



Into the Heart of Love

at Mana Retreat Centre, Coromandel, New Zealand

January 19-26, 2018 *led by Leilah Be from Hawai'i*

*In essence, our impulse is to awaken love in ourselves and others,
through kindness and acceptance.*

*We enter the sacred door through sound invocations to the Beloved;
opening the Divine Qualities within us;*

*We begin to recognize that the holy presence is abiding in everything,
everywhere, inside and outside of us.*

We move and dance in the flow of the divine impulse.

*We meditate to stabilise the mind, to establish
mental and emotional equanimity,
and to experience the vast ocean of stillness.*

Concentration gives birth to bliss.

*We use reflection, and inquiry as tools of awakening,
to dissolve the veils that cover the heart.*

*We weave ourselves into a tapestry of exquisite colours,
as we share wisdom and compassion.*

We immerse in our unity and celebrate our diversity.

This week of dance deepening and Zikr will also include teachings and spiritual practice for experiencing the true freedom of our Infinite Being. The week may also include periods of silence to help us to deepen.



In 2018, Murshida Leilah Be is returning from Hawai'i to lead our annual DUP retreat at Mana Retreat Centre - one of the most exquisite dance venues in the world. An inspirational guide and friend to many, leading retreats throughout the world, her attunement to expansive awareness and beauty is contagious. Leilah is a senior teacher in the Sufi Ruhaniat International, and has been leading DUP and Zikr (remembrance of God) since the 1980's.



*Shared room rates: DUPANZ members - NZ\$845, non-members NZ\$905... Registration NZ\$150
Early Bird rate: book by 15 December (balance to be paid in full by 18 January 2018)
NZ\$795 for DUPANZ /DUPA members, \$855 non-members. Camping also available.
Cost includes accommodation or camp site, vegetarian meals & programme
Payments to Kiwibank a/c 38-9017-0159916-01 Ref: your name + Mana 18*

*International payment by credit card directly to Mana in advance using the following link-
<https://manaretreat.com/contact-us/make-payment/>*

Enquiries and to register: email info@dupanz.org.nz or 'phone/text Clarity 021-147-9885