

# **Pir Zia: Opening the Heart**

## **Weekend Retreat - February 2010**

In February of 2010 Pir Zia came to Rising Tide International in Sarsota Florida.



**CD Liner Notes:** *these are just minimal notes written by the recording engineer.*

### **Saturday Morning:**

**CD 1: Invocation, Why are we here today? Our purpose. Representatives of God, Conscious Breath, Dimensions of Breath, Who shall we be, Interdependence**

**CD 2: Attunement, Relaxing, Returning to the Breath, Recreating ourselves, Breath Meditation, Ya Haqq, Saum**

### **Saturday Afternoon:**

**CD 3: Fairy in the Dollhouse Story, the pull of the sacred, Prayer, Remembrance, Heart Spheres, The state of payer, Invocation**

**CD 4: Cornerstone Practices: Prayer and Purification Breaths, In depth Eath, Water, Fire, Air and Ether**

### **Sunday Morning:**

**CD 5: Meditation, Count your blessings, Repentance, Forgiveness, Supplication, History of Existence, communion, Meditation many storied house of out Being: Ground floor our body, 3<sup>rd</sup> floor angels,**

**CD 6: Continued Meditation from CD 5,**

**CD 7: Talk about the Storied house meditation. 7 Chakra Meditation, Latif Centers**

### **Sunday Afternoon:**

**CD 8: Cont. of Latif centers, Wholeness, working with each center, Play between our personality and the light of our soul, What did you come to earth to offer?**

**CD 9: How t live a more spiritual life, Saum, Salat, Prayer, Importance of sincerity, watch for moments fo invoke blessings, pay attention to the dance of God, Nature is singing, Closing meditation on the heart. Khatum.**