

# Exploring the Soul's Journey

A retreat at The Abbey, near Oxford: Feb 20-21 with Alan Heeks and Cordelia Prescott

This retreat offers a safe, supportive space to explore how can we enrich and guide our life by a deeper understanding and dialogue with our soul. If our soul is on a longer journey, before and after this current lifetime, what does it want now? What are we here for?

A classic teaching in Sufi and other traditions is to enrich your living by including your dying: in other words, to face consciously our death and what may be beyond it. This can move us beyond fears into truly enjoying and fulfilling ourselves through the gift of this lifetime/incarnation. Imagining our soul as having its own consciousness, as choosing this lifetime and what follows, can open new sources of guidance and creative power.

This weekend can also help if you have friends or family who are dying, or if you work or volunteer with those close to passing on. By clarifying our own beliefs and shedding our fears, we can find our own truth and strength, and give more positive support to others.



The intention in this retreat is to respect everyone's varied beliefs and doubts on these delicate topics, not to offer a defining view. We will use teachings and practices mainly from the Sufi and Aramaic traditions, including the book 'The Soul's Journey' by Hazrat Inayat Khan, and Neil Douglas-Klotz's brilliant renderings of Jesus' teachings from the original Aramaic language. Our retreat will include guided meditations, sacred dance and chant, group sessions and quiet solo time, and working in pairs or small groups.

**Alan Heeks:** Alan has been leading personal and spiritual development groups for over 20 years, with a special interest in exploring life purpose. He has also led groups and written a book on elderhood and creative ageing. Since 1992, Alan has been a student of Neil Douglas Klotz's pioneering work exploring Middle Eastern spiritual teachings in their original language. See more at [www.alanheeks.com](http://www.alanheeks.com).

**Cordelia Prescott:** Cordelia is an experienced group leader, musician and healer, with a passion for the joy of life. She has trained in classical music and various forms of spiritual healing, and has studied for many years with Neil Douglas Klotz and other leading teachers. Cordelia leads a range of retreats and other groups, and was a soul midwife and funeral celebrant for a close friend who passed in 2015.

The Abbey is a retreat centre with beautiful old buildings, welcoming atmosphere and excellent food, in a quiet village near the Thames, but only three miles from Didcot Parkway Station.

**Timings** 10.30am – 9.30pm **Saturday**, 10.00am – 4.00pm **Sunday**

**Residential Cost** including meals and accommodation: £195: **early bird** £175 if paid by Jan 15

**Non-Residential Cost** including two lunches and dinner: £148: **early bird** £133 if paid by Jan 15

For more info and bookings contact:

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