

Deep Spring Center

for Meditation and Spiritual Inquiry

Insight Meditation and Mindfulness
Rudolf Steiner House
1923 Geddes Ave
Ann Arbor, MI
March 15-17, 2013

Thank you for your registration for the upcoming meditation retreat with David Lawson, Mary Grannan and Karen Mori.

The retreat will be held in Rudolf Steiner House in Ann Arbor, which is located on Geddes Road next to the University of Michigan Arboretum. Driving instructions to the Steiner House and some basic information is attached. We encourage car pooling due to limited parking. The emergency contact number during the retreat is Mary Grannan (cell number 734-453-8915) where you can leave a message. The number will be checked regularly.

Check in at the retreat will begin at 5:00 PM on Friday, March 15. If you are staying overnight, you will have a room assigned, and can unpack prior to dinner. Retreat guidelines will be presented and dinner will be served at 6:00 PM. This will be the only opportunity for social interaction until breaking of the Noble Silence on Sunday. The retreat program and Noble Silence are scheduled to begin at 7:15 PM on Friday. The evening program ends Friday and Saturday nights at about 9:00 PM. Commuters are strongly encouraged to attend the first morning sitting at 7:00 am, followed by breakfast at 7:45 AM. If this is not possible, please be sure to arrive no later than 8:45 AM for the morning instructions. The retreat will end after lunch at 11:30 AM on Sunday, March 17.

If you cannot arrive before the program begins at 7:00 PM on Friday, please keep in mind that the Noble Silence will have begun before you arrive. Please take care to enter the Steiner House 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. Hugh Danville and Adriana Medina will be the Retreat Managers. 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

What is Noble Silence? When you arrive there will be time set aside for registration, unpacking, supper, and conversation. With the beginning of the opening talk, the retreat becomes a place of silence. Meditation students are asked not to talk, except with the teachers or with one another in appropriate ways in small group meetings. If there are cases 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 solitude, 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. At first the thought of silence may be a bit frightening, but with more practice it will become a warm haven. 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

If you are staying overnight, towels and bed linens are provided. You will need to bring hangers and personal toiletries. Plan to bring warm clothes and walking shoes. You should bring a shawl or blanket to use while sitting in the meditation room in the early morning or evening, as it can be a little chilly. Plan to dress comfortably. The Rudolf Steiner House is located next to the University of Michigan Arboretum, in which you may wish to walk during walking periods.

Friday dinner, three meals on Saturday and Sunday breakfast and lunch are included. All will be organized by the Retreat Manager(s) and will be vegetarian. Snacks, coffee, tea and water will be available at all times.

Everyone who is staying overnight will have an assigned room. There will be one or two people in each room. If you have special room requirements, please call or email me and I will do my best to accommodate your request. Everyone 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. A couple of other notes: There is no smoking inside the building. Unscented candles are permitted only in the meditation room, but not in sleeping rooms.

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. Please note that formal meditation cushions are not necessary. A folded blanket for the floor and a firm cushion on which to sit are adequate. 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. Instructions will be given for those relatively new to meditation.

Work Assignments

There will be work assignments during the retreat. You sign up when you arrive. An important aspect of the retreat is the practice of bringing complete mindfulness to our "normal" daily experiences. Assisting with meals and cleanup offers a chance to practice this.

Dana Offering

The retreat fee covers the cost of the retreat center rental, meals, teacher accommodation and transportation, advertising and some scholarship aid. In the tradition of offering these teachings freely, The instructors receive no payment from the retreat fee. They offer themselves to the retreat on a "Dana" basis. Dana is a Pali word which translated means "the spirit of generosity that is rooted in love and compassion for all beings."

Dana baskets are available during the retreat for donations for the teachers. They appreciate your support for their teachings. Since the time of Buddha this interdependency has existed between those who offer the teachings and those who receive them. The instructors feel that it is a beautiful tradition and appreciate the spirit of trust and generosity it engenders.

If you have any questions or concerns, I can be reached by phone at (734) 972-9905 or by e-mail at retreat@deepspring.org.

We wish you an excellent retreat!

Your Registrar

HOW TO REACH THE RUDOLF STEINER HOUSE

Anthroposophical Society of America
Geddes Ave.
Ann Arbor, MI 48104
-662-9355

From SE / Detroit Metro Airport / Toledo / Canada

- take I-94 West
- take US 23 north
- take exit 37-B, Washtenaw & Stadium Ave., west to Ann Arbor (when Washtenaw & Stadium split – stay in far right lane)
- take right on Geddes Ave.
- take left of Ridgeway West and right into the parking lot behind building

From West / Chicago

- take I-94 east
- go to Jackson Road exit (#172) which turns into Huron St. and then Washtenaw Ave.
- take a left on Geddes Ave.
- take a left on Ridgeway and right into the parking lot behind building

From North / Flint

- take US 23 south
- exit # 37 west onto Washtenaw Ave. (stay in far right lane)
- take right on Geddes
- Take a left on Ridgeway and right into parking lot behind building

From Northeast / Plymouth

- take M-14 west
- take US 23 south
- exit # 37 west onto Washtenaw (stay in far right lane)
- take a right on Geddes Ave.
- take a left on Ridgeway and right into parking lot behind building

Dear Friend,

Welcome to the **Rudolf Steiner House**. I hope you have a peaceful experience during your stay here. The following information may be of use to you.

ROOM KEY. Please leave the key on your room desk when your stay is over.

HEAT. To regulate the temperature in your room, adjust the radiator (1 = low, 5 = high). Please do not change the building thermostat. Your room is also equipped with a window air-conditioner.

PARKING. You may park in the parking lot if there is space. Parking is allowed in restricted areas along the streets across from Geddes, Oswego, Seneca, and Onandage. There is no parking on Geddes.

PHONE. There are two phones you may use for *local calls only*. One is located just inside the pantry doorway, off the kitchen. The other is on the first floor in the hallway near the office door.

KITCHEN. Guests may use the large refrigerator units in the kitchen (the refrigerator in the pantry is for staff use only, please). Feel free to use the kitchen; we only ask that you put your dishes in the dishwasher trays in the sink and leave the area as clean as you found it. Please help yourself to the teas located in the kitchen near the stove.

There is a first-aid kit in the kitchen for your use. The kit is located in the glass cabinet near the pantry entrance. The kit includes "Rescue Remedy", arnica, and some Weleda creams as well as bandages and other "traditional" items.

RESTROOMS. Are located off the foyer and kitchen as well as upstairs near the guest rooms.

QUIET TIME. We ask that you observe quiet time beginning at 10:30 P.M. For those who wish to study or sleep.

This is a smoke-free and alcohol-free building.

Thank you!