



Breathing Alive

The Sufi Science of Breath

July 13–14, 2013

Unity Center

20255 Willamette Dr.

West Linn OR 97068

The Breath is the current which is established between all planes of existence. Its current runs from the life unseen to the life on the surface, thus uniting spirit and matter both... The Breath may be considered as a lift that can take you to any floor up and any floor down. In Breath abides all the mystery there is. The Sufi's object being self-realization, the Sufi works for its attainment by the means of the Breath, and an ideal so attained becomes one's property, one's kingdom, forever.

—Pir-o-Murshid Inayat Khan

Everything is carried on the Breath — our life force, emotions, intuition, the wisdom essential for finding our true purpose, the inherent human capacity for deep happiness and inner freedom. In short, the Breath carries Life in all forms.

Facility with the current of the Breath confers the ability to enter higher states of consciousness *at will* and to respond to Inner Guidance as it is speaking.

To this end, there are techniques available to all through the ancient spiritual tradition of the Sufis. These teachings have in the past been given symbolically, often in the language and context of religion, but the time has come to free them from these shackles and to offer them in a clear and direct way to all those who want authentic experience of their real self, their true being.

This seminar is designed for anyone who breathes, and will emphasize direct experience rather than premise or theory. Healers and psychotherapists will especially benefit.

Schedule: Saturday, 10 am – 5 pm, plus an evening program 7:30 pm – 9:00 pm

Sunday, 1:00 pm – 5 pm

Tuition: \$85 early registration, \$95 after June 24

Students and seniors, \$65 early registration, \$75 after June 24

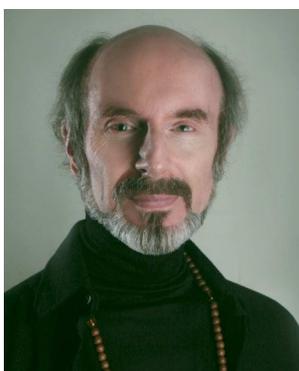
Optional low-cost catered healthy vegan/vegetarian lunch for Saturday; *you must pre-register.*

We will accept personal checks and credit-cards via PayPal or onsite.

For further information and to register, contact

Anna Shook at 503.734.5762, anna_in_pdx@live.com

or Rachele Bell at 503.857.7025, selkie0@yahoo.com



Your Presenter:

Hafizullah is a truth-teacher and healer in the Sufi tradition, and has walked, stumbled, crawled, and danced the Sufi path since 1976.

Though spiritually-trained by the Sufis, his approach transcends distinctions of religion and path, theism and atheism (“I don’t believe in the God you don’t believe in, either...”). His teaching style is informal and accessible, and he strives to make the inner teachings practical and applicable to real-world issues. His passion is in sharing sacred space and spiritual practice with those who are awakening. His poetry has been published in the inter-spiritual journal *Tiferet*.