Smith, former Bishop of Edinburgh in the Scottish Episcopal Church

**Dates: Friday 8 May – Saturday 9 May 2015**

Time: Friday 8 May 2015: Registration: 6.30pm-7pm: Talk/Forum: 7pm-9pm.

**Saturday 9 May 2015: Registration: 9.30am-10am:**

Day Conference: 10am-5.15pm.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Cost: Evening Talk/Forum Event: £5/£3 (Concessions)/£1 (Students).*

*Day Conference: £25/£20 (Concessions)/£10 (Students).*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## 2-Day Retreat: Mindfulness - the nuts and bolts

Facilitator: Sister Ajahn Candasiri



This retreat will be a chance for us to explore the Buddha's teachings on the Foundations of Mindfulness within the overall structure of the Eightfold Path. It is open both to beginners and to experienced practitioners and to people of any faith or none. Reference will be made to the devotional structures and practices of Theravada Buddhism, and there will be opportunities for those who wish to participate in simple ceremonies that can support the cheerful heart. Please bring along food to offer and to share. There is no charge for the teaching

but a donation of £50/£40 (Concessions) to cover basic expenses would be appreciated. There will also be an opportunity for those who wish to make a donation towards the running costs of Milntuim Hermitage.

**Sister Ajahn Candasiri**, who has been a nun within the forest tradition of Theravada Buddhism since 1979, has spent most of her monastic life at either Chithurst (Cittaviveka) Monastery or Amaravati Buddhist Monastery. She has led meditation retreats in the UK and abroad for several decades, and has been intimately involved with establishing the community and training for nuns (siladhara) of her tradition. Having practised within different religious traditions prior to meeting Ajahn Sumedho, her Buddhist teacher, her interest is in what is shared among people of faith, rather than what divides. Currently she is establishing a small hermitage for nuns of her tradition near Comrie in rural Perthshire.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 23 - Sunday 24 May 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £50/£40 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*



## **Edinburgh Eight Hour Summer Kirtan - Non-stop enchanting mantra music experience**



Join us for a joyful time of call-and-response chanting. Vegan food will be served.

*Organisers: Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and ISKCON Scotland, Scottish Charity, SC001127.*

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 20 June 2015.*

*Time: 1pm-9pm.*

*Cost: Admission: £5 suggested donation. Everyone Welcome.*

*Contact: scotlandkirtan@facebook.com, 07726688778.*

## **3-Day Retreat with Concert in Edinburgh: Sound Evolution: Find Your Voice - Transform Your Life**

Facilitator: Chloe Goodchild



During this three day weekend, Chloe Goodchild will co-create a friendly supportive listening field where you will find your authentic voice and transform your life. We will focus on how to 'express' your true self, rather than 'impress' others. We will relax, move and embody our voice in inspiring, unexpected ways. Chloe will introduce simple practices to awaken the essential flow between our head and heart, our rational and our intuitive mind. You are about to discover your personal, interpersonal and transpersonal powers of communication. Access the 'seamless' voice of

your soul supported by The Naked Voice contemplative, creative and compassionate practices. [thenakedvoice.com](http://thenakedvoice.com)

## **2-Day Retreat: Transformation through Meditation/ Satsang and Movement**

Facilitator: Marija Schwartz

Over three days we will explore three key themes central to Chloe's new book "The Naked Voice" -

**Sound Awareness - Discover your Personal, Contemplative Voice**

**Sound Intelligence - Discover your Interpersonal, Creative Voice**

**Sound Wisdom - Discover your Transpersonal, Compassionate Voice**

NB: Concert: Sounding the Sacred - Love Songs for a Sane New World.  
- Friday June 26. Chloe and world musicians will give an interactive concert, available to the public as well on the Friday evening, Day One.  
**Chloe Goodchild** is the Founder of The Naked Voice Foundation.

*Retreat Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Friday 26 - Sunday 28 June 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-4.30pm.*

Concert: Sounding the Sacred - Love Songs for a Sane New World.

