

The Mystical Heart

Sustaining our hearts during deeply troubling times

The heart is a thousand string instrument that can only be tuned with love. Rumi

You are invited to a weekend Zoom program

with Atum O'Kane

March 8 -10, 2024

10:00 AM - 3:00 PM Pacific Time

There is a deep need to care for our hearts in the great disharmony of today's world. In the wake of COVID, we now face the life threatening cry of the Earth, the tragedy of the Israel - Hamas conflict and the looming anxiety of a Presidential election. We need resources to help carry us through these challenging times.

In this 3-day program, we will return to our Mystical Heart and the remembrance that the divine lives within us and offers resurrection. We will attune to the states of luminous joy, radiant aliveness, sacred intimacy, glorious splendor, vast spaciousness, unbound freedom, the ecstatic flame of love, the mystery of a profoundly powerful peace and the grace filled trinity of love harmony and beauty. Of course life asks for wholeness, so we must integrate the states of the mystical heart with balance, discernment, holding the center and the present moment.

The teachings and practices in the Mystical Heart are based upon the poetry of mystics of various traditions. A special emphasis will be on a series of new practices drawn from Rumi which have not been offered before.

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Fee: \$300 before February 23

\$350 February 24 and thereafter

Registration Form

Name: _____

Address: _____

Cell: _____

Email Address: _____

Please print, fill out the Registration Form and send with your check* payable to:

Madhura Cuadra

22 Miramar Avenue, San Francisco, CA 94112

*I can only accept checks written with US funds. Please do **not** send by registered mail or signature required.

I also accept Zelle, please email me for more info.

Questions or concerns: madhuracuadra@gmail.com