



Creative Living Fellowship *Opening hearts and incubating dreams*

Dances of Universal Peace Zikr

A Gathering of Hearts



Zikr is a 1500 year old form of ecstatic chanting that utilizes sacred words and phrases and draws its practitioners toward awakening of the heart, enlivening of spirit, and deepening of awareness and feeling, compassion and joy. Moving, with chanting or singing, often enhanced by evocative rhythms and melodies with or without accompaniment of drums or musical instruments, Zikr has a deeply spiritual basis, yet there is no sermon, no dogma, nothing to join, no human leader to submit to. The Zikr offers each person the freedom to learn and develop their own spiritual values at their own pace in their own way and brings a softening and polishing of the heart, a practice of ecstasy. Mevlana Jelaludin Rumi speaks of 'in the world not of the world.' Here, we have our head in the clouds and our feet on the ground!

Bring an open mind and a friendly, embracing heart and a desire to stir the soul. Invite folks you know, and let's renew our friendships, expand our hearts, and **bring joy and clarity to the path of awakening.** Please join us!

**Third Saturday of
each month in
Holmes Hall
7:00pm-8:30pm**

\$10 Love Offering

Lead by Gaile Rahmana
Sickel and friends.

