

DISCOVERING SILENCE

The retreat

The object of the retreat is to share a privileged time aiming to foster a quiet mind that is the beginning of right action. Silence is essential for spiritual living. Understanding silence on different levels is necessary for learning and meditation. During the retreat, means for exploration as talks, enquiries, dialogues, meditation (seated and walking) and practice of silence will hint to the deeper aspects of life and consciousness.

This retreat is the culmination of the four previous

- Foundations of Wisdom (2007),
- Ways of Meditation (2008)
- Steps of Spiritual Realization (2009), and
- Entering the Stream of Learning (2010)

This retreat is jointly organized by the European Federation, the International Theosophical Centre and the Dutch Section of the Theosophical Society

The speaker

Trân-Thi-Kim-Diêu, a post graduate in Pharmaceutical Engineering, has served as volunteer in various capacities within the Theosophical Society. She is conducting seminars on spiritual aspects in life and silent retreats at many places over the world.

Talks

- 12th "Stay awake!"
- 13th To seek out the way is to move towards silence
- 14th Consciousness in its depths is a silent movement
- 15th Listen to the song of life
- 16th The Mystery

Time schedule

Tuesday 11th afternoon/evening:
Arrival and registration
18:00 Dinner, followed by informal meeting

Daily program:

8:00 Chi Kung (optional with Martie Velthuis)
8:30 Meditation
9:00 Breakfast
10:00 Talk
11:00 Coffee/ tea break
11:30 Meditation (seated and walking)
12:30 Lunch
15:00 Chi Kung (optional with Martie Velthuis) or Walking meditation
15:45 Meditation (seated and walking)
16:30 Coffee / tea break
17:00 Enquiries
18:00 Dinner
19:30 Evening program: a relevant inspiring movie, video, music or/ and evening meditation

Sunday 16th before lunch:
Closing session.

All meals are taken in silence with practice of mindfulness.

Talks will be referred to and meditation sessions will be based on the Meditation Diagram of HP Blavatsky.

The International Theosophical Centre

The International Theosophical Centre (ITC) aims to foster the principle of Universal Brotherhood and Peace under the inspiration of the highest human values, with the will to serve the world under the perspective of Oneness of Life in all living beings.

The ITC aims to be an active and inspiring spiritual centre, contributing to the service of the world and the uplifting of mankind in particular. The ITC therefore invites people at the Centre to work on the process of human regeneration through individual transformation.

Any stay at the Center is meant to promote quietness of mind, peace and a harmonious life. Therefore smoking or using drugs on the estate is not allowed; furthermore only vegetarian meals and non-alcoholic beverages may be consumed.

Registration

Please note that the number of places is limited. We therefore use the following registration procedure:

- Registration can only be done for the **full** retreat **before 15 September**.
- **Reservation** will only be made final after payment of the fee.
- Cancellation before 1st October results in refund minus € 50.
- Participants will receive a small reader on the Meditation Diagram of HP Blavatsky

Please send the registration form to:
Seminar registration ITC
Valkeveenselaan 19, 1411 GT Naarden
The Netherlands

Email: info@itc-naarden.org

The registration form can also be downloaded from the website: www.itc-naarden.org.

REGISTRATION

Registration form for the full seminar only!
(prices per person for the full seminar)

Name: Age:
 First name: M/F
 Address:
 Postal Code:
 City:
 Country:
 Email address:
 T.S. member : yes / no

Remarks / Diet requests:

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A. Registration fee

- TS-members € 30
 - Non-member € 40

B. Vegetarian meals

€ 125

C. Lodging

- Crystal House single room €120
 - Crystal House 2 pers. Room € 80
 - Arundale House € 60

Total amount

€

Payment:

Bank account number 7234804 ING bank.
 Foreign: 309121 ING bank.
 IBAN NL08PSTB000309121 BIC:PSTBNL21
 Please mention: Retreat 2011

Lodging facilities

The ITC has the following lodging facilities:

- Arundale House offers basic lodging; 9 bedrooms, each with two beds, shared showers and toilet blocks.
- Crystal House offers 20 bedrooms; 10 single person and 10 two person bedrooms each with own bathroom.

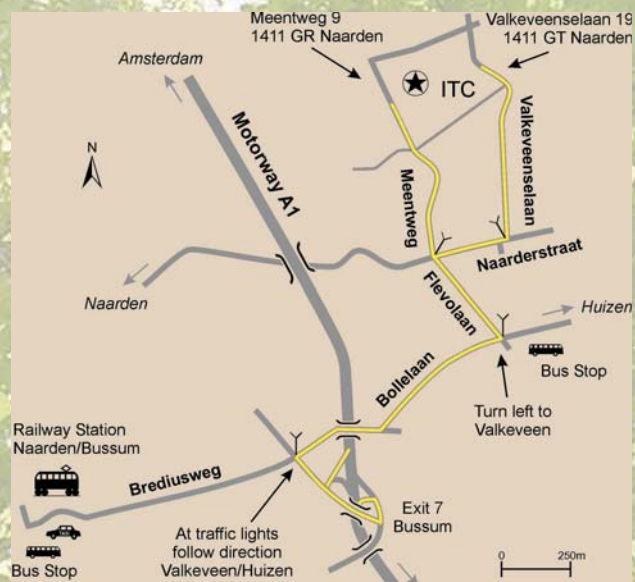
Route description

The ITC is located approx. 20 km east of Amsterdam, close to the old city of Naarden.

By Plane: Fly into Schiphol airport, Amsterdam. The railway station is under the airport. Buy a ticket to station Naarden/Bussum.

By train: Buy a ticket to station Naarden/Bussum. Go by regular taxi to ITC (see plan) or by bus (Regioliner 100; from bus stop Flevolaan it is a 20 minutes walk).

By car: Take exit Bussum/Naarden off Motorway A1 between Amsterdam and Amersfoort. Then follow description of the plan below.



Discovering Silence

and its Deeper Aspects

A Meditation Retreat based on the Meditation Diagram by HP Blavatsky

By Trần-Thi-Kim-Diêu

12-16 October 2011



International Theosophical Centre

Meentweg 9, 1411 GR Naarden,
 the Netherlands

(www.itc-naarden.org)