

7th Edinburgh International
Middle Eastern Spirituality and Peace
Festival 2010, MESP 2010



EDUCATION
HEALTH
SPIRITUALITY
ARTS
PEACE WELL-BEING



www.mesp.org.uk

6/2/2010
Middle East Festival
One World Peace Concert

12/2 - 22/2/2010
Middle Eastern Film Festival

23/2 - 4/3/2010
Pre Events

27/2 - 3/3/2010
Middle East Youth Festival

5/3 - 18/3/2010
Main Events

11/1 - 31/3/2010
Exhibitions and Displays



2010 Middle East Festival

06 February 2010

One World Peace Concert

Celebrates the cultural diversity of Scotland & the Middle East.

Join us in a spirit of friendship to celebrate our wonderful diverse communities in Scotland.

A Charity Fundraising Concert To Support The Middle East Festival & Reel Festivals.

Performers:

Waa Sylla – songs & dances from West & Central Africa
Samba Sene & Diwan – World Music with Senegalese soul
GOL – 'UK & Iranian Nu-jazz World Electronica'
Babylon Arabic Band – Arabic songs throughout all Arab countries

- Venue:** Roxy Art House, 2 Roxburgh Place, Edinburgh, EH8 9SU
Time: Doors Open 6.00pm; Concert 7.00pm - 11.00pm
Organiser: The Middle East Festival & Reel Festivals
Food by: Susie's Diner
Cost: £12 / £10
Booking: - **Tickets Scotland Ltd**, 127 Rose Street, Edinburgh. 0131 220 3234.
9am-6pm (8pm Thursday), 11am-6pm Sundays. www.tickets-scotland.com
- **Susie's Diner**, 51-53 West Nicolson Street, Edinburgh. 0131 667 8729.
- **Hilary's Bazaar**, 297 The Royal Mile, Canongate, Edinburgh. 0131 225 7103.
- **Yekta**, 96 South Bridge, Edinburgh. 0131 225 9706.

The 2010 Edinburgh International Festival of Middle Eastern Spirituality and Peace

Festival Introduction and Welcome



From Friday 5 March - Thursday 18 March 2010 the 7th Annual Edinburgh International Festival of Middle Eastern Spirituality and Peace, MESP 2010, will bring together people from a wide range of spiritual backgrounds, people working with peace, conflict, reconciliation and justice, educators, teachers, scholars and students, people from artistic and cultural backgrounds, people working with health, well-being and healing experiences and concerns, people from diverse cultures, traditions and communities, and people from across Scotland and internationally. More generally, everyone participates in an individual and non-representative capacity, to allow people to draw upon their own experiences and to share their unique visions and perspectives, and people of all backgrounds who respect the Festival ethos are warmly invited to participate in this spiritual, educational, artistic and cultural and

international festival which celebrates peace and mutual understanding. There will also be pre events in the weeks before, including a Middle Eastern Film Festival, and exhibitions and displays, and some may want to participate in some events in a CPD capacity.

Festival Organisation

The Festival is jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity SC038996, and the Edinburgh Institute for Advanced Learning, EIAL, supported by their networking, planning, management and coordinating role. The Festival was co-founded by, and is co-directed by, Neill Walker and Dr Neil Douglas-Klotz.

Festival Sponsorship and Support

The Festival organisers would like to acknowledge and thank those organisations and individuals who have offered financial and in-kind support to this Festival.



Financial and in-kind support towards the Festival in general has come from the City of Edinburgh Council, Scottish Screen, Regional Screen Scotland, Screen Academy Scotland, Awards for All, the British Council, the University of Edinburgh, the Kalliopeia Foundation, the Shalem Institute, the Pump House Trust, the Cairn Hotel, the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity SC038996, and the Edinburgh Institute for Advanced Learning, EIAL. Support for individual events is listed beside the event itself.



In-kind support has come from organizations who we have worked with to organize specific Festival events. These organizations are listed beside the specific events which they have been involved with. Further in-kind support has come from a range of hosting and supporting organizations and individuals.

Media Partners

We are grateful to have Caduceus, Coracle, Instant Magazine, Kindred Spirit and Positive News as Media Partners.

Thematic Strands

In MESP 2010 twelve thematic strands to the Festival will be explicit, to allow a range of entry routes into the Festival, and to allow a range of participation identities, namely:

1	<i>Spirituality, Interspirituality and Intraspirituality</i>
2	<i>Peace, Conflict, Reconciliation and Justice</i>
3	<i>Education and Learning</i>
4	<i>Arts and Culture</i>
5	<i>Health, Well-being and Healing</i>
6	<i>Equality, Diversity and Communities</i>
7	<i>Environmental Responsibility and Climate Change</i>
8	<i>Engagement with Science and Medicine</i>
9	<i>Engagement with Communication Media</i>
10	<i>Engagement with Business and Industry</i>
11	<i>Engagement with Government, Parliament, NGOs and Civic Society</i>
12	<i>Celebrating Scotland, the UK and the Middle East</i>

Festival Ethos

The Festival positively affirms the diversity contained within the spiritual, educational, artistic and cultural, ethnic, national and international traditions of Scotland and the Middle East. The Festival avoids taking fixed positions on political, ethical or cultural questions, and allows for challenging and evaluative perspectives as well as affirmative and celebratory opportunities. We intend to create a forum in which we can listen to one another deeply and learn with an open mind and heart.



The Festival brings together at least three different kinds of presentations. First, we hope to learn from each other about our shared traditions, as well as those that form the unique voice of any one of us. Second, we will hear from those who have been active in peacemaking on a spiritual and secular basis on the ground in the Middle East. Third, we invite participants to share in the musical and spiritual practice presented, in order to gain an experiential view of the traditions that we discuss.

One of the Festival's overriding aims is to contribute to peace and mutual understanding through dialogue, spiritual and artistic practice, and improved mutual understanding among the spiritual, secular and cultural traditions that have arisen in what is now known as the Middle East, and more generally among those who have found a home in Scotland and the UK. Accordingly, the Festival seeks to engage a progressively wider and more diverse range of participants who have been active in spiritual, secular and artistic and cultural approaches to non-violent conflict resolution and world peace. No speaker represents, or can represent, the totality of any tradition, and indeed, experiential, evaluative and visionary perspectives are particularly welcome.



Festival participants are invited to shape their own experience during the Festival, and to take personal responsibility for participating as peacemakers and community builders. In particular, participants are invited to take personal responsibility for processing any conflicts or obstacles to peace that they experience, and for self-evaluating their own participation as peacemakers and community builders for the benefit of their wider life experience.

Conflict and obstacles to peace are of central importance in the lives of peacemakers and community builders. They hold seeds for our spiritual, personal and creative development and can provide energy to sustain such development. The Festival provides many opportunities to engage spiritually, creatively and non-violently with conflict and obstacles to peace in supportive and non-judgmental environments, allowing participants the opportunity to transform conflicts and obstacles to peace into new perspectives, insights and actions.

The Festival is managed as a charitable event for wide public benefit, and all events in the Festival should reflect, and all participants in the Festival should respect, the Festival Equal Opportunities Policy.

Disclaimer

All events were as correct as could be ascertained at the time of going to press. The Festival organisers will not be held responsible for any errors in the listings in this guide or changes to any advertised programme. People attending Festival events are responsible for their own belongings. If you are travelling from any significant distance to a Festival event, then it is important to confirm the final arrangements close to the date of the event.

The opinions expressed by all speakers at the Festival are their own individual views and should not be identified with those of the Festival organizers or sponsors or with those of any particular spiritual organization, tradition or community. One of the primary principles of the Festival is that all mystical and prophetic voices for non-violence and peace should be allowed a hearing, without censorship or prior vetting.

Liability

Neither the EICSP nor the EIAL, or MESP presenters, volunteers, hosting venues or sponsors are liable for injury, damage or loss arising from your travel to and from an MESP event or during your participation in any MESP event. Travel and medical insurance are recommended for those visiting MESP from abroad, and is the sole responsibility of participants in MESP.

Festival Founders and Directors:
Neill Walker and Dr Neil Douglas-Klotz.

Festival Contact Information:

Edinburgh International Centre
for Spirituality and Peace,
EICSP, Scottish Charity SC038996.
4 William Black Place, South Queensferry,
Edinburgh, EH30 9PZ. Scotland.
T : +44 (0) 131 331 4469
E : mesp2010@hotmail.co.uk
W : www.eicsp.org

Festival Website: www.mesp.org.uk

Check the Festival website for any updates and changes to the advertised programme, for more detailed background information, for downloading workshop registration forms as well as the Festival Brochure and Poster, for online booking, and for the MESP email list sign up.



- ***Festival Booking Offer and Passes***

The following Festival Booking Offer and Passes are available for MESP 2010, during the dates Friday 5 March - Thursday 18 March 2010 inclusive, for the events in Edinburgh:

Attend 5 or more workshops, get one free.

1 week pass: £130/£100 (Concessions).

2 week pass: £200/£150 (Concessions).

1 weekend pass: £40/£30 (Concessions).

2 weekend pass: £70/£55 (Concessions).

- ***Concessions:***

Concessions are available to Senior Citizens, the Unwaged, Students and the Disabled. In the case of those who are visually impaired and those in wheelchairs, the concession is extended to one escort. Please inform us of any special needs well in advance.

- ***Festival Event Booking and Booking Offers and Passes***

Online: www.mesp.org.uk

Phone: +44 (0) 131 331 4469

Email: mesp2010@hotmail.co.uk

Events can be booked online, using Paypal, and workshop registration forms or a Festival Brochure or Poster can be downloaded through www.mesp.org.uk.

You can also email or phone to receive event information, workshop registration forms or a Festival Brochure or Poster.

2010 Middle East Festival One World Peace Concert

A Charity Fundraising Concert for the Middle East Festival and the Reel Festivals.

Organisers: The Middle East Festival and Reel Festivals.

Venue: Roxy Art House, 2 Roxburgh Place, Edinburgh, EH8 9SU.

Time: Doors open 6pm. Concert 7pm-11pm.

The 2010 Middle East Festival One World Peace Concert celebrates the cultural diversity of Scotland and the Middle East. Join us in a spirit of friendship to celebrate our wonderful diverse communities in Scotland:

6pm	: Doors open
6pm-7pm	: Food and drink provided by Susie's Diner
7pm-7.45pm	: Waa Sylla
8pm-8.45pm	: Samba Sene and Diwan
8.45pm-9.15pm	: Interval for food and drink provided by Susie's Diner
9.15pm-10.05pm	: GOL
10.20pm-11pm	: Babylon Arabic Band

Waa Sylla was born of the inspiration and spirit that each member has for the rhythms of Africa. An Edinburgh-based 7-piece traditional djembe and doun-doun drums and dance troupe - playing drums, xylophone, kamele ngoni, flute, and songs and dances from around Western and Central Africa, especially Guinea, Ghana, Uganda and Mali. Waa Sylla are pleased to be a part of our wonderful community in Edinburgh and to bring us all together in the spirit of celebration.

Samba Sene and Diwan: Charismatic Senegalese singer Samba Sene is always worth watching!

His music is an engaging fusion of Senegalese traditional rhythms and grooves, with touches of reggae, latin, funk, rock and blues. His influences include former mentor Baaba Maal, Bob Marley, Van Morrison, Paul Simon, Alpha Blondy and Aswad. The songs cover a range of subjects from homelessness, equal rights to outright celebration. Uplifting and upbeat, this is world music with Senegalese soul. www.myspace.com/sambasene

GOL will perform a special set of their music from the EP "Roots" and their "Mixed UP!" MELA Commission for this concert. GOL's music has been described as 'UK and IRANIAN NU-JAZZ WORLD

ELECTRONICA.' The musicians are: • Roxana Pope (Vocals - Farsi, Arabic and English): British/Iranian; • Yann Seznec (Keyboards and live sampling): French/American; • Pete Vilk (Drum kit and samples): Czech/Slovak; • Allan Ferguson (Bass): Scottish; • Mat Clements (Congas, Darabuka, Percussion): English; • Iordanis Kalaitzoglou (Saxophone, Clarinet, Ney and Kaval): Greek; • Bouda Ahmadi (Iranian Santur): Iranian. www.myspace.com/golmusic

STUART DINWOODIE/PHOTO NEILL WALKER



GOL/PHOTO: COLIN JARVIE



SAMBA SENE/PHOTO: MARC MARNIE





Babylon Arabic Band is an Edinburgh-based band which consists of Iraqi, Scottish, English and Irish musicians led by Mohammed Nafee (Iraqi singer and musician). They perform a selection of Mohammed's favourite Arabic songs throughout all Arab countries, which he performed at parties and celebrations in Iraq. The musicians are: • Mohammed Nafee Mohammed (Vocal and Oud); • Joel Sanderson (Double Bass); • Tim Leary (Violin); • Marion Kenny (Flute); • Adam Reid (Percussion); • Frazer Watson (Percussion). The belly dancers are: Constantina and Sheikha.

www.myspace.com/babylonarabicband

Cost: £12/£10 (Concessions).

Booking: **Tickets Scotland Ltd**, 127 Rose Street, Edinburgh, EH2 3DT. 0131 220 3234.

<http://www.tickets-scotland.com/> 9am-6pm (8pm Thursday), 11am-6pm Sundays.

Susie's Diner, 51–53 West Nicolson Street, Edinburgh, EH8 9DB. 0131 667 8729.

Hilary's Bazaar, 297 The Royal Mile, Canongate, Edinburgh, EH8 8BD. 0131 2257103.

www.hilarysbazaar.com

Yekta, 96 South Bridge, Edinburgh, EH1 1HN. 0131 225 9706.

MESP 2010 Middle Eastern Film Festival Friday 12 February – Monday 22 February 2010

Middle Eastern Film Festival: Classics of Egyptian Cinema

Organisers and Partners: The Middle East Festival, MESP, and the Filmhouse, supported by the Department of Islamic and Middle Eastern Studies of the University of Edinburgh, the British Council, and Screen Academy Scotland.



The purpose of the Festival is to provide a focus for the study and promotion of Middle Eastern cinema. The geographic area covered by the Festival broadly covers that outlined in Oliver Leahman's 'Companion Encyclopedia of Middle Eastern and North African Film,' which includes Central Asia, North Africa, Turkey, Israel, Egypt, Palestine, Lebanon, Syria, Iran and Iraq.



Following on from last year's successful retrospective of Iranian cinema, this year's retrospective will be on the highly influential Egyptian cinema. The first cinema screenings in Egypt date back to 1897, though it wasn't really until the nineteen twenties that Egypt began to produce its own feature films.



The formation of a number of Cairo based film studios, including Studio Misr, in the mid-thirties saw Egyptian cinema enter its golden era, at least commercially, with a string of successful genre films (particularly musicals and comedies) that, in the Middle East, came to rival the Hollywood films of the time. Whilst this trend continued into



the fifties, a new wave of Egyptian filmmakers (building on the tradition set by Kamal Selim in 1939 with his film *Determination*), which included Youssef Chahine, Salah Abu Seif and Taufiq Salih, set about creating a realist and overtly political cinema that culminated in 1969 with Chadi Abdessalam's *The Mummy*. The seventies saw a retreat into commercial genre cinema until the new realist cinema of the eighties, which saw the emergence of Atef El-Ateb, Mohamed Khan and Daoud Abd El-Sayed.



In the nineties, the advent of satellite television coupled with the Iraqi invasion of Kuwait had a catastrophic impact on the distribution of Egyptian cinema throughout the region, leading to a drastic decline in film production and an increasing reliance on European co-productions. In recent years though Egyptian cinema has seen a bit of a revival with a substantial increase in film production and the international and domestic success of commercial epics such as Marwen Hamad's *The Yacoubian Building*.

