



'Simple Presence ~ Vast Silent Knowing'

**A residential retreat with Anahata Iradah
2nd to 4th March 2018**

Nunyara Conference Centre Belair SA

With skillful means, compassionate & loving heart, Anahata will guide us on the journey toward

Vast Silent knowing & Simple Presence.

Anahata is a senior teacher in the International Network of the Dances of Universal Peace and supported by this lineage, her roots go deep into spiritual practice.

From the early 80's she has journeyed on the Sufi and Buddhist paths giving rise to deep understanding through living experience and study.

Anahata is a gifted composer of film & song, meditation teacher, orchestrator of pilgrimage & co-creator of Angel Farm, growing top soil for a healthy planet together with her 2 and 4 legged friends.

Her deep interest in the spiritual paths of the earth have led her to many interesting places, experiences and people and she carries this inside and shares it freely in teachings and dances.

Weaving blessings wherever she goes, through music, sacred dance, song, teachings and presence ...the wisdom arising is profound.

Anahata travels throughout the world in dedicated service to humanity.



Retreat Space

**These beautiful teachings will form the heart of our retreat space
they are ageless and timeless and our beings can respond to the call...**

"Behind the movement of the conceptual mind is vast silent knowing. It is so simple. But we don't believe it. And it is sad indeed that we miss it. We over look the simplicity in front of us." Tenzin Palmo.

And the wisdom of Rabi'a of Basra, the most revered 8th Century Sufi Saint, had a good friend named Hasan al-Basri.

He asked Rabi'a the question:

"How did you find this secret, Rabi'a?"

She answered him, *"I lost all found things in God."*

Hasan then continued, "How did you come to know God?"

Rabi'a replied, *"You know of the how but I know of the howless"*

In the course of our lives we have come to depend upon concepts, we exist in duality.

When we examine the answers of Rabi'a to her friend, she is telling him that we must unravel and return to unity. There is no benefit to generate more knowing, instead we need to rest in our own innate nature.

We will dance into the "howless" state and immerse ourselves in the joy of the present moment of awakened mind.

Come Join the journey !



Costings \$425, Concession \$410, DUPA member \$395

Enquiries ~ Amrita 0409 209 054 or dancingfeetwalking@gmail.com

Bookings and full payment Feb 15th 2018