*Concert Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Friday 26 June 2015.*

*Time: Registration: 7pm-7.30pm. Event: 7.30pm-9.30pm.*

*Cost: 3-Day Retreat plus Concert: £190. (Concession): £160.*

*Naked Voice Facilitators and Trainees: 3-Day Retreat plus Concert: £160.*

*Concert: £12/£10 (Concession). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

Through meditation, the attention from the outside is withdrawn and brought to the inner. The loud and unconscious mind comes to rest. Therefore something much deeper and more delicate is allowed to happen. As long as the mind is running on autopilot, as long as we are full with tensions, nothing can give deep fulfilment. It comes, when we learn to be silent and bare our own presence. If we are ready to sit with ourselves, no matter how boring or disgusting it may be in the beginning, the more we will open the inner space. The way to exponential increase of love, peace, joy and deep contentment is the reconnection with our true nature, with source, who we are.





**Marija Schwarz** was born in Serbia but has lived most of her life in Germany. Since her childhood she was aware of the deeper reality of pure consciousness. However, this had to be integrated and merged with the daily life and experience. Through intense meditation with different teachers from the East and West, as well as yoga practice, source was slowly, layer by layer moving to the foreground and becoming the

basis of everything. Marija is sharing deeply transforming Meditation/Satsang and Yoga in classes and workshops. It is all about finding the deeper, inner truth and merging with it.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 11 - Sunday 12 July 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £100/£80 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Day Workshop and an Evening Exploring Sacred Activism: B

Facilitator: P



## Evening with Polly Higgins: Breaking the Chains of Ecocide

Polly Higgins



Polly Higgins, world expert on Ecocide law and Earth lawyer, shares her insights from her past 5 years advocating a law to bring to an end the mass damage and destruction to our Earth. Just as the outer mirrors the inner, what are our inner Ecocides - those patterns of harm - that prevent us from living in harmony? Come and explore

tools and keys that not only unlock the greatness within us but also pave the way to a greater world - one where we end the era of Ecocide.

**Polly Higgins**, Chief Executive Officer, The Earth Community Trust, Chairwoman, the Eradicating Ecocide Global Initiative, Honoris Causa Doctorate, Business School Lausanne, International lawyer, barrister, Award-winning author. Eradicating Ecocide Global Initiative.

[www.pollyhiggins.com](http://www.pollyhiggins.com), [www.eradicatingecocide.com](http://www.eradicatingecocide.com),  
[www.iamdaringtobegreat.com](http://www.iamdaringtobegreat.com)

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 12 September 2015.*

*Time: Registration: 10am-10.30am. Day Workshop: 10.30am-5.30pm.*

*Registration: 6.30pm-7pm. Evening Event: 7pm-9pm.*

*Cost: Day Workshop: £35/£30 (Concessions).*

*Evening Event: £8/£6 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## 2-Day Retreat: Taking Care of Ourselves as an Act of Love for Others

Facilitator: Shona Cameron



This two day non-residential retreat will explore the tools needed to support us to: Listen to our own inner knowing; Deal with fatigue and burnout as we try to live with compassion; Learn the tools of self-empathy to use in any moment.

Some experience of Nonviolent Communication would be helpful, although not essential. More information can be found here [www.cnvc.org](http://www.cnvc.org)

and at [www.nonviolentcommunication.com](http://www.nonviolentcommunication.com)

**Shona Cameron** is interested in the place where psychology meets spirit. She seeks to live in this moment by practising empathy, presence and love. Shona has been studying and practising Nonviolent Communication (NVC) since 2003 and has been a Certified Trainer since 2006. By training, Shona is an Educational Psychologist who works to bring compassion to communication in schools, families and within psychology. [www.withunity.co.uk](http://www.withunity.co.uk)

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 19 - Sunday 20 September 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £100/£80 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## 2-Day Retreat: The Heart of Creativity: Mindfulness and the Arts: Weekend Retreat for Artists of all Art Forms

Facilitators: Susanne Olbrich and Suzanne Dance



This is a weekend of meditation, creative deepening and community building for all who work in the field of creativity – as creators, performers, educators or therapists. Mindfulness practice has the capacity to renew body and mind and to nourish the heart. Through mindful sitting, walking and eating together, we will slow down and reconnect with the source of peace

and joy inside. The retreat includes creative explorations across art forms (weather permitting outdoors), as well as time for reflection and for networking. Suitable for those new to mindfulness meditation as well as for experienced practitioners.