This retrospective will concentrate on the realist tradition of Egyptian cinema, whilst providing examples of the best of genre cinema. There will also be examples of some of the finest Middle Eastern cinema from other Middle Eastern countries.

The 2010 Middle Eastern Film Festival has been supported by Scottish Screen, and some films will be toured to regional cinemas and film societies across Scotland with support from Regional Screen Scotland. This project is organised by Neill Walker (on behalf of MESP), and James McKenzie (on behalf of the Filmhouse), and is managed by Neill Walker (on behalf of the EICSP).

Contact and Booking and Finalised Details: 0131 228 2688.
<http://www.filmhousecinema.com/>



Saturday 20 February

MESP 2010 Day Workshop: *The History and Themes of Egyptian Cinema*

Facilitator: **Dr Walter Armbrust**, Albert Hourani Fellow, St. Antony's College; University Lecturer, University of Oxford.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

This day workshop will cover the whole history of Egyptian cinema in roughly chronological order, though with many other themes worked into it. The workshop will be illustrated with film clips throughout. Among the topics to be covered will include:

- The Early Years and Discourses of Nationalism
- Patriarchy and Love
- Musicals, Dance Films, and Cultural Canons
- The Public Sector, Ideology and Economics
- Cracks in the Façade
- Scepticism Toward the Project of Modernity
- Location in Contemporary Egyptian Cinema.

Cost: £10. (Free for students). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

MESP 2010 Pre Events

Tuesday 23 February – Thursday 4 February 2010

Tuesday 23 February

Mindfulness@Lunchtime

Venue: St Mark's Unitarian Church, 7 Castle Terrace, Edinburgh, EH1 2DP.

Dates: Tuesday 23 February and Tuesday 2, 9, 16 March 2010.

Time: 12.15pm-2pm.

The Community of Interbeing and Unitarians in Edinburgh jointly organise Mindfulness@Lunchtime every Tuesday from 12.15pm to 2pm. Please take a break, slow down, and find mindfulness@lunchtime - guided sitting meditation, walking meditation, enjoying our food together in silence and ending with a short silent meditation, returning to the world refreshed! Mindfulness is gently bringing our attention to the present moment, invoking our inherent capacity for healing and renewal. Please bring your own lunch.

Cost: Admission Free. Everyone Welcome. *Contact:* Jon Bagust, bagust.chang@virgin.net

Wednesday 24 February – Saturday 27 February

Love Fables and Mysteries: A New Drama with Poetry and Music

Written by Lee Gershuny and Directed by Corinne Harris.

Venue: Roxy Art House, 2 Roxburgh Place, Edinburgh, EH8 9SU.

Dates and Times: Wednesday 24 – Saturday 27 February 2010, 7.30pm.



PHOTO CREDIT: ALAN MCCREDIE



A man and woman have a story to tell about love. But from the beginning, they argue about the facts. Who's right and who's wrong? Is it their story or someone else's? What really happened? They can't seem to get it together. Love seems to slip through their fingers until they meet creatures from their own personal menagerie: "A Couple of Chameleons," "Wounded Bird as Vulture," "Clipped Wings," and "The Hawk and the Dove." Guided by music, poetry and a passion

for truth, they travel through the real and fantasy world of lovers – telling secrets they never thought they had. The performance will be followed by an informal discussion with the company.

Cost: £8 (Full Price), £5 (Concession).

Booking: Tickets Scotland Ltd, 127 Rose Street, Edinburgh, EH2 3DT. 0131 220 3234.

<http://www.tickets-scotland.com/> 9am-6pm (8pm Thursday), 11am-6pm Sundays.

At the door on the night. Box Office Opens 7pm.

Wednesday 24 February

Himalaya Meals



Venue: Himalaya Arts and Crafts, 20 South Clerk Street, Edinburgh, EH8 9PR.

Dates: Wednesday 24 February, Friday 26 February, Monday 1 March and Wednesday 3 March 2010.

Time: 12.30pm-14.30pm.

Himalayan vegetarian and vegan meal with fresh salad. All the money raised goes to Green Tara charity helping disadvantaged children in the northern part of India.

See: www.himalayashop.co.uk

Cost: £3.50. Just come along on the day.

Contact: Reka, himalayashop@hotmail.com, 0131 662 9818.

Night of Safa* at Empires

Venue: Empires Cafe, 24 Street Marys Street, Edinburgh, EH1 1SU.

Time: 7pm-11pm.

An eclectic evening of Middle Eastern music, photography, dance and food at this unique Edinburgh venue. Come along and join us for an intimate gathering where you'll enjoy a delicious home cooked Turkish Meze buffet while being entertained by traditional musicians and bellydancers. The event also incorporates the Highland Turkey photography exhibition by Edinburgh-based, Greek photographer and documentary maker, Aiki Sapountzi. The exhibition, which was shown at Edinburgh's Filmhouse bar during last year's MESP Festival, is about the Turkish/Anatolian community in Scotland in juxtaposition with photographs of Istanbul. Limited to 30 places, so please book early.



Cost: Food and drink are to be purchased from the menu and donations are welcome for MESP.

Contact: reservations@empirescafe.co.uk, 0131 466 0100.

(*Turkish translation of *safa*: party, entertainment, pleasure)

Servas Peace Meal



Venue: Double Dutch Bistro, 27-29 Marshall Street, Edinburgh, EH8 9BJ.

Time: 7pm for 7.30pm.

The Servas Peace Meal at MESP 2010 is an opportunity to share knowledge and aspirations for peace in the Middle East while enjoying a meal of delicious Middle Eastern food. Three invited speakers with personal knowledge of the cultures and creeds of the Middle East will give short talks to introduce their own perspectives on peace and spirituality issues. We will share food and informal discussion between these talks, following the pattern by which Servas hosts all over the world welcome travellers into their homes.

Local members of Servas have an open, informal monthly gathering at The Elephant House Café, George IV Bridge, Edinburgh on the last Thursday of the month between 6pm-8pm. All welcome. Please note that for February 2010, the Servas Peace Meal will replace the open gathering.

www.servas.org, www.servasbritain.org

Cost: £15/10 (Concessions).

Contact: Deirdre, 0131 228 2186, servasedinburgh@hotmail.com

Women: the transforming force of Iran?



Speaker/Panel: A panel discussion.

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Time: Doors and exhibition at 7pm.
Panel discussion at 7.30pm.

An event hosted by Amnesty International St Marks group, to explore and celebrate the lives and opportunities of Iranian women. Our panel of experts will discuss and debate the life of modern Iranian women and there will be a chance to look at our exhibition. There will be a chance to hear Iranian music and sample Iranian food.

Cost: Donation to Amnesty International.

Booking not required.

Contact: Lyndsey McLellan,
lyndseymclellan@yahoo.co.uk, 07913 491 226.

Naqshbandi Sufi Dhikr



A Sufi dhikr (zikr) is an opportunity to focus on the highest ideal of Allah (God) that one can conceptualize in the form of chanting or repeating His names and attributes in a rhythmic way. This has the effect of opening the heart to enable us to then feel, sense or experience God. The Sufi says God is love, lover, and beloved. In other words, God is the object, God is the subject, and God is the love experienced between the two. Our spiritual guide is Maulana Sheikh Nazim al-Haqqani.

Venue: Himalaya Arts and Crafts, 20 South Clerk Street, Edinburgh, EH8 9PR.

Time: 8pm.

For further info visit www.scottishnaqshbandidhikr.webs.com

Cost: Donations welcome.

Contact: info@pomegranategarden.com, 0131 623 2425 or 07855 478046.

Friday 26 February

Talk: What next for Georgia - and does it matter?



Struggling with reform, offering the West an alternative energy supply route, looking for integration with the EU and NATO yet invaded and occupied by Russia, Georgia represents high stakes. But how interested are we, or should be?

Donald MacLaren of MacLaren served as HM Ambassador in Tbilisi from 2004 to 2007 and offers some reflections.



Speaker: **Donald MacLaren of MacLaren.**

Venue: Lecture Theatre 183, Old College, the University of Edinburgh.

Time: 6pm.

Cost: Donations £2 SRF members, £5 others.

Contact: 0131 668 3635, info@scotlandrussiaforum.org

Himalaya Gathering



Venue: Himalaya Arts and Crafts, 20 South Clerk Street, Edinburgh, EH8 9PR.

Time: 7pm-11pm.

An evening in which the traditions of the Middle East and the Celts will coalesce - illustrating the One Truth that is expressed in an infinite number of ways. We will seamlessly weave stories, poems, chants and music from the Middle East and Scotland, to journey to the place of stillness within. A place beyond words and concepts, that throughout the ages has been celebrated in innumerable ways.

Himalaya Gatherings is a non-profit community event hosted by Namaste-roots-foundation and Himalaya. On the evening food will be served at the Himalaya Cafe from 7pm with all proceeds collected on the night going towards the Green Tara charity.

Cost: By donation.

Contact: Advanced booking recommended, as places are limited to 20. Phone on the day to check if any places are still free. himalayashop@hotmail.com, 0131 662 9818.

MESP 2010 Middle East Youth Festival Saturday 27 February – Wednesday 3 March 2010

2010 is the pilot year for the Middle East Youth Festival in Edinburgh! Inspired by the Global Citizen Corps youth programme (www.globalcitizencorps.org) the Festival will bring together young people from the UK, USA and the Middle East. Events have been selected and designed by the youth participants and have been chosen to encourage learning and debate amongst the Scottish audience.

Saturday 27 February – Wednesday 31 March —————

**Exhibition at the Tollcross Community Centre:
Recognizing our Common Humanity**
See: Exhibitions and Displays section for details

Monday 1 March —————

Film Screening at the Filmhouse

Open to the public: reservations recommended.

Screening and interactive presentation/discussion led by young people from the Middle East

Tuesday 2 March

School Summit at the Edinburgh City Chambers:

Open to all S5/6 pupils and educators. Reservations required

What does Peace and Justice have to do with you? Pupils and teachers from schools across the Central Belt are invited to attend this dynamic all day event. A diverse schedule of presentations and interactive activities will explore issues of Peace and Justice locally, in the Middle East and globally. There will be a particular focus on what actions young people can take and the role they have to play.

Wednesday 3 March

Reception at the Scottish Parliament: What's your story?

Open to the public: reservations required

An opportunity for those interested in sharing their experience of peer education and youth action. Young people from the UK, USA and the Middle East will present on their peer education experience and open the floor for discussion.

For venues, times and regular updates on all Middle East Youth Festival events:

Contact: Global Citizen Corps, gcc@uk.mercycorps.org, +44 (0)131 662 5188,

www.middleeastyouthfestival.org

Saturday 27 February

Workshops: Wellness and Energy Through Ancient Rhythm and Movements!



SHELLEY SKIPPER

Facilitator: Shelley Skipper.

Venue: Barony Hall, McDonald Road Library, 2-4 McDonald Road, Edinburgh, EH7 4LU.

Times: Workshop 1: 10am-12 noon (All welcome).

Workshop 2: 2.30pm-4.30pm (Women only).

Dance as a means to health, well-being and healing has been used by various cultures worldwide. The Zaar is a therapeutic ritual found in parts of East Africa and the Arabian Peninsula. It is experienced mainly in rural areas and most commonly conducted by women for women as a means of curing certain ailments and of promoting well-being. Once looked down upon as superstition, witchcraft and even exploitation of the ignorant, some now consider the Zaar to offer a genuine path to health, well-being and healing.

Both workshops will first explore the history and details of the Zaar ritual, then move on to its rhythm and movements. We will learn and practice the rhythm and then learn and practice the movements



that go with it. The workshop will culminate in group dancing. Dance experience and/or musical skills are not prerequisites; just come along, learn, dance, then leave feeling energised! Please wear clothes that are comfortable and easy to move in. You are welcome - and encouraged - to bring drums, finger cymbals and/or castanets, but it is not a requirement.

Shelley has been involved with music and dance from a young age. A former secondary school teacher, she now performs and teaches bellydance in addition to studying counselling. *Please note:* Spaces are extremely limited, advance booking is required.

Cost: £10 (£7 Concessions).

Contact: shelleyskipper@googlemail.com, 07724 921 652.

Workshop: Awakening Spirituality Through Feminine Dance

Facilitator: **Lindsey Marie Silver.**

Venue: Shandwick Room, St George's West Church, 58 Shandwick Place, Edinburgh, EH2 4RT.

Time: 12-2pm.

www.bellydancingbarbie.com

Engage with the goddess as we explore and express the ancient ritual dances of our grandmothers whilst blending with modern Oriental dance styles. Through ancient movements and physical storytelling this workshop will provide women of all ages with a connection not often experienced in modern society and an opportunity to come together in their own true purity. This is a practical workshop, so please wear comfortable clothing and bare feet or soft soled shoes.

Lindsey Marie Silver is a health and fitness professional, and having studied many different dance forms she gravitated towards women's Middle Eastern dance through its beauty and freedom of expression. She promotes the health giving properties of women's dance and its powerful ability to strengthen communities and individuals.



LINDSEY MARIE SILVER

Cost: £10/£8 (Concessions).

Contact: Lindsey Marie Silver, info@bellydancingbarbie.com, 07853 197 964.

Workshop: Mums and Daughters' Bellydancing

Facilitator: **Shelley Skipper.**

Venue: Barony Hall, McDonald Road Library, 2-4 McDonald Road, Edinburgh, EH7 4LU.

Time: 12.30pm-1.30pm.

Come along and spend some quality, fun time with your daughter while you both learn to bellydance! Bellydancing is a wonderful activity that both of you can enjoy together. Learn the moves, get some exercise and spend quality time with your child or children. Please wear clothes that are comfortable and easy to move in. Coin belts or hip scarves (any scarf long enough to tie around your hips is fine) will enhance the experience. All shapes and sizes are welcome!

Please note: Spaces are extremely limited, advance booking is required. Ages 7 and up welcome.

Cost: £7/£5 (Concessions) for each mum and daughter pair.

Contact: shelleyskipper@googlemail.com, 07724 921 652.

Afternoon Workshop: Transactional Correctness

Facilitator: Etsko Schuitema.

Venue: Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

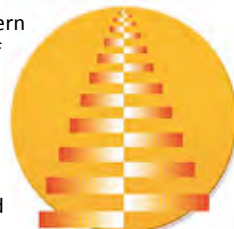
Time: 1pm-4pm. Doors open: 12.30pm.

In this workshop we will explore the fundamental rules of intent that govern the success or failure of all human aspiration and action, namely the rules of transactional correctness. They are the core principles that are operative in discerning the difference between what we want and what the Divine wants in any given situation.

Etsko Schuitema is a renowned business consultant who has authored numerous books including 'Leadership: The Care and Growth Model' and 'Intent: The Core of Being Human.' He is the Senior Partner in Schuitema, a business transformation consultancy operating in Africa, Europe and South Asia. Etsko is also a Shaykh or teacher of the Shadhili-Darqawi Sufi order and is known to his students as Shaykh Ebrahim.

Cost: Admission Free. Everyone Welcome.

Contact: temca@hotmail.com, 07814859599.



'Women as Peace Makers' - The Bridge of Peace Ceremony, a Bridge for Friendship

Facilitator: Women's Federation for World Peace, Scotland.

Venue: Hall next to Café Camino, St Mary's Catholic Cathedral, top of Leith Walk.

Time: 2pm-5pm.



'The Bridge of Peace' ceremony brings reconciliation. Those taking part meet someone from a different spirituality, culture or race and commit themselves to bridge the gap between them. They go beyond their differences and determine to make reconciliation through their friendship. This will break the cycle of conflict in the world and free the newfound sisters to experience a new beginning.

