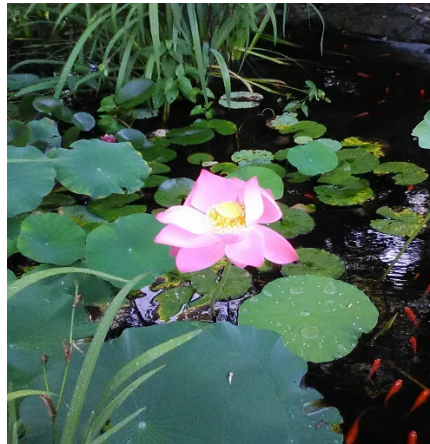


Claymont Society for Continuous Education

Sensing, Sound, and Silence

April 18-21, 2024



Relaxation and sensing can help us hear what we need to hear from inside ourselves and from Above. Chanting of aspirational phrases can help us interrupt automatic and habitual thoughts and feelings - especially the negative ones - toward a state of inner relaxation, openness and receptivity. During this spring weekend, let's take a break from busyness of mind and heart and open to the beauty around us.

This weekend will combine some familiar 4th Way practices with zikr (chanting and dance) from the Mevlevi tradition. Time to listen to silence and to resonate with the beauty of spring at Claymont. Time to open to what we need to hear, what we need to receive, and perhaps even Grace.

The seminar will be led by Hardy Mason. Hardy is a Mevlevi Sufi sheik and long-time student of the Fourth Way.

Note: Participants on the March work weekend at Claymont studying sensation may find this gathering a useful follow-on, but no previous experience is required.

The weekend will begin with dinner at 6:30 pm on Thursday April 18 and end after lunch on Sunday April 21. All activities will be at the Great Barn.

Suggested donation for the weekend is \$195 if you are staying overnight at Claymont and \$95 if you are not staying overnight at Claymont. However, do not let the cost prevent you from participating, financial assistance is available.

For more information and to register please contact, the registrar, Amy Silver at Claymontgathering@hotmail.com.

For more information about the Claymont Society go to www.society.claymont.org