**Susanne Olbrich** has been engaged in mindfulness practice since 1996. A lay member of Thich Nhat Hanh's Order of Interbeing, she also studied Mindfulness-based Stress Reduction (MBSR) with Bangor University. Susanne's work as a pianist and composer embraces classical, jazz, folk and world music as well as a love for experiment. She has been offering creative music workshops in Scotland and



Germany, collaborating with music schools, the NHS, adult education providers and community groups. In 2012 she co-founded the Mindful Artists Network:

([www.mindful-artists.org](http://www.mindful-artists.org)). Susanne lives in the Findhorn community.

[www.myspace.com/susanneolbrich](http://www.myspace.com/susanneolbrich)

**Suzanne Dance** has 20 years of experience of mindfulness practice.

She is a facilitator of the Edinburgh Wild Geese Sangha, with the Community of Interbeing. Suzanne is an actor trained at RSAMD, with extensive experience in theatre, film and television in Scotland. This year she has worked with Shakti Womens Aid on the theme of personal and community resilience. Suzanne is also a teacher of well-being, mindfulness and relaxation to a wide variety of groups.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 26 - Sunday 27 September 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £100/£80 (Concessions). For a Registration Form:*

*Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

## Evening Workshop: Dances of Universal Peace

Facilitator: Dominic Ashmole



The Dances of Universal Peace are a powerful group spiritual practice originating in Sufism. We sing or chant sacred phrases while dancing in a circle. By opening our voices and hearts, dancing together and honouring sacred traditions of many different peoples and times, we may experience feelings of connectedness, joy, playfulness, healing and strength.

**Dominic Ashmole** has been leading Dances of Universal Peace since 2007. Under the guidance of his teacher, Philip O'Donohoe, he became a certified leader in November 2010.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 3 October 2015.*

*Time: Registration: 5.30pm-6pm. Evening Workshop: 6pm-9pm.*

*Cost: £10/£8 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Edinburgh Eight Hour Autumn Kirtan - Non-stop enchanting mantra music experience



Join us for a joyful time of call-and-response chanting. Vegan food will be served.

*Organisers: Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and ISKCON Scotland, Scottish Charity, SC001127.*

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 10 October 2015.*

*Time: 1pm-9pm.*

*Cost: Admission: £5 suggested donation. Everyone Welcome.*

*Contact: scotlandkirtan@facebook.com, 07726688778.*

## Talk/Forum:

# The Quest for an Ethical and Compassionate Compass: Achieving a well-integrated spirituality and also sustainable social action



Arguably, until we achieve an effective and sustainable integration of our spiritual and social lives, and of aspects of our practice and modes of active engagement in the world, then we will struggle to achieve either a well-integrated and mature spirituality or genuinely effective, impactful and sustainable social action.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Friday 16 October 2015.*

*Time: Registration: 6.30pm-7pm. Event: 7pm-9pm.*

*Cost: £5/£3 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## 2-Day R Mindfulness - Crea

Facilitator:



This weekend is an opportunity to explore how mindfulness can open up our world and become a celebration of our precious life - it's joys, sorrows and wonder. Using the principle of Beginner's Mind – the mind that is fresh in each moment, we'll meditate, create, inquire, play and explore our freedom.

Whether you are a mindfulness practitioner or not, whether you are actively creative or not, this weekend is an opportunity to work with

## Retreat: Creative Embodiment

Fay Adams

any constriction, numbness or frustration that you feel is between you and your flourishing. We'll work with classic mindfulness practice as well as self-compassion and visualisation practices, alongside self and interactive inquiry, creative activities, mindful movement and practices to cultivate joy and gratitude.

**Fay** found herself living on the tiny retreat island, Holy Isle, off the west coast of Scotland, after having to give up her life in London due to suffering from chronic pain. She lived there for six years immersing herself in mindfulness practice under the guidance of Rob Nairn. During many hours of practice in her wooden hut, she learned how to understand the patterning that was causing her pain. Through body awareness and self-compassion she was able to restore her wellbeing. Fay now lives in Edinburgh and spends her time teaching for the Mindfulness Association around the UK and in Europe and running courses in Edinburgh. She is a tutor on the University of Aberdeen's Studies in Mindfulness MSc.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 17 – Sunday 18 October 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £100/£80 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## Film Screening, Day Conference and Cultural Evening: Sri Aurobindo and Swami Vivekananda

The purpose of this conference is to:

- Learn about and explore aspects of Sri Aurobindo's and Swami Vivekananda's life and thought;
- Provide a forum for networking among those who are interested in aspects of Sri Aurobindo's and Swami Vivekananda's life and thought;
- Facilitate open and mutually respectful enquiry and communication among scholars and the wider public regarding aspects of Sri Aurobindo's and Swami Vivekananda's life and thought.

