

SPONTANEOUS REALIZATION

An Open Path Retreat with Pir Elias Amidon

March 8–11, 2012



Croydon Hall Retreat Center, near Minehead, Quantock Hills, Somerset, England

This four-day retreat is for anyone who has experienced moments (or longer) of “realization”—the fresh, nondual presence of our original state—and who wishes to explore ways to extend these moments into the diverse conditions of life. Although what we call “realization” is always spontaneously present, our direct experience of it may expand or contract according to our capacity to open to it. The purpose of this retreat is to remind ourselves how we might increase this capacity.

The Open Path is a non-sectarian, inclusive approach to what is often called nondual “awakening” or nondual awareness. This is the same awakening that is the heart essence of all mystical traditions, whether Sufism, Buddhism, Dzogchen, Advaita, mystical Christianity, shamanism, or any other authentic path. While some of the retreat participants will have completed a nine-month Open Path training, all who have been touched by direct realization—through formal teachings, spontaneous experiences in nature, experiences with sacred medicines, or during childhood, when the veils obscuring our basic nature are often less opaque—are welcome.

During the retreat we will explore how to avoid obscuring direct perception with thoughts, or taking refuge in self-concepts, however subtle. We will also invite the ease of effortlessness into our lives—how we might live free from intentional action in the spontaneous response to each situation as it arises.

The retreat will include periods of direct teaching, guided meditation, individual practices, small group exercises, extended silence, and musical meditation. Participants are requested to attend the entire retreat, from noon on the first day to 3:00 PM on the final day.

The tuition fee for the retreat is £195. All meals and double or twin en-suite accommodation is £235. Single-occupancy is £260. Double/Triple accommodation with shared facilities £220. Dormitory occupancy is £199.

To register: send an email to openpath@sufiway.org, or write Open Path Retreats, Sufi Way, 2 Sente de la Pierre au Roy, Tourly 60240, France.

Elias Amidon is the *Pir* (spiritual director) of the Sufi Way, a non-sectarian inner school in the lineage of the Indian Sufi Inayat Khan. He has studied and practiced Sufism in America, Europe, India, North Africa, and the Middle East. For many years, Elias has also engaged in citizen diplomacy work internationally in support of human rights, citizen peacemaking, environmental ethics, and indigenous cultures.