

Subject: NEW SCHEDULE for our Vulnerability session on Saturday, August 24th
From: "Kiran & Jeanne Rana, Bay Dervish" <kiransrana@gmail.com>
Date: 8/15/2019, 2:28 PM
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Bay Dervish ... A center of the Sufi Way
Creative & Contemporary Mysticism

“Your task is not to seek for love, but merely to seek and find
all the barriers within yourself that you have built against it.”
— Rumi

Dear friends,

The July session of *Sufism & the Art of Loving* was about **Love Types and Archetypes** and it was, simply, wonderful. If you are interested in listening to an audio of selected parts of the session, please email us.

The August session is about **Vulnerability**. Many people have told us that they feel this is a very important subject for them. It is for us too, so we are changing the schedule to give us more time together. We'll start in the afternoon and here's how it will look:

Afternoon: 2:30 p.m. — 5:00 p.m. We'll start with a gentle entry into the feeling and subject of vulnerability, moving into discussion and sharing. In the last half-hour we will introduce the idea of **chilla**, purposeful tasks of opening.

Dinner break, individual activity: 5:00 p.m. — 6:30 p.m. During the dinner break, you'll be invited to carry out a purposeful task, chosen during the session.

Evening: 7:00 p.m. — 9:00 p.m. In the evening session we'll share our task experiences, discuss what they meant and how these insights can help us with future thoughts and goals. We'll reaffirm our strength and end with a musical meditation.



Where: Rudramandir :: Sutra Room, 830 Bancroft Way, Berkeley CA 94710

Our vulnerabilities woven together are the very fabric of our humanness. Come and share your courage, your hesitations, your hopes.

All love

Jeanne & Kiran

Jeanne & Kiran Rana

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Vulnerability quote, August 12, 2019...

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." — Rumi

As I was writing this on FaceBook, the wind slammed a door shut nearby. Usually, I have a well-controlled startle reflex but in this moment something triggered me to let go and I had a good old full-on startle, hands flying up and body jerking and stomach contracting and everything. And it felt so good! It felt so alive! And I realized what I've been missing in controlling my startle, or not enjoying it when it happened: A sudden, abrupt, helpless burst of energy — and, with it, a crazy joy about being and feeling alive.

[**Kiran Rana** has been engaged with Sufism for 45 years and is a guide in the Sufi Way. **Jeanne Rana** is a poet and member of the Sufi Way and the Unitarian Church of Oakland. At the **Bay Dervish** center in Alameda they share approaches to the inner life, love, creativity and awakening]

[**The Sufi Way** is a mystical community aligned with the ideals and teachings of the Indian mystic Sufi Inayat Khan, while drawing on the rich wisdom of many traditions. It is a contemporary spiritual path, open to all, emphasizing inclusivity, ease and life experience]

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