This event includes music from different countries and talks about 'Women as Peace Makers,' and a World Peace Flag Ceremony. You will

be able to meet people from all over the world and share food from different countries.

Cost: £3 donation (includes international refreshment).

Contact: Harumi Currie, 0131 331 1433, wfwpscot@gmail.com

Preparation for the Golden Age with Sharam and Farhi

Venue: Angels of Light Centre, Healing and Meditation, 31 Pittville Street, Edinburgh/Portobello, EH15 2BX.

Time: 2pm-5pm.

Seminar and short reading out of the book "The Beginning of the Golden Time Age" from Maria Magdalena. Experience the creation energy waves which are now with increasing power changing the Earth and our lives. Mother Earth will transform completely together with us. You can get in contact with the different qualities of each energy wave and can find out what each wave holds for you personally. Experience initiation, vision and healing.



Sharam and Farhi are healers (not connected to any special religion) working in the Angels of Light Centre in Portobello. They offer holistic treatments and regular classes and courses.

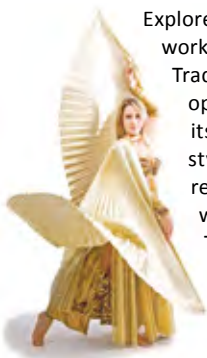
Cost: £15. **Contact:** Sharam and Farhi, 0131 669 5668, sharam@aolc.co.uk, www.aolc.co.uk

Workshop: Middle Eastern 'Bellydance' - Styles of Expression

Facilitator: Lindsey Marie Silver.

Venue: Shandwick Room, St George's West Church, 58 Shandwick Place, Edinburgh, EH2 4RT.

Time: 2.30pm-3.30pm.



Explore the many moods of Middle Eastern Bellydance in this joyous and celebratory workshop. We will discuss and try out Egyptian, Turkish and Lebanese Cabaret, Traditional Folk Dance, Tribal and Tribal Fusion styles. This will be a wonderful opportunity to discover the history behind modern 'bellydancing' and discuss its various branches. Progress the development of your own individual dance style through learning some characteristic Middle Eastern dance movements, recognising the music of each and sharing in this beautiful and mysterious dance with others. Open to women of all ages. No previous dance experience required. This is a practical workshop, so please wear comfortable clothing and bare feet or soft soled shoes. www.bellydancingbarbie.com

Cost: £6/£4 (Concessions).

Contact: Lindsey Marie Silver, info@bellydancingbarbie.com, 07853 197 964.

Talk: Intent - Exploring the core of being Human

Facilitator: Etsko Schuitema.

Venue: Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: 8pm. Doors open: 7.30pm.

"All actions are by their intentions" - **Prophet Muhammad**. The desire to achieve the highest potential in our lives is natural and encoded into the very fabric of our being. This process is concerned with the maturation of our intent, the key variable accounting for the excellence of an individual. In this



talk we will explore the various epochs in our journey, what the signs are of these stages, and what are the key challenges that we face during these stages. The refinement of intent is something that anyone, regardless of their situation in life, can pursue and succeed at and lies at the very core of what it is to be human.

Cost: Admission Free. Everyone Welcome.

Contact: temca@hotmail.com, 07814859599.

Sunday 28 February – Monday 1 March

Leave to Remain

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Dates: Sunday 28 February - Monday 1 March 2010.

Time: 7.30pm.

Everyone has lost someone. But it's as if we live in a world where death never happens. Or at least never gets talked about. Or mourned or lamented in a collective kind of way.

Leading Scottish writer **Jo Clifford** and actor **Suzanne Dance** have collaborated as writers and performers to create an exploratory piece with live music from cellist **Sarah Whiteside**: a piece that is part drama and part ritual.



Something we can all be part of together. That will help us go through the journey, the dark journey of mourning; and then come out into the sunlight and the joy of living.

Followed by an opportunity to share the experience. Past audience members have said: "in the very best tradition of story-telling, open, generous, warm-hearted, entertaining and emotional." "I loved the silences you left for us to fill with our own memories and thoughts."

Cost: £8/£6 (Concessions). Tickets on the door on the night.

Contact: Jo, jo.teatro@btinternet.com



Sunday 28 February

Langar Community Meal



Venue: Guru Nanak Gurdwara, 1 Sheriff Brae, Leith, Edinburgh, EH6 6TJ.

Time: 2pm-3pm.

Guests are welcome to attend this traditional vegetarian meal at the Edinburgh Gurdwara. Prior to the meal there will be a short talk with questions and answers.

Cost: Admission Free. Everyone Welcome.

Contact: Wege Singh, sewadar@hotmail.com

Experience the Light of Christ with Sharam and Farhi



Venue: Angels of Light Centre, Healing and Meditation, 31 Pittville Street, Edinburgh/Portobello, EH15 2BX.

Time: 2pm-4pm.

Seminar with short reading from a book "Jesus The Book." (www.jesus-the-book.com). Open yourself to bring the light and love in completeness onto the Earth. Experience the light of the Christ through the energy of the Grail. You will receive

an initiation and healing and through rituals the light of the Christ gets anchored in your heart. That can give you an impression of the now beginning Golden Age.

Cost: £10. **Contact:** Sharam and Farhi, 0131 669 5668, sharam@aolc.co.uk, www.aolc.co.uk

Chanting evening- Satsang



SWAMIJI

Venue: Yoga in Daily Life Centre, Mahaprabhu Deep Ashram, 2 Montgomery Street Lane, Edinburgh, EH7 5JT.

Time: 5pm.

Yoga in Daily Life's weekly gathering of like-minded people seeking spiritual development. Includes DVD yoga philosophy teachings given by Swamiji (Founder of Yoga in Daily Life), International Guest Speakers, Guided Meditations, Music and Singing, Readings from Yoga Scriptures and Prayer.

Cost: By donation. **Contact:** Madhuram, 0131 629 9895, 07810154181.

Cümbüş in Concert: Turkish Songs and Music of Love, Longing and Passion

Venue: St Bride's Centre, 10 Orwell Terrace, Dalry Road, Edinburgh, EH11 2DZ.

Time: 6.30pm-9pm.

Led by the exquisite voice of **Belgin**, this group performs an array of traditional and popular songs from Turkey. She is joined by a collection of talented musicians from Scotland, Germany and Sweden.

Belgin, growing up in the cultural crossroads of Istanbul, was naturally exposed to a wide range of music and has sung with renowned artists Necdet Tokatlıoğlu, Nusret Muslu and Şeref Türker. Her joyful charisma combines with her beautiful voice, captivating and inspiring deep emotions in all who hear this considerable talent. Belgin will be accompanied by Adam Reid, Peter Strandberg and Florian.



Cümbüş

Cost: £10/£8 (Conc). **Contact:** Belgin, 0790 881 95 96-0790 309 39 11, belginjackson@hotmail.co.uk

Tuesday 2 March

Palestine Monologues



Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Time: 7pm for 7.30pm performance.

Palestine Monologues, scripted by **Sonja Linden** for the **Iceandfire Theatre Company** and performed as a rehearsed reading by **Actors for Human Rights**, is based on the actual words of real people, Israelis, Palestinians and Internationals,

caught up in the Israeli/Palestine conflict at a time of life-changing experience leading them to new understandings and direction. It portrays the pressures and pains of their situation as well as giving glimmers of hope for a different future. Reports of various non-governmental agencies and journalists are also interwoven to give the background of the long history of this conflict, which has brought such suffering and continues, unresolved, to cause agonies to those involved and to threaten world peace.

The performance lasts about one hour. It will be followed by an open discussion under the theme "Breaking Through." The event is sponsored by the Scottish Palestinian Forum.

Cost: Tickets are £5, available at the door from 7pm.

Contact: Alison Phillips, Secretary of Scottish Palestinian Forum, phillipsrannoch@hotmail.com, or Muiredge, Rannoch, By Pitlochry, Perthshire, PH17 2QW.

Wednesday 3 March

Exhibition Launch and Talk: Nature's Seduction

Speaker: Graham Riddell.

Venue: The Lot, 4-6 Grassmarket, Edinburgh, EH1 2JU.

Time: 6pm for 6.30pm-7.30pm.

What is it about Nature that draws artists, writers, and musicians to engage with it and express themselves through it? In this visual presentation, artist photographer Graham Riddell takes you on an exploration into his world, through the eyes of the lens.

Discover what the attraction is that draws him to his subjects – sometimes just a fleeting moment of brief observation, others through realising opportunities from previously created concepts and imaginings.

Graham Riddell is a freelance photographer living in the stunning Scottish Borders. His work explores the natural environment from a landscape and Nature perspective and often exudes qualities of Peace and Tranquillity. www.grphotography.co.uk

Cost: Admission Free. Donations Welcome. First come, first served on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Afternoon Workshop: **Moving Towards Health**

AUDICIA LYNNE MORLEY



Facilitator: Audicia Lynne Morley.

Venue: State Theta Galleries, The Halls, Main Street, Ormiston, EH35 5HS.

Time: 10.30am-4.30pm.

Through movement, drawing, writing and aesthetic dialogue we will deepen our relationship to our perception of health by journeying into the rich tapestry of our lives within the metaphor of movement and the body. No experience necessary, just a willingness to explore the creative process.

Audicia Lynne Morley is Artistic Director of State Theta Galleries, a dedicated centre for the development of movement, health and the arts in East Lothian. Over the last 30 years she has continued to pursue her passion for research and the development of the integration of Eastern and Western approaches to movement, health and creative exploration. As a dancer she has performed with companies both in the UK and the Far East. She is a qualified practitioner and teacher in Shiatsu and Craniosacral Therapy. She has studied with and served on the board of directors for the Tamalpa Institute CA, founded by Anna and Daria Halprin.

Cost: £40. Must be booked in advance. For booking and transport information:

Contact: Audicia, 07868 705908, admin@statetheta.com, www.statetheta.com

Talk: **Georgia: art on the medieval frontier between Byzantium, Iran and the Turks**



Speaker: Dr Antony Eastmond, Reader in the History of Byzantine Art in the Courtauld Institute of Art.

Venue: Appleton Tower, the University of Edinburgh, 11 Crichton Street, Edinburgh EH8 9LE.

Time: 7pm.

In the Middle Ages Georgia, located in the Caucasian mountains, stood on the frontier between different worlds, the empires of Byzantium to the west and Iran to the east. Through the Middle Ages, Georgia was a dynamic society that absorbed elements from all the cultures around it, and combined them to produce a distinct and vibrant indigenous art. The lecture will show how Georgia combined Christian

and Islamic, Western and Oriental themes to express its distinct Caucasian identity. It will focus on some of the great monuments of Georgia, especially at its most powerful in the twelfth and thirteenth centuries, when it was ruled by Tamar (1184-1210) the country's legendary queen.

Cost: Donations £2 (Scotland-Russia Forum members), £5 (non-members) payable at the door.

Light refreshments after the lecture. Advance booking essential.

Contact: 0131 668 3635, info@scotlandrussiaforum.org

Talk: The Sufic Path

IMAM NUSRAH CASSIEM



Facilitator: Imam Nusrah Cassiem.

Venue: Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: 8pm. Doors open: 7.30pm.

Despite concerns modern orthodox Islam may have over its legitimacy, Sufism historically and to this day has played a vital and important role in preserving the teachings and essence of Islam. Sufism has often erroneously been described as the mystical branch of Islam. The true teachings of Islam are that life is inherently mystical, therefore to separate mysticism and the mundane is missing the point. The life of the Sufi is geared toward unifying these two perceptions into a unified reality to have direct experience of the Divine.



After giving a brief historical outline of the development of Sufism, Imam Nusrah will explain how Sufism is practically applied, practiced and utilized in the daily life of Muslims and its ability to bring the individual to their fullest potential physically, mentally and spiritually.

Cost: Admission Free. Everyone Welcome. **Contact:** temca@hotmail.com, 07814859599.



Friday 5 March

Two-Day Non-Residential Retreat: Always Coming Home: Healing, Empowerment and Freedom Through the Christian and Sufi Spiritual Traditions

Facilitators: Rev Prof Stephen G. Wright and Dr Neil Douglas-Klotz (Saadi Shakur Chishti).

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Retreat: 10am-4.30pm.

Home means many things to many different people. For some of us, it has to do with place, Nature and culture. For others, "home is where heart is." For still others, we only know the feeling of home when we're already there. In this two-day "urban retreat," two experienced spiritual directors in the Christian and Sufi traditions will guide us in exploring our longing for the feeling of being at home

- in our lives, communities and world. What prevents us from feeling as alive and free to express our purpose in life as we would wish? What healing could occur to dissolve these blocks and renew our sense of both individual empowerment and community? Using spiritual healing tools like deep listening, storytelling, chant, body prayer, breathing awareness and guided meditation, we will work with themes such as forgiveness, grief and bereavement, sense of purpose, past and present impressions of authority, the drag of popular culture and media, idealism and presence, patience, humour and a healthy toleration of paradox. Our aim is to leave feeling more empowered to live life to the fullest, as part of a larger community of creation.

This two-day non-residential retreat is designed as a single experience and we encourage participants to join us for both days. In absolute necessity, it is possible for someone to attend only the first day; however, for continuity and group experience, no one will be able to attend only the second day.

REV PROF STEPHEN G WRIGHT



Rev Prof Stephen G. Wright RN RCNT RNT DipN DANS RPTT MSc FRCN MBE, University of Cumbria, Carlisle.
Founding editor: "Spirituality and Health International"
Chairman: The Sacred Space Foundation.

Stephen has a long and distinguished history in nursing. He has published widely and made numerous conference and media appearances. Currently he works as journalist and editorial adviser to Nursing Standard in which he has a twice-monthly column on spirituality and health matters. He works also as a Trustee and Spiritual Counsellor for the Foundation (a charity dedicated to the

support of those who are in spiritual crisis, are exhausted and burned out, and to the teaching of the healing arts). His books include "Therapeutic Touch" (Stephen is a registered practitioner of this therapy) and "Sacred Space – right relationship and spirituality in health care" (both co-written with Jean Sayre-Adams) and most recently (2005) "Reflections on spirituality and health" which has received outstanding reviews. He is involved in several research projects on "healing" and is an active Trustee and one of a team of Spiritual Directors at Penny Brohn Cancer Care (formerly of the Bristol Cancer Help Centre). He manages a consultancy company for the Foundation, carrying out a wide range of projects in recent years with health, social and business organisations. The projects (some of which are long-term and ongoing) include developing staff support schemes, best practice and policy development in spiritual care, training staff in spiritual counselling and spiritual care, providing leadership mentoring and conflict resolution for individuals and groups. He also works with clients on a one-to-one basis who are seeking healing and guidance on their illness or spiritual journey. He is an ordained interfaith minister and spiritual counsellor and brings a wide range of knowledge and deep experience of many faiths to his work. In both his academic and practice work he focuses on exploring and bringing together spirituality and health, and the journal which he founded nearly ten years ago is dedicated to this theme and is now published by Wiley. He lives in Cumbria in rather splendid

isolation, where he can walk the hills, meditate, tai chi, take care of his organic garden and enjoy grandfatherhood.

For more information see: www.sacredspace.org.uk

DR NEIL DOUGLAS-KLOTZ



Dr Neil Douglas-Klotz follows in the footsteps of the Sufi-Buddhist teacher Samuel L. Lewis (1896-1971), who has been called the "first exponent of experiential comparative religion." Before his passing, Lewis studied and was recognized as a teacher in both the Sufi and Zen Buddhist traditions. His approach to meditation reflected this background, combining both deep heart as well as deep mind. Over the past twenty years, Neil has also developed a school of

meditation and body prayer focused on the spiritual teaching of Jesus as viewed through his Aramaic language. Through his courses and books, particularly *Prayers of the Cosmos*, *The Hidden Gospel* and *The Genesis Meditations*, this approach to silence is shared in communities worldwide and is a major force in Christian contemplation, along with centering prayer and contemplative prayer. As a student and teacher in the Sufi path for the past 30 years, he has also authored the books *The Sufi Book of Life*, *Desert Wisdom* and *The Tent of Abraham* (with Rabbi Arthur Waskow and Sr Joan Chittister) and guides Sufi murids in many countries. He lives in Edinburgh and shares a weekly meditation and healing class dedicated to sending healing and blessing to the community here, and as far as possible, to all beings.

