

Sacred Healing/Sacred Retreat  
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Lake Forest Park, WA 98155-2528  
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***‘Healing is a combination of joy and peace; joy in our relationship with the outside, and peace in our discovery of the source of our being.’*** (Pir Vilayat Inayat Khan)

Sura Charlier, founder of Sacred Healing/Sacred Retreat, offers spiritual retreat in the Sufi tradition, a heart-centered, universal approach to spirituality. Charlier, a student of the Sufi tradition for 25 years, is a certified retreat guide and representative of the Sufi Order International, an ordained minister, and professional composer/performer.



The retreats are tailored to each individual and are intended to support a deeply renewing process of healing, realization, and unfoldment as the retreatant is guided to a conscious reconnection with his/her sense of the sacred. Charlier draws upon diverse techniques such as meditations and practices from the world’s spiritual traditions, practices with sound, light, and magnetism, guided self-inquiry, purification breaths, revitalization of energy centers, creative visualization, music therapy, prayer, and work with various art mediums (drawing/painting/music/dance/poetry or other expressive forms of interest to the retreatant.) Several weeks before the retreat, retreatants meet with Charlier by phone or in person to establish their goals for the retreat and to enable her to customize a program of practices for them.

Silence, solitude, watchfulness, and fasting (not from food, but from habitual dependencies) are tenets of the retreats, which take place next to a small creek in a residential forest just north of Seattle. Practices vary from day to day, designed to support the retreatant through a six-stage alchemical process of disintegration, rising from that which one assumed oneself to be, experience of the immaculate core of Being, rebirth via the alchemical marriage of spirit/matter, reintegration of the self from a universal perspective, and preparation for actuation of the renewed Self in life.

A typical day of retreat begins with a pre-dawn session of practices with the breath, magnetism, sound, light, and prayer. The retreatant then meets with Charlier for a briefing of the day's practices, to ask questions, address concerns, and share the results of previous practices if he/she wishes. The early morning session is followed up with a hot shower and breakfast. Midmorning activities include practices and journaling. Noon prayers and a hot lunch precede early-afternoon rest and/or walking and a late-afternoon practice session. Dinner is followed by reading of inspirational materials related to retreat themes, listening to music, singing, prayer, creating a personal altar, stretching, or sitting under the stars in a hot tub. Retreatants may also choose to do a deep-of-night meditation on an ideal master(ess) saint, or prophet. Bodywork by a licensed LMP is available on a sub-contracted basis.

Hours and Days of Operation:

1 to 21-day retreats offered year-round by appointment

Accommodations:

Rustic stand-alone retreat house with heat, electricity, futon bed (on wooden frame with legs.) Bathroom and shower available in main house.

Rates: 1-3 days, \$100 per day  
5-7 days, \$90 per day  
10-21 days, \$80 per day

A non-refundable 50% deposit is required to reserve the retreat space/time, with the balance due upon arrival for the retreat.

Method of Payment: Cash, personal check, cashier's check or money order. Credit cards not currently accepted.

Services: Individualized retreat plan and daily support by certified retreat guide. Bodywork available by a licensed LMP on a sub-contracted basis.

Facilities: Hot tub, bathroom, shower facilities, dance/movement studio, fireplace.

Getting There: Sacred Healing/Sacred Retreat is just north of Seattle, about 45 minutes by car or shuttle van from Sea-Tac International Airport, or 30 minutes by bus or taxi from the downtown Seattle train and bus stations.

***'To be alone with oneself is like being with a friend whose company will last forever.'*** Hazrat Inayat Khan