



# Cultivating the Inner Life

## Developing Motivation, Compassion and Ease

*A Day of Spiritual Teachings with Pir Shabda Kahn*

**Sunday August 2<sup>nd</sup>, 2009**

**9:30am to 4:30pm**

Join master musician and renowned Sufi teacher Pir Shabda Kahn for a powerful journey into the Way of the Heart. This beautiful workshop will offer the opportunity to discover or deepen your experiences of the profound teachings and practices of Sufism, and experience the Sufi Message of Love, Harmony and Beauty. Join us as we offer an experiential exploration of our attunement to our life through the Dances of Universal Peace, Sufi practices, teachings, stories, the Walking Mediations of Murshid Samuel Lewis, and Zikr. All welcome!!

**Q Center**

**4115 N Mississippi Ave  
Portland OR, 97217**

**Cost: \$65**

**Assistance available: no one turned away for lack of funds  
Lunch on your own. There are several restaurants nearby**

**Registration: Mu'mina: 503-419-7856**

*Shabda Kahn, a direct disciple of the American Sufi Master, Murshid Samuel Lewis, has been practicing Sufism since 1969 and since 2001, is the Pir (Spiritual Director) of the Sufi Ruhaniat International, the lineage tracing from Hazrat Inayat Khan and Murshid Samuel Lewis. He has studied and performed North Indian Classical Vocal Music under the guidance of the late Master Singer, Pandit Pran Nath, since 1972. He is also a disciple of the illustrious Tibetan Master, the 12th TaiSitu Rinpoche. Shabda leads retreats and camps in Sufism with an emphasis on the mysticism of breath; the science and art of wazifa and zikr; music; the walking meditations of Murshid Samuel Lewis and opening the heart. He brings gentleness and humor in transmitting the rich lineage of Sufism.*



photo credit: Beverly Duperly