Organisers: Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and the Scottish Centre of Tagore Studies (ScoTs).

Dates: Friday 23 - Saturday 24 October 2015

*Date/Time: Friday 23 October, 6pm.*

*Venue: Room G 04, 50 George Square, Edinburgh University.*

*Date: Saturday 24 October:*

*Registration: 9.30am-10am. Day Conference: 10am-5pm.*

*Registration: 6.30pm-7pm. Evening Event: 7pm-9pm.*

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Cost: Day Conference: £25/£20 (Concessions)/£10 (Students).*

*Evening Event: £10/£8 (Concessions)/£5 (Students).*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

**Day Workshop:**  
**A Sufi Perspective on Healing -  
Ourselves, Others and the Planet**

Facilitator: Alice Fateah Saunders  
Musical support from Gavin and Clare

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

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 31 October 2015.*

*Time: 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.*

**An Evening with Alastair McIntosh**



Alastair McIntosh is an Honorary Fellow, School of Divinity (New College), University of Edinburgh; Honorary Senior Research Fellow, College of Social Sciences, University of Glasgow. Freelance as a campaigning academic, speaker, writer, poet and broadcaster and consultant.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Wednesday 4 November 2015.*

*Time: Registration: 6.30pm-7pm. Evening Event: 7pm-9pm.*

*Cost: £6/£4 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## ***Afternoon Workshop with Satish Kumar***

Editor of Resurgence and Ecologist Magazine

## ***An Evening with Satish Kumar***

Speaker: Satish Kumar

*Venue: Sanctuary, Augustine United Church,  
41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 7 November 2015.*

*Time: Registration: 1.30pm-2pm.*

*Half Day Workshop: 2pm-5.30pm.*

*Cost: £30/£25 (Concessions).*

*NB: See [www.eicsp.org](http://www.eicsp.org) for  
final confirmed details.*

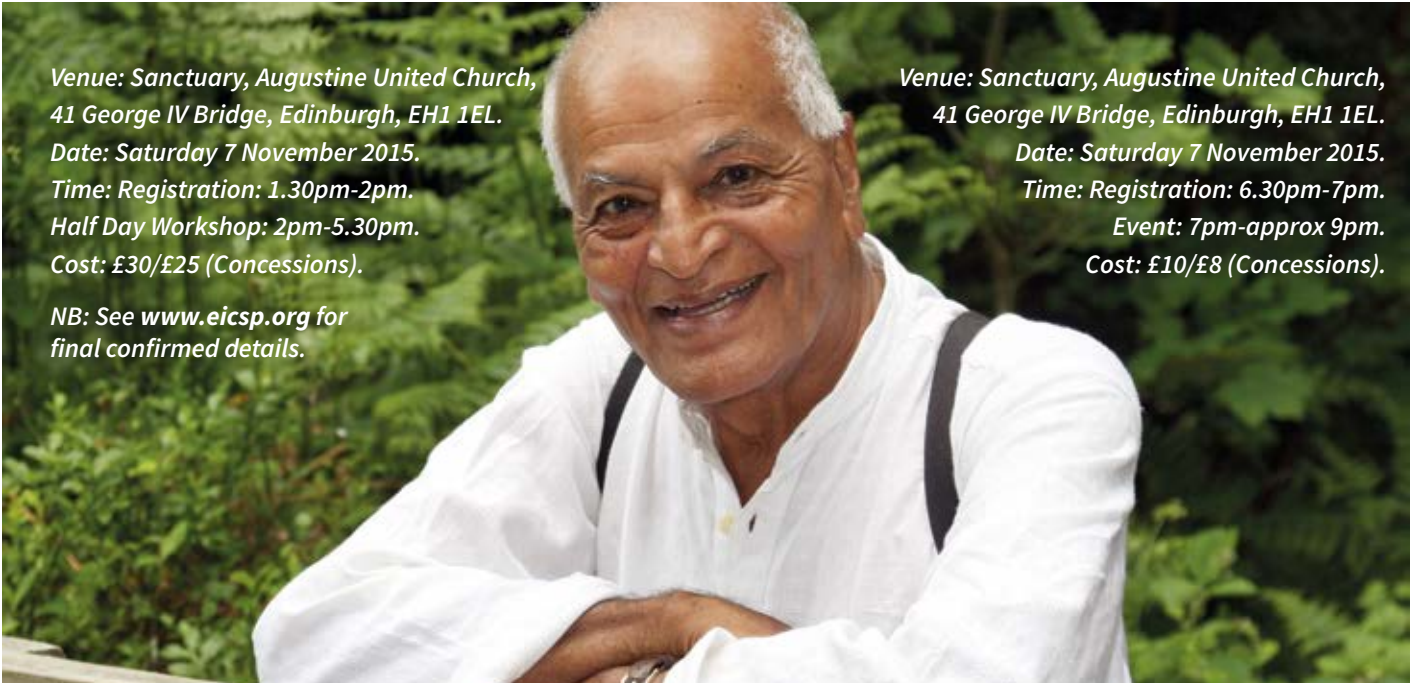
*Venue: Sanctuary, Augustine United Church,  
41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 7 November 2015.*

