

Bay Dervish ... A center of the Sufi Way
Creative & Contemporary Mysticism

I follow the religion of love: whatever way love's
camels take, that is my religion and my faith. — Ibn 'Arabi

Hello, friends

The **Art of Loving** sessions are a place for you to grow your own understanding of and approach to loving. Loving yourself, loving others, loving "the one," loving the One ... we'll travel through them all, look at new ideas, hear how others do it. Each session will start with a short talk, exercise or practice which will lead us into open conversation/discussion. Come join us, explore the emotionality, spirituality and poetry of loving.

In my last email I sent you a calendar for the whole program (updated and repeated at the end of this message). In this email, more details about our **evening sessions** for March ~ April ~ May; separate emails about qawwali and storytelling follow:

March 30th: Loving Yourself

- It all starts with self-love, right?
- Do you feel unlovable? Why?
- How do you know and describe yourself?

April 27th: Loving Others

- What do you mean when you say "I love you?"
- How do you balance self and other in your loving?
- Is it possible to love more than one person fully?
- Do you want to change the one(s) you love? Can you?

May 11th: The Art of Loving

- How is loving different from love?
- Who has loved you, how have you been loved?
- Does love matter? Why?
- Is every human able to love?

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

When: For these evening programs we open the doors at 6:40 pm. We'll start at 7:00 pm with a short talk, exercise or meditation that will lead us into conversation / discussion. Around 8:30 pm, a break, then we close with *zikr*, a Sufi musical meditation.

Tickets are available in advance at Eventbrite: \$20 online for any evening session; same price at the door if there's space. There are a limited number of tickets for attending a whole day for \$35 (this includes the morning qawwali practice and listening to the afternoon storytelling). Nobody turned away.

Link: <http://baydervish.eventbrite.com>

You can buy **tickets for multiple sessions in one purchase**. Please email baydervish9@gmail.com with what you want, and we will send you the amount to transfer by PayPal. Your tickets can be mailed or held at the door.

All sessions are on Saturdays except December 8. Here's a calendar:

March 30: Qawwali — Storytelling — Loving Yourself

April 27: Qawwali — Storytelling — Loving Others

May 11: Qawwali — Storytelling — The Art of Loving

June 22: Evening Qawwali recital

July 27: Sufi poetry workshop (morning & afternoon) — Love Types and Archetypes

August 24: Qawwali — Storytelling — Vulnerability

September 21: Qawwali — Storytelling — Sexual Loving

October 12: Qawwali — Storytelling — The Way of the Heart

November 23: Evening Qawwali recital

December 8 (Sunday): Storytelling — Closing Session, Potluck & Zikr

Whoever you are, whatever you believe in (or not), our conversations will be open to your sharing, insights, opinions. If you are looking for thoughtfulness, friendship or guidance, come and join the conversation, see what you find.

All love

Jeanne & Kiran Rana

cell: 1-510-393-6963 baydervish.com like us on Facebook: facebook/BayDervish/

[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]