



**December 26–28, 2009 Saturday–Monday**

# In the Solitude of Nothingness: A Whirling and Meditation Silent Retreat in the Sufi Tradition

## Khadija Radin

For those who have studied Sufism extensively as well as those getting their first glimpse.

The Sufi practice of whirling, exalted and popularized by Mevlana Jelalludin Rumi over 700 years ago, has been used for centuries by the dervishes (mystics) to enter into a state of focus and surrender that enables practitioners to experience being beyond self. Khadija Radin, a senior teacher in the Sufi tradition, will offer a rapturous workshop in whirling techniques, Sufi meditation and contemplation, and breathing techniques. This retreat offers

- A rich tradition of esoteric teachings in which every activity includes the opportunity to identify with the unmanifest
- Selections of Rumi's poetry to relate the Sufi experience of Fana or annihilation to the practices we will be learning
- A dance in stillness and stillness in dance, both of which are complete absorption resulting in the dissolution of "the doer"
- The awakening to the one Self that exists prior to the notion of one's self.



**Khadija Radin, MA**, is a sheikha (senior teacher), in the Sufi Ruhaniat International and Mevlevi Order of America where she serves on the Board of Directors. She is on the cover and featured in the book *Women Called to the Path of Rumi*. For 28 years, she studied Zen with Joshu Sasaki Roshi who ordained her a nun in 1991. She founded the Dervish Retreat Center in New York and is also the founder and director of the Body Mind Restoration Retreats

that take place at the Center in the summer. She taught and performed for five seasons at the American Dance Festival. [www.whirlingdervish.org](http://www.whirlingdervish.org) and [www.bodymindretreats.com](http://www.bodymindretreats.com)



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