Cost: £40/£30 (Concessions) for both days, or £20/£15 for first day. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

The 2010 Middle East Festival Forum on Spirituality, Mental Health and Well-being - Dr Andrew Powell in conversation with Rev Prof Stephen G. Wright

Chair: **Rev Sandy Young**, NHS Lothian's Head of Service for Spiritual Care.

Forum Panellists: **Claudia Goncalves**, Co-Founder of the Community Foundation for Planetary Healing and the Edinburgh Shamanic Centre; **Muriel Kirton**, member of the Scientific and Medical Network in UK, the Healing Tao Association of North America, and the World Universal Healing Tao Instructor Faculty, Thailand; **Dr Kenneth Mullen**, Lecturer in Medical Sociology, Section of Psychological Medicine, Division of Community Based Sciences, the University of Glasgow.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: Registration: 6.30pm-7pm. Discussion/Forum: 7pm-9.15pm.

Spirituality, Mental Health and Well-being - Dr Andrew Powell in conversation with Rev Prof Stephen G. Wright with contributions from panel members.



Biological psychiatry, coupled with advances in neuroscience, has increasingly come to dominate mental healthcare worldwide. But has the medical model of mental illness gone too far? Is the mind really nothing more than a product of the brain? And where do the big questions concerning the meaning of life and death, fit in? Is our consumerist society jeopardizing mental health in its neglect of the spiritual birthright of human beings?

In a wide-ranging conversation, the distinguished psychiatrist Dr Andrew Powell will explore with Rev Prof Stephen G. Wright some of the key issues. The discussion

will draw both on Dr Powell's wide clinical experience and his personal journey through medicine, psychiatry and psychotherapy. Themes will include: • cross-cultural aspects of mental health: the interface between Western and other approaches to mental illness and how this relates to concepts such as spirit release and past life regression; • how mental health and spirituality are interconnected: the blurred boundary between mental health problems and spiritual emergence or crisis; • the psychotic and the mystic - what is the difference?; • the importance of taking a spiritual history during the psychiatric consultation; • helping patients connect with their own spiritual resources.



There will be ample opportunity for dialogue with panel members, who will enrich the spiritual and cultural perspectives on offer, with participation from the audience in deepening a shared understanding.

Andrew Powell MA, MB, MRCP, FRCPsych, is Founding Chair of the Spirituality and Psychiatry Special Interest Group of the Royal College of Psychiatrists, UK, which is now supported by over 2,000 psychiatrist members. Andrew graduated with distinction in medicine from the University of Cambridge. After postgraduate studies in general medicine, he specialised in psychiatry and psychotherapy at the Maudsley Hospital, London. Andrew went on to train in psychodrama, which in turn led him to explore soul-centred approaches such as past life regression, spirit release therapy and spiritual healing, as well as the emerging evidence base for the broad influence of spirituality on psychological well-being. Andrew has been a council member of the Scientific and Medical Network, is an associate of the College of Healing and a founder member of the Spirit Release Foundation.

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Saturday 6 March - Sunday 7 March

Exploring the Flora of the Middle East

ROYAL
BOTANIC
GARDEN
EDINBURGH



Venue: Royal Botanic Garden Edinburgh (John Hope Gateway).

Time: 1pm–4pm each day. Drop-in during those times.

With over 120 years of experience in the region, the Royal Botanic Garden Edinburgh (RBGE) is one of world's leading institutions for Middle Eastern botanical studies. The team at the RBGE's new Centre for Middle Eastern Plants (CMEP) identify, document and conserve the plants found across the region. They work alongside local botanists, NGOs and governments in countries such as Saudi Arabia, Yemen, Iraq and Afghanistan to implement conservation programmes, build capacity and develop alternative sources of income for local people through the use of native species. Join them to find out more about their work on the flora of the region as well as some of the links between botany and the culture of the Middle East.

Cost: Free. Contact: 0131 248 2909.

Two-Day Non-Residential Retreat: Always Coming Home: Healing, Empowerment and Freedom Through the Christian and Sufi Spiritual Traditions

Facilitators: Rev Prof Stephen G. Wright and Dr Neil Douglas-Klotz (Saadi Shakur Chishti).

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Retreat: 10am-4.30pm.

Event Description: See Page 21.

Cost: £40/£30 (Concessions) for both days, or £20/£15 for first day. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Love, Lover and Beloved: An Evening of Sufi Devotions and Ecstatic Music

Facilitators: Diwan Ensemble, and Murshid Saadi Shakur Chishti (Dr Neil Douglas-Klotz).

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 6.30pm-7pm. Event: 7pm-9.15pm.

The Sufi Way has been called the “Path of Love” and one of the most famous Sufi chants reminds the listener that “God is Love, Lover and Beloved.” In many different ways, Sufi music and chant worldwide celebrates the sacred as an evolving relationship rather than a static set of concepts or theologies. The Sufi musicians and teachers assembled here will share music and chant that awakens the heart and revivifies the soul, from the Middle East, Turkey, Africa and Europe (including Scotland). Presenters will include:



DIWAN ENSEMBLE/PHOTO: NEILL WALKER

1. The Diwan Ensemble: The Diwan Ensemble share songs (Diwan) from the North African Darqawi Sufi tradition. Comparable to the beauty of Psalm singing, the purpose of singing the Diwan is to absorb the meaning until you find that the song is singing in you. The singer and song unite, a process and prelude to the universal union with the Creator. Song sheets will be provided on the night. For more information and to listen to the Diwan please visit: <http://www.myspace.com/thediwan>.

2. Murshid Saadi Shakur Chishti (Dr Neil Douglas-Klotz): Sufi Zikr has been called “the remembrance of perfection and the perfection of remembrance.” This presentation will include zikr chants from the Chishtia and Mevlevi Sufi traditions, which recall the journey of the seeker: from the One, to the One, and with the One.

This is a participatory evening, during which the audience will have the opportunity to learn about and join in various Sufi chants and musical meditations for peace. All are welcome to participate in the Sufi devotional and ecstatic spiritual practice!

Cost: £8/£6 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Two Afternoon Workshops: Healing Words: Storytelling as a Pathway to Peace



Facilitator: Michael Williams, Ph.D.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 3pm-3.15pm. Workshop: 3.15pm-5.45pm.

Two workshops, Sunday 7 March and Sunday 14 March 2010.

Based on his recent work in the Holy Land where he and his colleagues had been invited to use storytelling to facilitate dialogue and interaction between Arabs and Jews, Michael's workshops invite you to explore and experience the therapeutic power of story and storytelling. Learn how storytelling can help bridge conflict and discord and promote healing and reconciliation.



DR MICHAEL WILLIAMS

These workshops will be of interest to anyone who works with people in conflict and who wants to learn more about how storytelling can help bridge the differences that divide people. Participants will learn some effective storytelling techniques and skills that can help facilitate dialogue, active listening and interaction between individuals and groups. While you are encouraged to attend both workshops to enjoy the full benefits of the work, you are welcome to join either. No experience of storytelling is necessary but a willingness to enjoy yourself is essential.

Workshop 1: (Sunday 7 March 2010): In this workshop, participants will experience how storytelling can kindle the fires of the heart and open up possibilities for dialogue, compassionate listening and interaction. There will also be time to reflect on the healing and therapeutic nature of storytelling in your life and work.

Workshop 2: (Sunday 14 March 2010): Similar to the above, but with an emphasis on using 'Playback Theatre' techniques to externalize the story and open it up for creative and curative expression.

Michael Williams, Ph.D., is a storyteller and education consultant based in Edinburgh, Scotland. He has worked with adults, young people and children for more than 30 years as a qualified social worker, teacher and therapeutic storyteller and workshop facilitator. He has recently completed a tour of the Holy Land working with Arabs and Jews, Palestinians and Israelis as part of the international 'Healing Words' storytelling group from Emerson College.

Cost: £10/£8 (Concessions) per workshop. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Land-Song-Being: Sacred Chants with Fionntulach and Peter Govan

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 7pm-7.30pm. Event: 7.30pm-9.30pm.

1. Land-Song-Being: Sacred Chants of the Gael with Fionntulach.

FIONNTULACH



The Fuinn - with Fionntulach, of the Order of Céili Dé. The Fuinn (singular - Fonn) are a part of the Céile Dé, or Culdee tradition, the oldest continuous expression of spirituality in Britain and Ireland.

Fonn is a Gaelic word that simultaneously means Song, State of Mind and the Land. The Fuinn work on many different levels, they harmonise the three parts of us that relate to each of the word's three meanings - the Spiritual, the Psychic and the Physical. They are a powerful spiritual tool that is sometimes celebratory, sometimes heart-awakening or at other times will serve to deepen us towards a meditative state. Particularly in this time in our history, they seem to

want to be sung! Within the tradition, the Fuinn are prescribed by a spiritual teacher, according to the spiritual need of the practitioner.

During this evening's event, Fionntulach will sometimes sing solo and will at other times invite the audience to participate in some of the chanting, which can vary in style from a simple and serene plainchant style to ecstatic and wildly improvisational. For more information about the Céile Dé tradition, please visit www.ceilede.co.uk



2. Land-Song-Being: Sacred World Chants and Tuvan Two-Tone Throat Singing with Peter Govan.

PETER GOVAN



Peter weaves Sacred World Chants, Tuvan Two-Tone Throat Singing and his own melodies on the harmonium to create music of soaring tones and melodies. Peter blends all of his influences of sacred Scottish and Indian music and soaring vocal tones and overtone harmonics to create a truly unique and dynamic genre of serene music.

During this evening's event, Peter will combine two-tone harmonic overtone singing from Tuva (where two vocal tones soar high and long, simultaneously like swallows in flight), while singing his own original, gentle and expansive melodies of wordless depth and emotive purity. Peter's playing of the harmonium will weave through the vocal melodies, sacred Chants from India and Scotland, including the Gayatri Mantra and Selki Seal People Songs from long ago, to name but a few.

Cost: £10/£8 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Day Workshop: Céile Dé - The Spouses of God

Facilitator: Fionntulach, Order of Céili Dé.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.



FIONNTULACH

In Céile Dé spirituality, we say every rock, every hill, every loch glows with the Christ-light as much as the face of any Saint. Here, the edge of early Celtic Christianity dovetails into its Foster-Mother; Druidism... its history blurs into myth... its Saints shape-shift into Gods and Goddesses... its Heaven pours into Earth.

The path of the Céile Dé is a union between the best of Druidism and the earliest expression of Celtic Christianity. The wisdom of the Druids reminds us of the sanctity of the Mother - Earth - who ever-births the Incarnation, Christ (one of the many names by which the “living, awakened consciousness” is known) in the surrendered hearts of every awakening being. This earliest manifestation of Celtic Christianity, also greatly inspired in its development by contemporary wisdoms of the Middle East, takes us through Nature

and the Celtic “Otherworld,” beyond what our imagination will ever conceive, into the realms of the Unknowable One, who wants to break our hearts, so that we might find the Beloved there - and dissolve into the No-thingness beyond all things at last.

This living Celtic spiritual tradition of the Gael is at once lyrical, mythopoeic, esoteric and deeply devotional in nature. Its approach seeks balance at all times between the necessary stages of psychological and mystical development. It has at times been coined “Celtic Sufism”... having, as it does, such an emphasis on the transformative power of Love.



This introductory workshop will explore some of the philosophy of the tradition and its application in “real life.” There will also be some experiential work, such as sacred chants in Gaelic and other spiritual exercises.



Celtic Spirituality has been Fionntulach’s life for thirty years. For many years, under the name Fiona Davidson, she toured the world performing as a “Bard” – a teller of the sacred legends of the Gael, a singer, poet and harper. Today, Fionntulach is a professed Aonaran (monk; contemplative solitary) and also an Anam Chara (spiritual teacher, “soul friend”) within the Order of Céili Dé (The Companions/Spouses of God. Also anglicised into Culdee). The Order is based in Scotland and Ireland. She has taught the Living Celtic Spiritual Tradition for over twenty years and regularly gives lectures and workshops here in Britain, as well as on the Continent and in the USA.



Although she no longer works as a performer since taking vows, her teachings are frequently punctuated with sacred chant and song, which crosses all cultural boundaries and offers a unique glimpse into a world-view that has a lot to offer us today, whatever our spirituality or culture. Fionntulach is currently writing a long-awaited book about the Céile Dé tradition.

For more information see: www.ceilede.co.uk

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Songs for Coming Out in Daylight

Facilitators: Dr Bill Manley and Dr Geo Athena Trevarthen.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 6.30pm-7pm. Event: 7pm-9.15pm.

The title of this event is based on the ancient name for the group of Egyptian spells now known as The Book of the Dead. This will be the first time a selection of these spells has been sung publicly in Egyptian for some two-thousand years. For the Ancient Egyptians death meant release into serenity and understanding: the last of life's challenges that allow our human selves to transform and grow. The Egyptian word 'duat,' usually translated as 'underworld,' actually means 'the state of adoration': the afterlife is an ennobled state of spiritual being, that of the gods. The spells in the layers of nested coffins of king Tutankhamun (died c. 1322 BCE) describe a birthing process, in which outermost values give way to deeper insights within, while the process of creation is reversed and the king becomes one with his Creator. The spell inside the pharaoh's celebrated gold mask, placed over his face for eternity, reveals a vision of creation to one who is "perfect of sight." Tonight's event begins with an explanatory discussion by Dr Bill Manley, moving on to the music, based on his transliterations of the Tutankhamun spells, composed in collaboration with Dr Geo Trevarthen. We will also be led in participatory chant to deepen our experience of the power of these sacred texts.



DR BILL MANLEY

Dr Bill Manley is a Senior Curator at National Museums Scotland and an Honorary Research Fellow of the University of Liverpool, with knowledge of Ancient Egyptian texts across some 4,000 years. His previous books include three bestselling titles, while those for 2010 include catalogues of the Ancient Egyptian coffins in National Museums Scotland, and the first complete catalogue and translation of the surviving coffins of the pharaohs of Egypt, including the Tutankhamun texts. Bill has worked as an archaeologist in some of the most spiritual sites in Egypt, and is now looking to find different ways of interpreting ancient values for modern audiences.



DR GEO ATHENA TREVARTHEN

Dr Geo Athena Trevarthen is a Postdoctoral Fellow in the School of Literatures, Languages and Cultures at the University of Edinburgh. Raised in a hereditary Celtic Shamanic tradition by a mother and grandmother who shared a love for ancient Egypt, she bridges artistic, spiritual and academic worlds; most recently bringing scholars and practitioners together for Interactions with the Sacred, a Traditional Cosmology Society conference. The proceedings form an issue of Cosmos, the Society's Journal. Her book, Seeing Celtic Shamanism, is to be published in the Hungarian Academy's Bibliotheca Shamanistica series, and her Seeker's Guide to Harry Potter

explores myth, magic and alchemy in the popular series. Her passion is using ancient wisdom to explore the magic and meaning of our lives.