*Time: Registration: 6.30pm-7pm.*

*Event: 7pm-approx 9pm.*

*Cost: £10/£8 (Concessions).*



*For a Registration Form: Contact: Neill Walker, [mesp2015@hotmail.com](mailto:mesp2015@hotmail.com), 0131 331 4469.*

**Day Conference:  
Spiritualities and the Sacredness  
of the Divine Feminine in Scotland:  
experiential explorations and cultural celebrations**

**Evening Cultural Event:  
Stories, Poetry, Music,  
Chanting, Dance and Movement**

The purpose of this conference is to:

- learn about and explore the roots, contemporary expressions, challenges, opportunities, and issues of Spiritualities and the Sacredness of the Divine Feminine in Scotland;
- provide a forum for networking among those who are interested in issues of Spiritualities and the Sacredness of the Divine Feminine in Scotland, and more widely;
- facilitate open and mutually respectful enquiry and communication among scholars, spiritual practitioners, and the wider public regarding the nature of Spiritualities and the Sacredness of the Divine Feminine in Scotland in relationship to spirituality in its diversity.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 14 November 2015.*

*Time: Registration: 9.30am-10am. Day Conference: 10am-5pm.*

*Registration: 6.30pm-7pm. Evening Event: 7pm-9pm.*

*Cost: Day Conference: £25/£20 (Concessions)/£10 (Students).*

*Evening Event: £10/£8 (Concessions)/£5 (Students).*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

**2-Day R  
Mindful Way 1**

Facilitator: Ka



## Retreat: to Your Heart

Kasia Winiarczyk

Join us for this two day nourishing retreat with Mindfulness, meditation, elements of art and creative exercises, sharing, and an opportunity for self-exploration and stillness. During the retreat you will learn how to open the heart in order to love the world, others and feel good and fulfilled. Through the practice of Mindfulness you will observe your experience with compassionate awareness and learn how to see the reality more clearly. Elements of the Retreat: Mindfulness; Therapeutic Use of Art; Loving-kindness and Compassion; Meditation; Exploration of the Feminine; Opportunity for Sharing and Self-exploration.

**Kasia Winiarczyk** is a practising psychotherapist, Mindfulness teacher and facilitator. She is also a founder of the Blue Morpho Body and Mind Centre in Edinburgh. Kasia holds a degree in Administration Law and a degree in Psychology as well as a Postgraduate Certificate in Buddhist Psychology. Her Postgraduate Diploma was gained having trained on the Postgraduate Counselling and Psychotherapy Programme with Caroline Brazier and David Brazier who are authorities on Buddhist Psychotherapy and Zen Therapy.

*Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.*

*Dates: Saturday 21 – Sunday 22 November 2015.*

*Time: Registration: 9.30am-10am. Retreat Days: 10am-5pm.*

*Cost: £60/£50 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## 2-Day Workshop: Fifty Ways to Find the Beloved: The Many Colours of Sufi Meditation and Zikr

Facilitators:

Tansen Philip O'Donohoe and Saadi Shakur Chishti

In this year's autumn workshop in Scotland, Philip Tansen and Neil Saadi will explore some of the many colours, textures and flavours of zikr and meditation. One only needs one way for realisation. However, in another sense, each way invites us to open to another, richer aspect of our inner ecology. As usual, we will also share Dances of Universal Peace, walking meditation, chant, breath practice and contemplation. All interweave to create an experience of renewed energy, joy and balance. The workshop leaders are UK senior teachers (murshids) in the Chishti Ruhaniyat tradition of Sufism ([www.sufiruhaniyat.eu](http://www.sufiruhaniyat.eu)), in the line of Sufi Ahmed Murad Chishti and Hazrat Inayat Khan Chishti.

