

# DEEP SPRING CENTER

## FOR MEDITATION AND SPIRITUAL INQUIRY

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### No Frills Retreat for Experienced Students Howell Nature Center Howell, MI April 15-17, 2011

Thank you for your registration for the upcoming meditation retreat. [This retreat has no teacher.](#)

The retreat will be held in Howell Nature Center in Howell, which is located a short distance southwest of Brighton. Driving instructions to the center and some basic information is attached.. We encourage car pooling due to limited parking. The emergency contact number during the retreat is Ingrid Weisz (cell number 734-657-1495) where you can leave a message. The number will be checked regularly. You may also call the Howell Nature Center office at 517-546-0249 between the hours of 9AM and 3PM or the Knoll Lodge directly at 517-546-7433.

Check in at the retreat will begin at 5:00 pm on Friday, April 15. Retreat guidelines will be presented at 7:00 pm, so please arrive before then so you will have time to register, unpack, and socialize. **Bring your own dinner or eat beforehand.** Silence will commence at 7:30 pm and extend until lunch on Sunday. The last sitting ends Friday and Saturday nights at about 9:30 pm. The retreat will end at about 1:30 pm on Sunday, April 17. Everyone will be asked to help clean up, restore furniture to its original position, and carry retreat items out to cars. Everything must be clean, and the building vacated, by 2:00 pm. Please plan to stay to help with this task.

If you cannot arrive before the program begins at 7:30 pm on Friday, please keep in mind that the Noble Silence will have begun before you arrive. Please take care to enter the center quietly. Your room assignment will be posted. Your retreat registration should all be paid prior to the retreat, so there is no reason to "formally" check in. Leave a note in the manager's basket if you have questions or problems. Contact the manager verbally only if there is an urgent situation.

### **Noble Silence**

After announcements and retreat guidelines are given, the retreat becomes a place of silence. In case of emergency or questions concerning the retreat schedule or process, you may talk with the retreat manager. In order to keep your concentration on the practice, it is requested that you do not read, write, or find other activities that would keep your mind busy. An exception is limited journal writing. Quieting the body and the voice also helps to quiet the mind and create a space in which you can observe the mind.

Another aspect of silence is watching our movements, endeavoring to use mindfulness as we walk, shower, open and close doors, do our work assignments, so as to have minimal impact on others and the environment.

Noble Silence also fosters a sense of aloneness, even in a retreat full of people. It is important for you to resist urges to social contact by note, glance, or whisper in order to benefit most fully from this opportunity, as well as to respect the silence of others. We can learn a lot by watching the impulse to talk or make other contact and seeing what motivates that impulse. The silence is broken at the end of the retreat to allow people to visit and share their experiences.

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### Retreat Basics

Everyone will need to bring their own bedding (sleeping bag or sheets, pillows and blankets), towels, hangers and personal toiletries. Plan to bring warm clothes and hiking shoes. You should bring a shawl or blanket to use while sitting in the meditation room in the early morning or evening. Plan to dress comfortably. Knoll Lodge is located adjacent to a large wooded area in which you can walk.

**No meals are provided by the center.** Each person attending the retreat will be asked to participate in providing food for and preparing the meals. Cost is estimated to be about \$20 each. You will be contacted prior to the retreat regarding the details. Snacks, coffee, tea and bottled water will be available at all times.

Everyone will have an assigned room. There will probably be two people in each room. Unfortunately, there are not enough rooms for everyone to have a separate room. If you have special room requirements, please contact the retreat manager who will try to accommodate your request. You will be living in relatively close quarters. Some people are allergic to incense, scented candles, scented toiletries, aftershave and perfumes. Please refrain from bringing them to the retreat. There is no smoking inside the building.

### Meditation Essentials

You should bring your own meditation cushions or whatever you use during meditation. A few cushions will be available for you to borrow. Some chairs are available, but you will probably be more comfortable if you bring along what you know works for you. Each day will include periods of sitting and walking meditation.

### Work Assignments

There will be no work assignments during the retreat apart from preparing and cleaning up for meals and bell ringing. Help will also be necessary for unloading retreat supplies from cars on Friday, and for cleaning and packing up on Sunday afternoon

If you have any questions or concerns, I can be reached by phone at (734) 369-2628 or by e-mail at [retreat@hps.com](mailto:retreat@hps.com).

We wish you an excellent retreat!

Terry Gliedt  
(registrar)

Howell Conference and Nature Center  
1005 Triangle Lake Road  
Howell, MI 48843  
517-546-0249

Much more, including maps and details of what is available  
at the center can be found at the center website:  
<http://www.howellnaturecenter.org/>

**From the West or East:**

- I-96 to Howell Exit 137. Also known as D-19/ Pinckney Road exit
- Turn right from the exit ramp onto D-19 (toward Pinckney) driving 4.6 miles south to Triangle Lake Rd.
- Turn right.
- The Howell Nature Center is one (1) mile on the left.

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**From the North:**

- US 23 to M-59
- Drive west on M-59 approximately nine (9) miles to Michigan Ave. (Also known as Oak Grove Rd.)
- Turn left at the traffic light at Michigan Ave. and M-59
- Drive through downtown Howell and over I-96. Michigan Ave. is now called D-19/ Pinckney Rd.
- Drive 4.6 miles south to Triangle Lake Rd.
- Turn right.
- The Howell Nature Center is one (1) mile on the left.

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**From the South:**

1. US 23 to I-96 west
2. Follow directions above from west -OR- US 23 to M-36
3. Drive west 10.9 miles on M-36
4. Turn right at sign for Howell onto D-19/Pinckney Rd. (Also known as Pearl.)
5. Drive five (5) miles north on D-19 to Triangle Lake Rd.
6. Turn left.
7. The Howell Nature Center is one mile on the left.