Cost: £8/£6 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Day Workshop: *Speak from the Heart - How to Deepen Communication that Leads to Healing and Well-being*

Facilitator: Vèrène Nicolas.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

VÈRÈNE NICOLAS



This day workshop aims to explore the power of empathy and compassionate communication to lessen conflict, free up energy and increase our well-being. We will draw on Marshall Rosenberg's Nonviolent Communication™ approach to reveal the prevalence of judgements and destructive patterns in our daily conversations and explore the impact this has on our emotions, health and ability to function in the world. We'll learn how to turn this round, communicate from a place of honesty, power and compassion and acquire skills to resolve conflict effectively, improve relationships and live a more centred and peaceful life. Our intention for this day workshop is to create a safe and empowering space, draw on participants' life experiences to bring about some healing and role model compassionate communication whilst working together.

Vèrène Nicolas is a teacher and facilitator in the fields of transformative learning, human ecology, Biodanza and compassionate communication. She is a Fellow of the Centre for Human Ecology and coordinated its Master's degree in Human Ecology for several years. Her work now focuses on facilitating processes of individual and collective transformation that contribute to a more peaceful and sustainable world. She encountered Nonviolent Communication five years ago, teaches it via workshops and practice groups and is a candidate to Certification with the Centre for Nonviolent Communication (www.cnvc.org).

Cost: £20. Places are limited to 15 participants. Please book early. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

The 2010 Middle East Festival Forum on the Arts

Speaker: David Greig: Since his first main stage production *Europe* at The Traverse in 1996, his plays have been produced by most of the major theatre companies in the UK. His plays have also been translated and produced throughout Europe, USA, Canada, Brazil, Australia and Japan. From 2005 to 2007 he was the first dramaturg of the National Theatre of Scotland.



Title: Theatre and the Middle East.

Forum on the role of theatre in addressing issues of peacemaking, conflict resolution, community building, loss, grief, health and well-being, healing, identity, inclusion, etc.

Chair: Joyce McMillan, writes a commentary column on political and social issues for the Scotsman newspaper and she is also their chief theatre critic. She broadcasts regularly on BBC Radio Scotland and Radio Four and became a Visiting Professor of Queen Margaret University, Edinburgh in 2006.

Forum Panellists: Jo Clifford, writer, performer and teacher who lives in Edinburgh. Jo is Professor of Theatre and Bill Findlay Fellow of Stage Translation at Queen Margaret University, Edinburgh, and Associate Playwright of the Playwrights' Studio, Scotland; **Donald Smith**, storyteller, novelist, playwright and performance poet. He has been Director of the Scottish Storytelling Centre since 2001 and of its predecessor, the Netherbow Arts Centre, from 1983; and **Simon Sharkey** (currently Associate Director (Learn) for the National Theatre of Scotland).

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Time: Registration: 6.30pm-7pm. Talk/Forum: 7pm-9.15pm.

David Greig will discuss his experience of his play *Damascus* touring to Damascus, Beirut, Amman, Cairo, Ramallah and Tunis in the Spring of 2009. He will also discuss the work he has done with young writers in the region and the experience of staging that work here in the UK.

Following the talk by David Greig, there will be questions and discussion with the panel and with the audience. The panel members will then each give short presentations on the Forum subject, following by further questions and discussion.

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Wednesday 10 March

Day Workshop: Contemplation and Social Action - finding balance in our lives

Facilitator: Jane Ozanne.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.



JANE OZANNE

In the hearts and minds of many people today there is a longing to live a life that goes beyond the superficial, to live at a deeper level of connection and service in the world. It is through transformed consciousness, awareness and 'being' that we can be the most effective agents for change in the world. In the words of author and poet John O'Donohue, 'the world is not decided by action alone. It is decided more by consciousness and spirit: they are the secret sources of all action and behaviour.' How can we develop a way of living and spiritual tools that:

- Enable us to draw deeply from the wellsprings of life
- Nourish our spirit and transform our consciousness and awareness
- Attune us to work creatively, non-violently, harmoniously and effectively
- Empower us to become co-creators of a world of well-being for all?

In this workshop we will explore together how we can develop a 'rhythm of life' which brings balance to our everyday lives, enables us to open to wholeness, develop our 'being' in the world and drink deeply from the wellsprings of creative action.

Drawing on Jane's many years of experience with Peacemakers in the Middle East, whose work is underpinned by a holistic spiritual practice, we shall experience together sources which can transform and sustain our work both individually and collectively. However, the nature of this day will be that of 'individuals in company' and participants will be encouraged to share what has been helpful and inspiring in their own practice, so that the collective wisdom of the group can enhance our individual reflection and experience.

Jane's qualifications and early professional life were in sociology, research and social work. When faced by the pressing concerns of human life in extreme circumstances she engaged with the question, 'what difference does spirituality make?' She also developed her interest in 'community' and subsequently worked in a community setting where she began to explore the ideal of community life.



In the last 10 years Jane has trained, and developed her work, in the areas of spiritual accompaniment and spirituality, peace and reconciliation. This includes: working in retreat houses, facilitating workshops and retreats, working with an organisation known as Jerusalem Peacemakers and setting up a charity called Spirit of Peace. (www.spiritofpeace.co.uk)

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

The 2010 Middle East Festival Forum on the Natural Economy, Sustainability, and the Global Environment

Speaker: Prof Stephen Blackmore FRSE, Regius Keeper, Royal Botanic Garden Edinburgh.



PROF STEPHEN BLACKMORE FRSE

Title: Gardening the Earth: the international role of botanic gardens. Forum on the Natural Economy, Sustainability, and the Global Environment.

Chair: Prof Aubrey Manning, Emeritus Professor of Natural History, the University of Edinburgh.

Forum Panellists: Eleanor Harris, from Eco-Congregation; **Stuart Housden**, Director of RSPB Scotland, member of the RSPB's UK Board, and member of the Scottish Governments Rural Development Council;

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Time: Registration: 6.30pm-7pm. Talk/Forum: 7pm-9.15pm.

This talk will emphasise the fundamental importance of plants to human survival. Not only do plants form the base of our food chain, they also provide vital ecosystem services. In the rapidly changing global environment, plants are threatened by habitat loss, over-consumption of valuable wild species and, increasingly, by climate change. The world's botanic gardens hold key resources of expertise about plant diversity and the know-how



essential for protecting the growing number of threatened plants. The talk will focus on the Royal Botanic Garden's international role in research, conservation and capacity building with particular emphasis on the Middle East. Building on a long tradition of botanical exploration in the region, extending back more than a century, RBGE recently established the Centre for Middle Eastern Plants. This new initiative reflects interest in the region in the protection of plant resources and the establishment of new botanic gardens and biodiversity parks.

Following the talk by Prof Stephen Blackmore, there will be questions and discussion with the panel and with the audience. The panel members will then each give short presentations on the Forum subject, following by further questions and discussion.

Stephen Blackmore leads a world class research institute that is also a major public attraction. With living plants from 161 countries and preserved herbarium specimens from 157 countries the Royal Botanic Garden Edinburgh is a truly international organisation carrying out active projects in over 40 countries. He is a passionate believer in engaging the public with the major environmental challenges of our times and to this end RBGE has developed the John Hope Gateway, which opened in 2009. Before joining the Natural History Museum in London in 1980, he lived and worked as a botanist in the Seychelles and Malawi. He was Keeper of Botany at the NHM from 1990 until 1999, when he moved to Edinburgh. He holds Honorary Professorships at the Universities of Edinburgh and Glasgow and at the Chinese Academy of Sciences Kunming Institute of Botany. He serves on the Boards of Botanic Gardens Conservation International, Edinburgh College of Art, the Little Sparta Trust, the MacIntyre Begonia Trust, the Sibbald Trust and the Seychelles Islands Foundation and is a Fellow of the Royal Society of Edinburgh.

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Thursday 11 March

Day Workshop: Towards a Sustainable Culture of Peace - Connecting to the Source in the midst of Conflict

Facilitator: **Lee Gershuny, Ph.D.**

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

The purpose of this workshop is to practice the most effective ways of making a culture of peace sustainable in our daily lives. Through a series of interactive exercises, we will practice some of the basic tools and principles enabling us to work effectively and creatively with conflict without using force, abuse or threat. These exercises provide opportunities to discover what works best for you and to develop confidence in: • clarifying your priorities in the moment and long term • making decisions based on what's most important to you • being present/being peace • tapping inner sources of playfulness, wisdom and creativity.

This experiential workshop offers a supportive, non-judgmental environment with discussion, movement, sharing and interactive exercises in large and small groups. Our aim is to discover new insights and actions for making a culture of peace sustainable in our daily lives.

For additional practice, please see the weekly series of 5 workshops, "Toward a Sustainable Culture of Peace," 7 April to 5 May 2010, in Future Events.



LEE GERSHUNY/PHOTO: MARIA FALCONER

Lee Gershuny, Ph.D., award-winning playwright in both the USA and UK, is also an internationally published poet and founder/Artistic Director of The Elements World Theatre Company. She has developed new forms of theatre and facilitated creative development workshops with a diversity of participants in England, Germany, Mexico, Poland, Scotland and the USA, including professional artists, youth, older people, primary school children, people with physical and learning difficulties, homeless people, survivors of physical and substance abuse, users of mental health services and refugees.

She is a founding member of the Research Society of Process-Oriented Psychology/UK and has designed and facilitated workshops in creative conflict facilitation in local, national and international festivals and conferences, including the Alternative G8 Summit (Edinburgh 2005), the SUBUD World Congress (Innsbruck 2005), the World Youth Congress (Stirling 2005), Roars, not Whispers (Scottish Youth Parliament Leadership Training 2008), International Civicus Youth Assembly (Glasgow 2008), and the MESP from 2004 to the present.

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

The 2010 Middle East Festival Forum on Education and the Media

Speaker: Prof John Eldridge, Emeritus Professor of Sociology, the University of Glasgow.

Title: War and Peace News.

Forum on the Role of the Media in Times of Peace and Conflict.

Chair: Iain Macwhirter, award-winning political columnist for the Sunday Herald.

Forum Panellists: **Prof Neil Blain**, Head of the University of Stirling's Department of Film, Media and Journalism; **Billy Briggs** is a freelance journalist from Scotland who has written for, among many others, Scotland On Sunday, The Herald, The Scotsman, The Guardian, New Statesman, The Sunday Times and the BBC. He has won awards for his journalism from the European Union, Amnesty International and Oxfam.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: Registration: 6.30pm-7pm. Talk/Forum: 7pm-9.15pm.

John Eldridge will review the ways in which the media cover issues of war and peace, with particular but not exclusive reference to television. Philip Knightley's work *The First Casualty* offers a very good analysis from the Crimean War onwards and has important things to say about the problems of truth and objectivity. This may help to put into context work which the Glasgow University Media Group has carried out on this topic from the Falklands conflict through to conflicts in the Gulf and the Israeli-

Palestinian disputes, which will be described. There will also be reflections on how media coverage of peace-making might be developed.

Following the talk by John Eldridge, there will be questions and discussion with the panel and with the audience. The panel members will then give short presentations on the Forum subject, following by further questions and discussion.

John Eldridge is Emeritus Professor of Sociology at the University of Glasgow. He was a founder member of the Glasgow University Media Group and has published extensively in the field of mass media. This includes the co-authored book *War and Peace News* (1985) and *Getting the Message* (1993). He also worked with the Society, Religion and Technology Project of the Church of Scotland and contributed to two of their publications: *Ethics and Defence* and a study of the role of Trident.

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Friday 12 March

Day Workshop: *Chanting in Daily Life as a Pathway to Peace*

Facilitator: **Madhuram**, Yoga in Daily Life - Scotland.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.



MADHURAM / PHOTO: NEILL WALKER

Participants in this practical and experiential workshop will learn about and experience the positive effects of chanting (bhajans and kirtan) on the body, mind and emotions, and they should then be able to apply this knowledge in their daily lives to reduce stress and anxiety, and to awaken and purify positive human qualities such as humility, understanding, universal love, contentment and peace, regardless of their spiritual background or culture.

This workshop will include chanting together, and there will be handouts on the words of the chants, and no previous experience of chanting is necessary to fully participate in the workshop. For more information see: <http://www.yogaindailylife.org.uk/>

Madhuram has been practising and teaching the traditional system, Yoga in Daily Life (www.yogaindailylife.org), for the past 6 years as a disciple of the system's author, His Holiness Paramhans Swami Maheshwaranandaji (known as Swamiji). Madhuram has been sharing the chants and spiritual songs (bhajans and kirtans) taught to him by his

Master with people from diverse cultures and spiritual traditions in Edinburgh, as well as in London, continental Europe and India. His use of mantras, chants, bhajan and kirtan is also an integral part of his own spiritual practice.

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

The 2010 Middle East Festival Forum on Environmental Responsibility and Climate Change

Speaker: **Dr James Garvey**, the Royal Institute of Philosophy.

Title: **The Ethics of Climate Change.**

Forum on Spiritual, Educational and Cultural Responses to Climate Change.

Chair: **Prof Alan Carter**, Chair in Moral Philosophy, the University of Glasgow.

Forum Panellists: **Dr Matthew Chrisman**, Lecturer, Department of Philosophy, the University of Edinburgh; **Eleanor Harris**, from Eco-Congregation; **Prof Tim Hayward**, Professor of Environmental Political Theory, the University of Edinburgh.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: Registration: 6.30pm-7pm. Talk/Forum: 7pm-9.15pm.



DR JAMES GARVEY

Climate change is a many-sided problem. It's a scientific problem, because what we do about it depends on empirical discoveries about the way our climate works. It's an economic problem as well, because what we do about it depends quite a bit on what various sorts of action might cost. It's also a political problem, because what we end up doing depends on how political power flows around our world. One can think about psychology, sociology, the law and other sorts of things which might figure into our decisions too. Quite a lot will have a bearing on what we do about climate change, but this talk will focus on the moral side of things. Climate change is, perhaps above all else, a moral problem. What we decide to do about it depends on what matters to us, what we value, and what we think is right. One can make a start on the moral dimension of climate change by

thinking about past injustices, present entitlements, and a sustainable future. The uncomfortable conclusion that our high-energy lives are morally wrong and ought to change right now, seems to follow quickly.

Following the talk by Dr James Garvey, there will be questions and discussion with the panel and with the audience. The three panel members will then each give short presentations on the Forum subject, following by further questions and discussion.

James Garvey has a PhD in philosophy from University College London. He is interested in practical philosophical problems, and his most recent book is *The Ethics of Climate Change* (Continuum). He works for the Royal Institute of Philosophy and lives in London.

You can find further details at <http://jamesgarvey.blogspot.com/>

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker,

mesp2010@hotmail.co.uk

0131 331 4469.

Day Workshop: Health, Well-being and Healing Through Spiritual Dance and Movement

SARAH BONNER-MORGAN



AUDICIA LYNNE MORLEY



JENNY WILLIAMS



LINDA WYMAN



Facilitators: **Sarah Bonner-Morgan** (*Wu Chi to T'ai Chi and back again - Yin and Yang in everyday life*); **Audicia Lynne Morley** (*The Planetary Dance, Earth Run. A community dance of planetary healing*); **Jenny Williams** (*Is this how Jesus danced? Moving and singing with the Aramaic words of Jesus*); and **Linda Wyman** (*An introduction to the Alexander Technique*).

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

Join us for a joyful day of sharing spiritual dance and movement for health, well-being, healing and peace. We will all be together throughout the day, building community and celebrating diversity through spiritual dance and movement.

9.30am-10am: Arrival and Registration.

10am-11.20am: Is this how Jesus danced? Moving and singing with the Aramaic words of Jesus.

Jenny will teach some words that Jesus used for prayer in his native Aramaic language, allowing the vibration of the sound (in the beginning was the word) to move our bodies. Gradually, using simple movements, we will seek to get in touch with the felt sense of the prayer moving through the whole of our being to live the truth that our bodies are temples of the spirit. Come and explore this living, moving, pulsing, breathing prayer. Words and movements come from the work of Neil Douglas-Klotz: www.abwoon.com

11.20am-11.40am: Break.