Organised by Edinburgh Institute for Advanced Learning, EIAL, and supported by Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996.

*Venue: The Old Kirk, Kirk Wynd, Kirkcaldy KY1 1EH.*

*Dates: Saturday 28 - Sunday 29 November 2015.*

*Times: Saturday: 10.30am-5pm, 7pm-9pm. Sunday: 10.30am-4pm.*

*Cost: Saturday and Sunday: £155/£110 (Concessions).*

*Other reductions and work exchanges also available.*

*Contact: For registration form and queries please contact:*

*Fateah Alice Saunders, [alicefateah@btinternet.com](mailto:alicefateah@btinternet.com), 0131-664-6206.*

## **Day Conference: Spirituality, Ecology and Consciousness**

Facilitators:  
Carey Morning; Prof Michael S Northcott; Mike Wilson



The purpose of this conference is to:

- Learn about and explore aspects of Spirituality, Ecology and Consciousness;
- Provide a forum for networking among those who are interested in aspects of Spirituality, Ecology and Consciousness;
- Facilitate open and mutually respectful enquiry and communication among scholars and the wider public regarding aspects of Spirituality, Ecology and Consciousness.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 5 December 2015.*

*Time: Registration: 9.30am-10am. Day Conference: 10am-5pm.*

*Cost: Day Conference: £25/£20 (Concessions)/£10 (Students).*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## **Day Retreat at The Spirituality Centre**

Facilitator: V



A day retreat and workshop to enable us to re-connect with the land and with the movements of the Spirit in ourselves. The retreat is an opportunity to hear some of the sounds from the holy and healing wells of Scotland and Ireland, and to find out about them through story and poetry. From a world of wandering saints and places of power, we will begin to think about our own life experience and its setting today. There will be a quiet time for centering and contemplation.

## Workshop: Place

Valerie Gillies

Valerie will facilitate the workshop as a creative space for us to reflect upon our own places of inspiration. Writing or mapping a part of our life story, we will put into words the way in which the land is important to us on our spiritual journey.

**Valerie Gillies** is a poet who received a Creative Scotland Award to travel and write her book, *The Spring Teller*, about the springs and wells of Scotland and Ireland, their folklore, history and landscape, and how they continue to be visited by people today. She is a former Edinburgh Makar, poet laureate to the city, who has taught creative writing in schools, universities, and in the hospital arts. Currently she facilitates the Creative Writing and Journaling Workshops at Maggie's Cancer Centre, Edinburgh.

Her most recent book, *The Cream of the Well: New and Selected Poems*, is published by Luath in 2015. Valerie is a spiritual director with the Epiphany Group and a member of Contemplative Outreach.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 12 December 2015.*

*Time: Registration: 9.30am-10am. Event: 10am-5pm.*

*Cost: £50/£40 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

## An Evening with Lesley Riddoch



**Lesley Riddoch** is a writer, journalist, campaigner and broadcaster. In early 2010, Riddoch co-founded the think tank, Nordic Horizons - which has brought Nordic experts and specialists to Scotland to share social policy insights and experiences. In 2013, Riddoch published *Blossom: What Scotland Needs To Flourish*, in which she relates stories of Scots who have struggled against the odds to improve

their communities and makes comparisons with the Nordic nations to suggest ways forward for Scotland.

*Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.*

*Date: Saturday 12 December 2015.*

*Time: Registration: 6pm-6.30pm. Event: 6.30pm-8.15pm.*

*Cost: Suggested Donation: £5/£3 (Concessions). For a Registration Form:*

*Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469.*

Edinburgh International Festival of

# MESP

Middle Eastern Spirituality and Peace

# EICSP

Edinburgh International Centre  
for Spirituality and Peace



## The 2016 Middle East Festival

The 2016 Middle East Festival will be held in March 2016, and there will be a Middle Eastern Film Festival. Those who would like to consider becoming involved can contact: Neill Walker, [mesp2016@hotmail.com](mailto:mesp2016@hotmail.com), 0131 331 4469.



Royal  
Botanic Garden  
Edinburgh