

LAYERS OF VULNERABILITY

HUMMINGBIRD DANCE AND WAZIFA RETREAT

WITH
TARA ANDREA & MABOUD, TAWWABA BLOCH & FRIENDS

FRIDAY, MAY 10 THRU TUESDAY, MAY 14, 2024 (4 NIGHTS)
OR WEEKEND ONLY - FRIDAY THRU SUNDAY MAY 12, NOON

HUMMINGBIRD MUSIC CAMP, JEMEZ SPRINGS, NEW MEXICO



Being vulnerable requires a courage that arises from a covenant between Soul & Self. Being vulnerable is a call to being open to the seemingly unbearable nature of life, as well as to the wonders and grace of aliveness. Being vulnerable involves the risk of being exposed to others with all our weakness and hidden shames. Being vulnerable is a spiritual practice that enables us to become our most mature selves, capable of living in the creative tension between compassion and astonishment, between selfless service and the solitude of silence.

In this retreat we are invited to open to the healing potential of the Wazifa and to engage in dances and body prayers that might call us to sing out from the covenant of Soul and Self. We might feel the inspiration to cultivate the intent of being kind and present with our vulnerabilities. Silence, meditations, group sharing and wandering in nature will also be activities that could assist us to be compassionate stewards of the heart.

“It is the practice of Wazifa . . . which bring revelation—not any philosophical consideration of them, but the actual practice. This can only be understood through the experience.”
Murshid Samuel L. Lewis

For full info & registration: <https://forms.gle/fTuPTB1KQHP4EBag8>