11.40am-1pm: The Planetary Dance, Earth Run. A community dance of planetary healing.

The planetary dance is an annual all-day ritual of healing and community renewal which has now been celebrated/performed for over 30 years around the world. Originally this dance was conceived by Anna Halprin and community as a call to enact a 'positive myth in dance' in order to reclaim the safety of the mountain on which they lived. At the heart of this dance is the 'Earth Run' - a simple dance that everyone can participate in through running, walking or standing and creating a moving mandala to the steady heartbeat of drums. Each step upon the ground/earth becomes a prayer for healing. 2010 marks Anna's 90th birthday and the 30th anniversary of this powerful dance ritual. All are welcome. No experience necessary, just a willingness to participate with intention for the benefit of our planet.

1pm-2pm: Lunch.

2pm-3.20pm: An introduction to the Alexander Technique.

A simple and effective way of regaining natural balance and ease of movement improving physical

and mental well-being. It is a learning process which teaches you how to best use your body helping you to increased energy and more efficiency.

Linda Wyman trained at Fellside Alexander School in Cumbria for three years and did her post graduate term at the Institute for the Research and Development of the Alexander Technique in New York in 1991. She currently teaches in Edinburgh and East Lothian.

3.20pm-3.40pm: Break.

3.40pm-5pm: From Wu Chi to T'ai Chi and back again - Yin and Yang in everyday life.

All martial arts provide a tremendous practice for bringing us back to the present moment and the reality of a situation. By quietening our mind/body of the 'ten thousand things' which jangle our lives and nervous systems we return to a state of Wu Chi or emptiness - a space for presence, a chance for our spirits to rise and our awareness to grow. The traditional flowing movements of T'ai Chi emerge from Wu Chi and Wu Chi is the place we return to.

Sarah has been studying the Taoist martial arts for over 25 years, initially T'ai Chi and latterly Pa Kua and Hsing Yi. Her fascination, which spills over into her work as an Alexander Technique teacher, is with Wu Chi – the condition of emptiness which precedes all movement.

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.



Evening Workshop: **Health and Happiness**

Facilitator: **Dushyant Savadia.**

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 5.30pm-6pm. Workshop: 6pm–9pm.



DUSHYANT SAVADIA

Breath, as a source of energy and good health, is usually overlooked. Breath energises and purifies, delivers a subtle but powerful energy to every living cell. Discover and experience the secret of Breath and how to live the full potential of life.

Change your very outlook on happiness through Breathing, Yoga, Meditation and Practical Wisdom. The Workshop brings harmony between your inner self and outer experiences.

Reported course benefits include reduced stress, more enthusiasm, improved efficiency and productivity, improved self-esteem, enhanced feeling of health and well-being, improved interpersonal skills, and heightened awareness and clearer perception.

Dushyant Savadia is an international teacher with the Art of Living Foundation and for the last ten years has conducted Art of Living workshops and seminars and many knowledge sessions on a variety of subjects in his role within the Foundation as an international teacher.

Cost: £8/£6 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Mindful Peace Walk



Venue: The Royal Botanic Garden Edinburgh, 20a Inverleith Row, Edinburgh, EH3 5LR.

Time: 9.30am-10.30am, meet at the John Hope Gateway, Arboretum Place, at 9am.

This silent walking meditation is an open event. It will be led by the lay members of the Edinburgh Sangha of the Community of Interbeing, who follow the practice and teachings of Zen Buddhist Master, Thich Nhat Hanh. The walk begins at the John Hope Gateway of the Royal Botanic Garden Edinburgh. Before the walk begins there will be a brief introduction to mindful walking as meditation practice. This is not a protest or a campaigning event, so please do not use any banners. Children are welcome when accompanied by adults. Please remember to wrap up warmly. 'We walk just for walking. We walk with freedom and solidity, no longer in a hurry. Let us enjoy every step we make.' Thich Nhat Hanh.

Cost: Admission Free. Just come along on the day. For further information:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Two Afternoon Workshops: Healing Words: Storytelling as a Pathway to Peace



Facilitator: Michael Williams, Ph.D.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 3pm-3.15pm. Workshop: 3.15pm-5.45pm.

Two workshops, Sunday 7 March and Sunday 14 March 2010.

See Sunday 7 March 2010 entry for further details.

Cost: £10/£8 (Concessions) per workshop. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

2010 Middle East Festival Hosted Meal

Venue: Susie's Diner, 51-53 West Nicolson Street, Edinburgh, EH8 9DB.

Time: 6pm-9.30pm.

The Middle East Festival Hosted Meal celebrates the people participating in the Festival by providing a chance for everyone to get better acquainted in an informal, relaxed atmosphere, and there will be

storytelling from 8pm. A delicious meal of vegan food will be served. Everyone from the Festival is welcome. Numbers are limited to 40, first come, first served.

Stories surround us. The stories we hear, the stories we tell can create conflict; yet they can also cultivate connections and nourish greater understanding between people. They offer hope and healing. Storyteller and peace educator Michael Williams will invite guests to share their 'golden moments' from the Festival and to create stories that open the way for dialogue, understanding and well-being.



Cost: Admission Free. To attend and participate:

Contact: RSVP, to Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Monday 15 March

Day Workshop: A Beginner's Guide to Beginner's Mind and Heart: Interspiritual Meditation in the Sufi, Christian and Buddhist Traditions

Facilitator: Murshid Saadi Shakur Chishti (Dr Neil Douglas-Klotz).

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.



DR NEIL DOUGLAS-KLOTZ

The world's spiritual and healing traditions approach silence in various ways and under different names - meditation, contemplation, awareness, centering or body prayer, sitting Zen, self-observation and stress relief - to name a few.

Knowing which "flavour" of entering silence suits our temperament can help us to establish a regular practice. At the same time, because we human beings share certain essential characteristics (like breathing, body awareness and capacities for love and wonder), approaches to silence also share key features. Knowing how to extract these keys and benefit from the meditations of other traditions can help us to either begin

a practice or deepen and enrich the one we're pursuing. It can also help us share a deeper sense of silence and heart in interspiritual gatherings, including those with no overt spiritual content. Ultimately, being able to find our way more easily into a compassionate, inner silence can help us to attain more understanding and empowerment in daily life, a type of "meditation with open eyes," or as St Paul puts it, "prayer without ceasing."

This day workshop will introduce various approaches to meditation in the Sufi, Christian and Zen Buddhist traditions. In addition to sharing various shorter or longer meditations, we will explore approaches to silence in the "empty" and "full" ways, the use of paradox (in the form of Sufi stories and Zen koans), and the roles of music, chant, breathing and body awareness, compassion, devotion, releasing and forgiveness.

Dr Neil Douglas-Klotz's biography can be seen at the 5 March 2010 event.

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

An Evening of Sacred Chant with Rabbi Shefa Gold

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 7pm-7.30pm. Event: 7.30pm-9.30pm.

RABBI SHEFA GOLD



Chanting, the repetition of a sacred phrase, is an ecstatic form of meditation that can open the doors of the heart, clear the mind of clutter, focus and refine intentions, and connect us to each other. The chant can attune us to ever-deepening levels of meaning, unlock the treasures of the heart, and give us an opportunity to generously serve each other. By entering into silence after a chant, we can receive both the Divine influx and the gifts that bubble up from within. In this evening of chant we will taste and experience the power and potential of this ecstatic practice.

Rabbi Shefa Gold is a leader in Aleph: the Alliance for Jewish Renewal and received her ordination both from the Reconstructionist Rabbinical College and from Rabbi Zalman Schachter-Shalomi. She is the director of C-DEEP, The Center for Devotional, Energy and Ecstatic Practice in Jemez Springs, New Mexico. Shefa composes and performs spiritual music, has produced ten albums, and her liturgies have been published in several new prayerbooks. She teaches workshops and retreats on the theory and art of Chanting, Devotional Healing, Spiritual Community Building, Meditation, and trains Chant Leaders in Kol Zimra, a two-year programme for rabbis, cantors and lay leaders. She is also on the faculty of the Institute for Jewish Spirituality. Shefa combines her grounding in Judaism with a background in Buddhist, Christian, Islamic, and Native American spiritual traditions to make her uniquely qualified as a spiritual bridge celebrating the shared path of devotion. She is the author of *Torah Journeys: The Inner Path to the Promised Land*, and, *In the Fever of Love: An Illumination of the Song of Songs*, published by Ben Yehuda Press. www.rabbishefagold.com

Cost: £10/£8 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Tuesday 16 March

Day Workshop: The Path of Love

Facilitator: Rabbi Shefa Gold.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.



The Torah commands that you must love God “with all your heart, with all your soul and with all your might.” You are commanded to “love the stranger” and “to love your neighbour as your self.” And you are asked to receive God’s love in the form of Torah, community, history and the wonders of Nature. These commandments about love are at the heart of Torah. They constitute, at the same time, the most simple and the most complicated challenge of living a holy life.

The Path of Love, of rising to the challenge of learning to love and be loved, is the most rigorous spiritual path there is. Stepping onto the Path of Love, I am faced with every resistance, every illusion, every obstacle to self-realization.

In this workshop of deep heart work, we will use text, voice, meditation, movement and sacred conversation to explore the landscape of Love. How do we love God through this world? How do we receive God's love through this world? How do we become intimate with the Mystery behind each moment of our lives?

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

A Celebration of Poetry from Scotland and the Middle East

Readers: Youssef Al-Khatib, Iyad Hayatleh, Jila Peacock and Tessa Ransford.

Chair: Robert Alan Jamieson.

Venue: Word Power Books, 43-45 West Nicolson Street, Edinburgh, EH8 9DB.

Time: Registration: 6.30pm-7pm. Event: 7pm-8.45pm.

YOUSSEF AL-KHATIB



This evening of poetry will include readings by Youssef Al-Khatib, translator, freelance journalist and largely unpublished poet from Lebanon, living and working in Edinburgh; Iyad Hayatleh, a Palestinian refugee poet who was born and grew up in a Palestinian refugee camp in Syria, and living in Glasgow since 2000; Jila Peacock, born in Iran, moving to Glasgow in 1990, and although primarily a painter and printmaker published *Ten Poems from Hafez* in May 2006; and Tessa Ransford, past President and committee member of Scottish PEN. She is an established poet, translator, literary editor and cultural activist having also worked as Founder and Director of the Scottish Poetry Library.

7pm: Welcome and Introduction by Robert Alan Jamieson.

7.05pm-7.30pm: reading by Tessa Ransford
(*her own poems and poems from the Middle East*).

7.30pm-7.55pm: reading by Iyad Hayatleh
(*his own poems and poems of Mahmoud Darwish*).

7.55pm-8.20pm: reading by Jila Peacock
(*Persian and contemporary Iranian poetry*).

8.20pm-8.45pm: reading by Youssef Al-Khatib
(*his own poems and poems of Adonis*).

8.45pm: Vote of Thanks by Robert Alan Jamieson.

Cost: Admission Free. First come, first served on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

IYAD HAYATLEH



Wednesday 17 March

Day Workshop: The Tao of Movement, Stillness, Breath and Sound

Facilitator: Muriel Kirton, M.A., M. Ed.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

We will explore the power of gentle Taoist yogic practices to restore vital energy, strengthen the innate healing wisdom of the body, balance emotions and restore unity of heart and mind.



Most popularly known through Tai Ch'i, Qigong, Meditation, Acupuncture and Feng Shui, Taoist healing arts follow 'the Way of Nature,' a living philosophy based on the principles of natural balance and the nourishing circulation of vital life-force energy, or Qi/Chi, that flows within us, linking together our body, emotions and mind.

In this workshop we will experience the flow of Qi/Chi, and explore ways to open and align key energy points through powerful but simple exercises using movement, breath, stillness and sound, leaving you more relaxed and grounded in yourself, as you strengthen the innate healing intelligence of the body-mind. This workshop is suitable for anybody seeking increased health and vitality, and adults of all ages and

health conditions are welcome to attend. The Qi Gong (energy work) we will practice is enjoyable, relaxing and easy to learn, and can generally be practised sitting or standing. You are invited to take home 'tools' to begin nurturing vitality, and take care of your mental, emotional and spiritual well-being.

For additional practice, please see the weekly series of 5 workshops, "The Tao of Movement, Stillness, Breath and Sound," 8 April to 6 May 2010, in Future Events.

Muriel Kirton began to acquire a deep knowledge of the Oriental arts more than 25 years ago, while living and working in China, and later Hong Kong and Vietnam. She continued her studies with different masters and healers in Egypt, Thailand, India and the Philippines and her dedication led Muriel to become a certified instructor of Qi Gong, Tao Yin, Tao Yoga, Tai Ch'i and Taoist Meditation, and a certified practitioner of traditional Chinese Chi Nei Tsang and Tuina healing therapies. Muriel is a member of the Scientific and Medical Network in UK, the Healing Tao Association of North America, and the World Universal Healing Tao Instructor Faculty, Thailand.



Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Time for Reflection at the Scottish Parliament with Rabbi Shefa Gold

Venue: The Scottish Parliament, Edinburgh.

Time: 2.30pm.

Rabbi Shefa Gold, participating in the 2010 Middle East Festival, will lead Time for Reflection at the Scottish Parliament.

Cost: Admission Free. To Attend: Contact: Parliament's Visitor Services, 0131 348 5200.

The 2010 Middle East Festival Forum on World Spiritualities

Speaker: **Prof Ursula King**, Emeritus Professor of Theology and Religious Studies, University of Bristol.

Title: **Do we need Spirituality for Human Flourishing?**

Forum on the Search for Spirituality: Our Global Quest for Meaning and Fulfilment.

Chair: **Professor B J McGettrick**, Emeritus Professor of Education at the University of Glasgow, and Dean Emeritus of the Faculty of Education at the University of Glasgow.

Forum Panellists: **Dr Neil Douglas-Klotz (Saadi Shakur Chishti)**, Edinburgh Institute for Advanced Learning, EIAL; **David Lorimer**, Programme Director of the Scientific and Medical Network; **Ali Newell**, works at the Ignatian Spirituality Centre where she teaches and offers spiritual accompaniment. She is a minister, trained counsellor, and was warden of Iona Abbey.

Venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Time: Registration: 6.30pm-7pm. Talk/Forum: 7pm-9.15pm.

Spirituality is much in the news these days. Our planet is marked by a deep spiritual crisis, often expressed in a breakdown of relationships, a loss of meaning and purpose, or a disillusion with the surfeit of material goods and consumption. How to find a life of personal wholeness and deeper significance? How to create a world of greater justice and peace? The upsurge of interest in spirituality in all its different forms indicates the urgent need of our growing global world to find new ways of living, a new form of spirituality, to ensure the flourishing of both people and planet.

We need spiritualities that provide nurture and sustenance for the struggles of our personal life, and for the global tasks and responsibilities of the planetary earth community. The vision presented in this talk is one of hope, flourishing, and inspiration. It encourages the zest for life and calls for the power of love to transform ourselves and the world we live in.

Following the talk by Prof Ursula King, there will be questions and discussion with the panel and with the audience. The three panel members will then each give short presentations on the Forum subject, following by further questions and discussion.



PROF URSULA KING FRSA

Ursula King FRSA is Emeritus Professor of Theology and Religious Studies, the University of Bristol. Educated in Germany, France, India and England, she has lectured all over the world and published widely, especially on gender issues in religions, interfaith dialogue, spirituality, and on Pierre Teilhard de Chardin. She has held several visiting chairs in the USA and Norway, and been awarded honorary doctorates by the universities of Edinburgh, Oslo, and Dayton, Ohio. Her publications include *Christian Mystics. Their Lives and Legacies Throughout the Ages*; *Women and Spirituality*; the illustrated biography *Spirit of Fire: The Life and Vision of Teilhard de Chardin*; and most recently *The Search for Spirituality: Our Global Quest for Meaning and Fulfilment* (Canterbury Press, 2009).

