One of the most powerful experiences of awakening to yourself, of bringing consciousness to your life:

**THE PATH OF SUFISM AND GURDJIEFF SACRED DANCE MOVEMENTS**

The Drunkenness of the Night and the Clarity of the Day

To answer this nostalgia of the “higher”, the “better”, and this call for truth that once in a while grabs one’s own soul?

How to live more passionately the inner fire?

How to feel the Divine love and peace that our soul longs for?

**A Process Of:** Sufi Whirling, Sufi Zikr (Chanting), Gurdjieff Sacred Dance Movements, Sufi Gibberish Meditation, Self-Inquiry and Zen Walking.

My workshops are a process of different centering methods, like **rhythm, breath, music, dance, voice, sound, poetry, to enter a state of emptiness.** We will explore:

- **Sufi Whirling** – the Dervish Dance
- **Zikr (Remembrance)**, an essential Sufi method, will bring us in touch with different layers of our being.

“You cannot believe it unless you experience, that just by whirling you can know yourself. No austerity is needed, no self-torture is needed, but just an experience of your innermost being and you are transported into another plane of existence from the mortal to the immortal. The darkness disappears and there is just eternal light.... It is not that the Dervish dances, God keep dancing in him.” ~OSHO.

- We will explore the beauty of **Sufi Poetry and Music** - Readings from Rumi and Osho.

- Grounding techniques — **Zen Walk or Hara Walk**: a powerful centering technique.

- **Sitting Meditations**

- A very important Sufi meditation — **Gibberish**, emptying the constant chatters of the mind.

- **Verbal Self Inquiry**, which make it easier to connect to the current moment with the help of one and another.

- **Dialogue and sharing** in a respectful and loving atmosphere — How we experiences the juice of Sufism; the Gurdjieff movements, as a reflection of how we face the events and challenges in our life; how we can find in ourselves the courage and energy to act from a space of pure awareness.

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**Workshops Offer**

**Workshops can be customized considering specific needs** of the groups/center i.e., the duration varies from number of hours each day to an entire day process.

1. **Sufi Workshop** — 2 to 4 days
2. **Gurdjieff Workshops** — 2 to 4 days
3. **Sufi and Gurdjieff Workshop** — 2 to 4 days
4. **Sufi and Gurdjieff Intensive Process** — 4 to 6 days
5. **Sufi Intensive Process** — 4 to 6 days
Charges

The charges of the workshop depend on the number of days and the duration of each day session. I am keen on establishing a long term relationship, for this work to grow in a supportive environment and so charges are something I would like to be mutually beneficial.

There are three ways:

1. Day to day basis.
2. Per person basis.
3. Over all group basis.

In addition, travel and stay expenses to be covered by the center.

What is the meaning of Sufism and Sacred Movements in our Daily Life?

Sufi is a Mystic path, the expression of the ancient wisdom of the heart, and the path of love born from that wisdom. Its waves will deepen and expand the different qualities of human consciousness and take us to the silent lake of our being. This gathering is a process of emptying ourselves, a process, and an atmosphere where love and wildness flower into meditation. “By knowing the mysteries of our own heart, we begin to resonate with the mysteries of existence”. Whirling is the essential meditation of the Mevlevi Sufi path. In whirling we join the inner movement of the universe, the spontaneous dance of existence. It is a path to unfold countless layers and dimensions of our self, surrender to them, and disappear: A place to dissolve our own ego.
Gurdjieff was a mystic, a writer, and one of the great Teacher of Sacred Dancing. It became his mission to reveal these practices to the modern world.

He developed his own body of about 250 sacred dance movements. Given very precisely by Gurdjieff as a powerful tool for growth, the practice of movements creates exceptional conditions for transforming the body—machine into a place where the forces of intelligence, heart, and action can freely expand, through the development of a certain quality of attention and relaxation. Within the precision and the beauty of the movements opens a world of clarity, love, inner strength, creativity and action. The movements are a flowing current but there is no movement at the center. Through the changing forms, whether quick or slow, round or staccato, we awaken to the unchanging and the formless. Hence, this feeling of freedom & expansion...

"This is love.
To fly towards a secret sky,
To cause a hundred veils to fall each moment.
First, to let go of life,
In the end, to take a step without feet.
To regard this world as invisible,
And to disregard what appears to be the self.
Heart, I said, what a gift it has been
To enter this circle of lovers.
To see beyond seeing itself;
To reach and feel within the breast."

~ MEVLANA RUMI

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