Cost: £5/£3 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Thursday 18 March

Day Workshop: *The Colours of Grief:* *Transformation and Healing in Times of Loss and Change*

Facilitators: **Lilli Anathal Conradt** and **Susanne Olbrich**.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Time: Registration: 9.30am-10am. Workshop: 10am-4.30pm.

We all face situations of loss, change and transition at some point in our lives: be it through the death of a dear one, through sickness or separation, through loss of work or other, sometimes unexpected



changes of life circumstances. It takes courage to face the resulting feelings. Our modern culture does not offer notions of “healthy grieving” or spaces of acceptance and support for people in grief, and difficult times might come with a great sense of loneliness. So many of us choose to suppress difficult emotions and attempt to “function” as normal, which can become a strain on body, mind and spirit.

In this workshop, we would like to offer a safe space for being with loss, change and grief. Mindfulness Meditation, creative expression and ritual will assist us in: • cultivating presence; • working with difficult feelings; • expressing that which has not been spoken; • connecting with our spiritual roots from where healing can happen.

Participants will be encouraged to discover their own inner resources for transformation and healing. Coming together as a group, we will tap into the healing power of community, of shared experience and mutual support.

Lilli Anathal Conradt is a graduate of the Barbara Brennan School of Healing and works as a healer in Berwick upon Tweed and Edinburgh. For many years, she worked towards Earth healing, focussing on the physical and spiritual dimensions of the plant and animal kingdoms. During this time, contact with Nature and the Buddhist teachings on suffering and impermanence gave her a new perspective on life and death. Lilli Anathal has also participated in a year-long training called “Death the final Healing.”



Susanne Olbrich is a pianist, composer and music teacher living in Findhorn, North East of Scotland. She performs her own music inspired by jazz, classical and world music, and has been offering creative music workshops in Germany and Scotland, collaborating with music schools, adult education providers, community groups and the NHS. Susanne has been a student and practitioner of Mindfulness Meditation for many years and is a lay-member of Zen Master Thich Nhat Hanh's Order of Interbeing. www.myspace.com/susanneolbrich

Cost: £20/£15 (Concessions). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Concert: *The Nightingale and the Rose:* Musical meeting points of Christianity, Judaism and Islam in medieval Spain and beyond

Alva: Vivien Ellis: voice, percussion, **Giles Lewin:** ‘Ud, vielle.

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Time: Doors open: 6.45pm. Concert: 7.30pm-9.30pm.

The sacred symbol of the rose is found throughout the mystical writings and poetry of Judaism, Islam, and esoteric Christian traditions. The rose is often used as a symbol of Christ, and of Mary, such as in the Spanish C13 Cantiga ‘Rosa das Rosas’ (Rose of Roses). In Sufi poetry, the nightingale is often paired with the rose. The nightingale is the lover, the seeker, the Sufi, searching the garden at night for the rose, the Beloved, God. A similar longing is expressed in the exquisite love-song La Rosa Enflorece, translated here from Judeo-Espagnol, the language of the Jewish people who were expelled from Spain in the C15 century.



Our concert includes folk songs such as *La Rosa Enflorece*, traditional and new settings of Arabic devotional poetry from early medieval Spain, and *Cantigas de Santa Maria* from the court of Alfonso el Sabio, the wise and learned thirteenth century Spanish King of Castile and León. His court became a multicultural haven for artists, scientists and musicians - Jews, Muslims and Christians alike. Musicians from these three great religions are depicted playing and singing side by side in the beautiful images which accompany the *Cantigas*, Alfonso's collection of over 400 songs recounting miracles associated with the Virgin Mary, one of the most spectacularly illustrated manuscripts of the period.

The mingling of cultures which occurred in Spain during Moorish rule led to many instruments being introduced into Europe, including the Arabic 'Ud which evolved into the lute, and the rabab, fore-runner of the medieval vielle and ultimately the fiddle. Both the 'Ud and the vielle feature in our concert, accompanying narrative ballads and songs of love, longing and devotion, in Medieval Spanish, Judeo-Espagnol, Hebrew, Occitan and Arabic.

Singer **Vivien Ellis** performs medieval, Renaissance and traditional music with The Dufay Collective, Sinfonye and her own duo Alva. She has appeared in seasons with the Royal Shakespeare Company and Shakespeare's Globe Theatre. Her voice has featured on many TV and film soundtracks.

Giles Lewin specialises in the traditional music of Europe and the Middle East. His interest in the Arab influences in medieval music led him to Cairo, where he studied Arabic violin with Ashraf al Sarki. Giles is a founder member of the early music ensemble The Dufay Collective, traditional group The Carnival Band and the folk big band Bellowhead.

Alva was formed in 1997 to explore the links between early European vocal repertoire and surviving folk song; by comparing the two traditions, Alva brings a fresh approach to early music presentation. Supported by the Edinburgh Hispanic Festival and the Early Music Forum of Scotland.

Cost: £10.

Booking: **Tickets Scotland Ltd**, 127 Rose Street, Edinburgh, EH2 3DT. 0131 220 3234.

<http://www.tickets-scotland.com/> 9am-6pm (8pm Thursday), 11am-6pm Sundays.



Exhibition: **Peacemakers of Israel/Palestine** – Photographs by award-winning photojournalist Angela Catlin, with words by Billy Briggs

Venue: Granville Street Foyer, Mitchell Library, Granville Street, Glasgow, G3 7DN.

Dates: Monday 11 – Saturday 30 January 2010.

Times: The Mitchell Library is open Monday – Thursday, 9am - 8pm; Friday - Saturday, 9am - 5pm; and on Sunday the Mitchell Library is closed.

Contact: Mitchell Library Information Desk, 0141 287 2999.

Venue: The Scottish Storytelling Centre, 43-45 High Street, Edinburgh, EH1 1SR.

Dates: Saturday 6 February – Saturday 20 March 2010.

Times: Our opening times are Monday - Saturday, 10am-6pm.

PHOTO: ANGELA CATLIN



The Middle East Festival has commissioned this unique exhibition illustrating the work of peacemakers in Israel/Palestine who are working on a cross community basis. This has involved photojournalist Angela Catlin, and journalist Billy Briggs making a 10-day visit to Israel/Palestine to photograph and interview the peacemaker groups, resulting in an exhibition and feature articles. The development of the exhibition was made possible by an Awards for All grant. Other venues who want to host this exhibition are very welcome to submit a proposal expressing their interest.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition: **A Window on the Middle East:**

A Photographic Impression of Egypt, Gaza, Lebanon and Morocco. Photographs
by award-winning photojournalist Angela Catlin, with words by Billy Briggs

Venue: The Filmhouse Café, Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ.

Dates and Times: Monday 1 February – Sunday 28 February 2010, during Filmhouse opening hours.

Photographer Angela Catlin presents photographic impressions of the Middle East accompanied by words by Billy Briggs. The images focus on contrasting human situations and experiences from Egypt, Gaza, Lebanon and Morocco.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition: Iran then and now

Venue: Susie's Diner, 51 West Nicolson Street, Edinburgh, EH8 9DB.

Dates and Times: Monday 1 February – Thursday 18 March 2010, during opening hours.

PHOTO: MARYLENA SAPOUNTZI



A visually strong interplay between the ordinary and the extraordinary. Timeless photographs of Iran taken by Alik Sapountzi in 1971 are shown beside artwork by Marylena Sapountzi. Marylena has recently photographed Iran to create stunning composite/manipulated images expressing a unique aspect of the country today.

Alik Sapountzi is a photographer/filmmaker based in Edinburgh.

www.aliki.co.uk

Marylena Sapountzi is a visual artist and actress based in Athens, Greece.

www.marylenasapountzi.com

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Display: Arabic and Middle Eastern Poetry

Venue: The Scottish Poetry Library, 5 Crichton's Close, Canongate, Edinburgh, EH8 8DT.

Dates and Times: February - March 2010, Monday - Friday, 11am-6pm; Saturday, 1pm-5pm.

A small display of items from the Scottish Poetry Library's international collection.

Cost: Admission Free. Everyone Welcome.

Contact: Julie Johnstone, Librarian, 0131 557 2876, julie.johnstone@spl.org.uk

Exhibition: Light over Oman by Malcolm MacGregor

Venue: The Fine Art Library, Central Library, George IV Bridge, Edinburgh, EH1 1EG.

Dates and Times: Tuesday 2 February - Saturday 27 February 2010.

Monday - Thursday, 10am-8pm; Friday, 10am-5pm; Saturday, 9am-1pm.

The photographs in this exhibition reflect the diversity of landscape to be found in Oman. The country has a unique combination of desert, mountain and coastline. The quality of light that emanates across this landscape brings the colour and shape of rocks and water into a different level of wonderment.



High in the mountains is a world of lines, shape and form caused by millions of years of erosion, transmitting a true sense of the primeval. Descend 10,000 feet and you reach the coastline. The constant surf has, over the years, moulded coves alongside plunging cliffs. The pyramidal sand dunes of the Empty Quarter rise to a height of 1,000 feet. They are a mix of transverse and longitudinal dunes, symbolic of a landscape on the move shaped by prevailing winds. All make up one of the great unspoiled regions on Earth. Harsh and unforgiving, yet majestic.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition and Launch: **Love Letters:** **An Exhibition of Silhouette Papercuts by Lois Cordelia**



Venue: The University of Edinburgh Chaplaincy Centre, 1 Bristo Square, Edinburgh, EH8 9AL.

(Next to Potterrow Students Centre.

General enquiries: chaplaincy@ed.ac.uk, 0131 650 2595).

Dates: Tuesday 2 February - Friday 5 March 2010. With a lunch time opening event on Wednesday 3 February 2010, 1pm, (coinciding with a Fair Trade Society Lunch).

Times: Monday - Friday, 9.30am-5pm.

Balancing the blade's precision with free-flowing designs, Lois cuts spirited paper "silhouettes" using a scalpel. The finished piece may be an intricate web of fine, interconnected paper strands, or a sturdier, partially three-dimensional "paper sculpture." The exhibition is inspired by meditations on divine beauty and harmony, and by mystical love poetry from the Middle East and beyond.

Artwork Portfolio: www.LoisCordelia.com

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Sound Installation: **The Listening Seat**

Venue: Sanctuary, Ground Floor South, The Royal Infirmary of Edinburgh, 51 Little France Crescent, Edinburgh, EH16 4SA.

Dates: Tuesday 2 February - Thursday 18 March 2010.

Times: Monday - Friday, 8am-5pm.

Sound Installation by Déirdre Ní Mhathúna.

Come into The Listening Seat and follow the way of the Sufi. Be transported by the hypnotic chants of four men on a prayer mat as they pray the Koran in Sudan. Soak in the calm of Slavonic Orthodox

Christian choirs. Let a young girl's haunting voice remind you of how powerful the Jewish tradition is, while a Yiddish lullaby speaks of trade in raisins and almonds. Marvel at the rich cultures and creeds that have rubbed along side by side in the Middle East through crusades, wars of empire and holy wars at the cultural crossroads of East and West. Take a little time in The Listening Seat.

Cost: Admission Free. Everyone Welcome. No booking required.

Contact: Sandy Young, Sandy.Young@luht.scot.nhs.uk, 0131 242 1991.

Exhibition: **Nature's Seduction by Graham Riddell**

Venue: The Lot, 4-6 Grassmarket, Edinburgh, EH1 2JU.

Dates: Saturday 6 February - Wednesday 17 March 2010.

Times: Tuesday - Saturday, 11am-9pm; Sundays and Mondays, midday-6pm.

Artist photographer **Graham Riddell** exhibits a selection of works from his extensive stock of images at The Lot venue gallery and café, on the public staircase area between ground and first floor levels. Come and be seduced by Nature and open your eyes to the creative possibilities around you.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition: **Highland Turkey Revisited: The Anatolian Community of Scotland**

Venue: Empires Cafe, 24 Street Marys Street, Edinburgh, EH1 1SU.

Dates and Times: Saturday 6 February - Friday 19 March 2010, during opening hours.



Photographer **Aliki Sapountzi** focuses on the Turkish/Anatolian community of Scotland, re-awakening distant links to ancestral heredity, displacement and relocation; reflected both in the Turkish/Anatolian community and the photographer. To enrich the contextual backdrop, these photographs have been juxtaposed with images of street life in Istanbul.

Showing at the intimate venue of Empires Café with the added bonus of a booklet featuring the

expanded version of the Highland Turkey exhibition shown at the Filmhouse in 2009. A copy of the booklet will be attached to each table together with a pen inviting your comments/doodles.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition: **Renovation and Transformation Through Art and Life**

Venue: State Theta Galleries, The Halls, Main Street, Ormiston, EH35 5HS.

Dates and Times: The dates for the exhibition would be weekends in February, and in March 2010 - 6/7, 13/14, and 20/21, *March 13 the gallery is closed due to the Dance Day, and viewing is also

available during the week but by appointment due to class and clinic activities. Open from 11am-5pm, Saturday and Sunday.

Features photography, oil and chalk pastels and poetry following a 3-year period of renovation and transformation. The work is influenced by the Halprin Life Art Process as researched and developed by the Tamalpa Institute CA, founded by America's leading dance elder and pioneer of dance as a healing art, Anna Halprin and her daughter Daria Halprin, expressive arts educator.

Cost: Free. For transport information:

Contact: Audicia, 07868 705908, admin@statetheta.com, www.statetheta.com

Exhibition: **Georgia - A Country of Ancient Writing**

Venue: Scotland-Russia Institute, 9 South College Street, Edinburgh, EH8 9AA.

Dates: Tuesday 9 February - Saturday 6 March 2010.

Times: Tuesday - Friday, 11am-4pm; Saturday, 1.30pm-4pm.

Georgian is one of the oldest written languages in the world, and the country possesses an ancient literary tradition. This exhibition traces the history of Georgian scripts from their legendary beginnings in the reign of King Parnavaz in the 4th century BC to the version of the written language first seen in the 10th century AD and still in use today. The exhibition consists of full-colour images of manuscripts, in themselves objects of beauty, often splendidly illustrated. Exhibition curated by Vesna Petkovic, Pro Art and Co (www.proartandco.co.uk).

Cost: Admission Free. Everyone Welcome.

Contact: 0131 668 3635, info@scotlandrussiaforum.org

Retrospective Exhibition: **Photos and Flyers of The Elements World Theatre's Performances at the MESP, 2004 to 2010**

Venue: The Bongo Club Café, 37 Holyrood Road, Edinburgh, EH8 8BA.

Dates and Times: Thursday 18 February - Thursday 18 March 2010.

Monday - Friday, 1pm-7pm and late evenings during live gigs and club nights at The Bongo Club.

An exhibition of photographs, posters and leaflets of The Elements World Theatre's performances for The MESP, 2004-2010.

Cost: Admission Free. Everyone Welcome.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Exhibition of Photographs and Reception: **The Craft Heritage of Palestine**

Venue: St George's West Church, 58 Shandwick Place, Edinburgh, EH2 4RT.

Dates: Tuesday 23 February - Sunday 7 March 2010.

Times: 10am-4pm.

This exhibition commissioned by Sunbula, Hadeel's sister shop in Jerusalem, in 2006 celebrates the work and cultural heritage of Palestinian artisans. Steve Sabella, the celebrated Palestinian photographer, travelled the West Bank, Gaza Strip and inside Israel to photograph producers who are partner organisations of Hadeel, the Palestinian Craft Shop in Edinburgh. The exhibition forms a beautiful collection of images and lively scenes of craft co-operatives in operation, women artisans

working on embroidery at home, folk in the community and surrounding landscapes. Free Tickets for the Reception on 24 February 2010 at 7pm are available from Hadeel.

Cost: Entry Free but donations gratefully accepted.

Contact: Hadeel, info@hadeel.org, 0131 225 1922.

Exhibition: **Recognizing our Common Humanity**

Venue: Tollcross Community Centre, 117 Fountainbridge, Edinburgh. EH3 9QG.

Dates: Saturday 27 February - Wednesday 31 March 2010.

Times: Monday - Friday, 8.30am-8.30pm; Saturday, 10am-3.30pm.

Through an exciting, new photography exhibit, you can travel through Gaza with young people on a unique journey of discovery – finding those moments of common experience that bind us all together in one human family. Follow them from the streets where they walk every day, to the houses or refugee camps where they live; from the market where they shop, to the sea where they send off their dreams; from the destruction of war to sights of extraordinary natural beauty; from raw human suffering to indisputable, unbeatable hope and love for life.

Cost: Admission Free. Everyone Welcome.

Contact: Global Citizen Corps, gcc@uk.mercycorps.org, +44 (0)131 662 5188.

Exhibition: **Jerusalem: A Journey Through The Ages - 1929 to the present**

Venue: Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

Dates: Friday 5 March - Thursday 18 March 2010.

Times: 10am-3pm.

The set of pictures of Jerusalem and Palestine from 1929 to the present is part of the literary and folklore celebrations of Al Quds (Jerusalem) as the cultural capital of the Arab World in the year 2009.

El Funoun Group (Scotland-Palestine) was established in 2004 to share with the public in Edinburgh the cultural and historical heritage of Palestine. The exhibition is particularly poignant today with Scotland hosting Scots from around the world as part of the Homecoming Celebrations, while Palestinians, on the other hand, are forbidden to return to Palestine, the land of their forefathers. The pictures specially show the connection of Palestinians to their land and destroys the myth that this was a land without people for a people without a land.

Cost: Admission Free. Everyone Welcome. *Contact:* Anita Shanley, anita.shanley@gmail.com

Photographic Exhibition by WIFIE (Women In Focus In Edinburgh): **A Sense of Self**

Venue: Out of the Blue Drill Hall, 30-36 Dalmeny Street, Edinburgh, EH6 8RG.

Dates: Monday 8 March - Saturday 20 March 2010.

Times: Monday – Saturday, 10am–8pm.

A photographic exhibition produced by members of WIFIE for International Women's Day 2010. Funded by the Women's Fund for Scotland, members of this collective have explored the theme, 'A Sense of Self' and come up with some interesting results.

Cost: Admission Free. Everyone Welcome. *Contact:* wifiespace@yahoo.co.uk

MESP 2010 Instant Theatre

The Elements World Theatre Presents Instant Theatre: Towards A Sustainable Culture Of Peace.



Facilitator: **Lee Gershuny, Ph.D.**, Artistic Director of The Elements World Theatre.

The Elements World Theatre is a company limited by guarantee, registered in Scotland, No 283766, Scottish Charity SC022072.

What: Short scenes in public places that demonstrate our ability to stop in the midst of conflict, connect to inner wisdom, playfulness and creativity and resolve the conflict situation without the use of force, threat or abuse. **When:** Random times before, during and after the MESP. **Where:** Wherever we are welcome in public places, without a stage, theatre lights, costumes, etc. **Who:** The actors are ordinary people of different cultural backgrounds, ages and work and life experience. They have all participated in our workshops and are committed to making a culture of peace sustainable. **Why:** To develop skills and confidence in stopping in the midst of conflict, reflecting and choosing win/win solutions that are true to our own voice and to the principles of peacemaking in relationships.

How To Get Involved: • Speak to us after you've witnessed a scene. • Become an actor or supporting witness by participating in as many workshops as you can. • Join the mailing list to find out when and where a scene will happen. • Tell your friends and family. • Volunteer to help with publicity, venue search, etc. • Donations are greatly appreciated.

Contact: Lee Gershuny, lee@the-elements.org.uk, 0131 332 1418.

MESP 2010 Future Events

Workshop Series: Towards a Sustainable Culture of Peace: Connecting to the Source in the Midst of Conflict

Facilitator: **Lee Gershuny, Ph.D.**, Artistic Director of The Elements World Theatre.

Organiser: Jointly organized by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity SC038996, and, The Elements World Theatre, a company limited by guarantee and registered in Scotland No 283766, Scottish Charity SC022072.

Venue: Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Day Workshop:

Thursday 11 March 2010, Registration: 9.30am-10am. Workshop: 10am-4.30pm.

Workshop Theme: Toward a Sustainable Culture of Peace: Connecting to the Source in the Midst of Conflict.

5 Evening Workshops:

Wednesday 7 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Choosing based on what's most important to you in the moment.

Wednesday 14 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Not knowing what to do or say.

Wednesday 21 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Tapping inner sources of creativity, playfulness and wisdom.

Wednesday 28 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Bearing witness without interpretation, judgment or assumption.

Wednesday 5 May 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Creating win/win solutions from moment to moment.

The series starts with a full day workshop in order to introduce the tools and principles for making a culture of peace sustainable in our daily lives and provides opportunities to practice using them in interactive exercises. Each evening session following on from the day workshop will provide additional practice with these tools in different areas of your life: • Choosing based on what's most important to you in the moment; • Not knowing what to do or say; • Tapping inner sources of creativity, playfulness and wisdom; • Bearing witness without interpretation, judgment or assumption; • Creating win/win solutions from moment to moment.

The purpose of this workshop is to practice the most effective ways of making a culture of peace sustainable in our daily lives. Through a series of interactive exercises, we will practice some of the basic tools and principles enabling us to work effectively and creatively with conflict without using force, abuse or threat. These exercises provide opportunities to discover what works best for you and to develop confidence in: • clarifying your priorities in the moment and long term; • making decisions based on what's most important to you; • being present/being peace, • tapping inner sources of playfulness, wisdom and creativity.

This experiential workshop series offers a supportive, non-judgmental environment with discussion, movement, sharing and interactive exercises in large and small groups. Our aim is to discover new insights and actions for making a culture of peace sustainable in our daily lives. We highly recommend starting the series with your own journal.

Cost: £20/£15 (Concessions) for the Day Workshop.

Cost: £8/£6 (Concessions) for each Evening Workshop.

£50/£40 (Concessions) for the whole series of workshops. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Workshop Theme: **The Tao of Movement, Stillness, Breath and Sound**

Facilitator: **Muriel Kirton, M.A., M. Ed.**

Organiser: Organized by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity SC038996.

Venue: Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Day Workshop:

Wednesday 17 March 2010,

Registration: 9.30am-10am. Workshop: 10am-4.30pm.

Workshop Theme: The Tao of Movement, Stillness, Breath and Sound.

5 Evening Workshops:

Thursday 8 April 2010, Registration: 6pm-6.30pm.

Workshop: 6.30pm-9pm.

Workshop Theme: Open and align key energy points.

Thursday 15 April 2010, Registration: 6pm-6.30pm.

Workshop: 6.30pm-9pm.

Workshop Theme: Balance emotions.

Thursday 22 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Nurture health and vitality.

Thursday 29 April 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Towards restoring vital energy and well-being.

Thursday 6 May 2010, Registration: 6pm-6.30pm. Workshop: 6.30pm-9pm.

Workshop Theme: Towards restoring unity of heart and mind.



MURIEL KIRTON/PHOTO: NEILL WALKER

The series starts with a full day workshop in order to introduce the power of gentle Taoist yogic practices to restore vital energy, strengthen the innate healing wisdom of the body, balance emotions and restore unity of heart and mind. Each evening session following on from the day workshop will provide additional practice with these tools in different themed areas of interest.

Most popularly known through Tai Ch'i, Qigong, Meditation, Acupuncture and Feng Shui, Taoist healing arts follow 'the Way of Nature,' a living philosophy based on the principles of natural balance and the nourishing circulation of vital life-force energy, or Qi/Chi, that flows within us, linking together our body, emotions and mind. Blockage or imbalance in this flow of innate Qi is caused, for example, by stress, trauma, upset, or just the normal demands of daily life, resulting in tiredness, ill health, negative emotions, and even a sense of dislocation from our life purpose.

Drawing on a 4,000 year old wisdom tradition, Taoist healing arts offer the modern world a wealth of effective, practical, self-help methods to restore well-being, promote better health, support spiritual growth and open the way to personal transformation.

In this workshop series we will experience the flow of Qi/Chi, and explore ways to open and align key energy points through powerful but simple exercises using movement, breath, stillness and sound, leaving you more relaxed and grounded in yourself, as you strengthen the innate healing intelligence of the body-mind. This workshop series is suitable for anybody seeking increased health and vitality, and adults of all ages and health conditions are welcome to attend. The Qi Gong (energy work) we will practice is enjoyable, relaxing and easy to learn, and can generally be practised sitting or standing. You are invited to take home 'tools' to begin nurturing vitality, and take care of your mental, emotional and spiritual well-being.

Cost: £20/£15 (Concessions) for the Day Workshop.

Cost: £8/£6 (Concessions) for each Evening Workshop.

£50/£40 (Concessions) for the whole series of workshops. For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Thousand Ways of Light: An Evening of Shared Sacred Chant, Love Song and World Anthems for our Time - Inspired by Chloe Goodchild's unique encounter with the Universal Mother

Facilitator: Chloe Goodchild.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Date: Friday 14 May 2010.

Time: 7pm: Doors Open. Event: 7.30pm-9.30pm.



"Thousand Ways of Light" is the title of Chloe's new CD. Chloe's forthcoming book "A Collision with Love through Sound and Song" (The Naked Voice Chant Book 1) celebrating a selection of Chloe's much-loved healing chants, with accompanying stories and an accompanying CD will also be available. For more information: www.thenakedvoice.com

Chloe Goodchild - international singer and founder of The Naked Voice (1990) brings the universal power of voice and sound as an essential listening tool and a unique resource dedicated to conscious communication, accessible to everyone, from our children to our world leaders. For more information, www.thenakedvoice.com and www.theNVFA.org (Naked Voice Facilitators Association), and www.shintaido.com

Cost: £12/£10 (Concessions) on the door on the night.

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Day Workshop: **The Compassionate Voice:** **Re-discover Your Voice through Spontaneous Song, Sacred Chant,** **Meditative Movement and Mudra (hand gestures)**

Facilitator: Chloe Goodchild.

Venue: Meeting Room, Quaker Meeting House, 7 Victoria Terrace, Edinburgh, EH1 2JL.

Date: Saturday 15 May 2010. **Time:** Registration: 10am-10.30am. Workshop: 10.30am-4.30pm.

In this day workshop we will explore how your voice is a vehicle for spiritual practice enabling you to discover new and unimagined ways to live and to love yourself, your family and the wider community. Chloe has developed a unique approach to singing as a tool for deep listening and compassionate communication, and she has introduced mediation skills through sound and meditative movement that inspire self-confidence, and compassionate and cooperative relationships to great effect.

Cost: £30/£20 (Concession). For a Registration Form:

Contact: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Talk: **Fr Laurence Freeman, OC, O.S.B.**

Title: **Meditation and Spirituality in a "Secular Age."**

Forum on Meditation for Health, Well-being and Healing.

Chair: Murshid Saadi Shakur Chishti (Dr Neil Douglas-Klotz).

Forum Panellists: **Ani Rinchen Khandro**, Kagyu Samye Dzong Edinburgh Tibetan Buddhist Centre for World Peace and Health; **Venerable K Sri Rewatha**, Scotland's Buddhist Vihara.

Venue: St John's Episcopal Church, Princes Street, Edinburgh, EH2 4BJ.

Date: Wednesday 26 May 2010. **Time:** Doors: 7pm. Event: 7.30pm onwards.

Following the talk by Fr Laurence Freeman, OC, O.S.B., there will be questions and discussion with the panel and with the audience. The panel members will then each give short presentations on the Forum subject, following by further questions and discussion. The event will end with a closing meditation led by Laurence Freeman, OC, O.S.B.. After the event, Fr Laurence Freeman, OC, O.S.B., will be available to sign copies of his books, which will be on sale by St John's Cornerstone Bookshop.

Fr Laurence Freeman, OC, O.S.B., is a Benedictine monk of the Congregation of Monte Oliveto and Director of The World Community for Christian Meditation. He was born in England where he was educated by the Benedictines and studied English Literature at Oxford University. Before entering monastic life he had experience with the United Nations, banking and journalism. In the monastery his spiritual teacher was John Main with whom he studied and whom he helped in the establishment of the first Christian Meditation Centre in London. Laurence Freeman is the author of many books and articles including *Light Within*, *Selfless Self*, *Web of Silence*, *Common Ground*, *Short Span of Days*, *Your Daily Practice* and *Jesus: The Teacher Within*. He is also the editor of John Main's works and a member of the Board of Medio Media, the publishing arm of the World Community. He has conducted dialogues and peace initiatives such as the historic Way of Peace with the Dalai Lama and is active in inter-religious dialogue with other faiths as well as encouraging the teaching of Christian meditation to children and students and in the re-appropriation of the contemplative wisdom tradition in the Church and society at large. In 2009 Fr Laurence was awarded the Order of Canada for his work in the World Community for Christian Meditation for global peace and inter-religious dialogue. www.wccm.org

Cost: £7/£5 (Concessions).

Booking: **Tickets Scotland Ltd**, 127 Rose Street, Edinburgh, EH2 3DT. 0131 220 3234.

<http://www.tickets-scotland.com/> 9am-6pm (8pm Thursday), 11am-6pm Sundays.

Festival Bursaries

A limited number of bursaries are available for those on very low income to support their attendance at some Festival events. Please contact the Festival organisers to discuss whether you qualify: Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

Festival Brochures and Posters

Festival Brochures and Posters are distributed widely across Edinburgh and wider Scotland. If you would like to receive further copies of the Festival Brochure or Poster for your venue, then please contact the Festival organisers.

Festival Volunteering

If you would like to volunteer at some Festival events, or to help putting out some Festival Brochures or Posters, then please contact the Festival organisers.

Festival Internships

Please get in contact if you would like to be an intern during the Festival.

Festival Sponsorship Opportunities

Please get in contact if you would like to discuss Festival sponsorship opportunities.

Festival Access

If you have specific access needs, then please contact the Festival organisers.

Festival Updates and Additions

Please consult the Festival website for any updates and additions to the Festival programme.

Festival School Events and Visits

If your school is interested to host an event to tie in with the Middle East Festival, then please contact the Festival organisers.

Festival Library Events, Displays and Visits

If your library is interested to host an event or display to tie in with the Middle East Festival, then please contact the Festival organisers.

Festival CPD Opportunities

If you would like your attendance at some Middle East Festival events to contribute to your Continuing Professional Development, CPD, then please contact the Festival organisers.

Festival Media Opportunities

For media opportunities, interviews, photo opportunities, articles, and press releases, then please contact the Festival organisers.

The EICSP and the Middle East Festival are now on Facebook, Myspace and Twitter.

The 2011 Middle East Festival

The 2011 Middle East Festival will run from Friday 4 March - Thursday 17 March 2011, with externally organised Pre Events from Tuesday 22 February - Thursday 3 March 2011, with the Middle Eastern Film Festival in the weeks before, and with Exhibitions and Displays running over the entire date period. Those who would like to consider becoming involved can contact:

Neill Walker, mesp2010@hotmail.co.uk, 0131 331 4469.

EICSP
Edinburgh International Centre
for Spirituality and Peace



www.cairnedinburgh.com



www.caduceus.info



www.kindredspirit.co.uk



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