

THE PARAMITAS or Transcendental Virtues based on "The Voice of the Silence"

The Silent Retreat

The object of the retreat is to share time in the peaceful atmosphere of the Centre, which fosters a quiet mind that is the beginning of right action. The continuity of these retreats during previous years helps to create and consolidate true understanding through the zetetic (deep inquiring) way of thinking which is a guarantee for long-lasting spiritual development of both the individual and the Centre.

This retreat is jointly organized by The Theosophical Society in Europe (EFTS), The International Theosophical Centre (ITC) and The Theosophical Society in The Netherlands (TVN).

The Speaker

Tran-Thi-Kim-Diêu, a post graduate in Pharmaceutical Engineering, has served as a volunteer in various capacities in the Theosophical Society Adyar. She has been travelling extensively in several countries of former Eastern Europe to revive Theosophy. As Chairman of the Council of the Centre (1995-2003) she helped to further cooperation and to bridge the eclectic and the zetetic aspects of the Centre. She conducts seminars on the spiritual aspects of life and silent retreats in many places all over the world.

Talks and Meditative Enquiry

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| Day 1 | Knowing about the Two Paths. |
| Day 2 | Reflecting upon the Six Virtues and their Transcendence. |
| Day 3 | Exploring the Seven Portals: Prajna (Wisdom) as the Crown of the Six. |
| Day 4 | Inquiring into the Thinking Principle (Manas) and the Diamond-Soul – Perspectives. |

Alternating seated and walking meditations after the talk in the morning, the participants will have the opportunity to use various means for exploration, such as meditative inquiry and dialogue. The afternoons are dedicated to practice and a dialogue session.

Time Schedule

Arrival and registration: Wednesday 18th afternoon / evening. 18.00 dinner, followed by an informal meeting.

Departure: Sunday 22nd after lunch.
(Closing session before lunch).

Daily program:

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| 8:30 | Meditation |
| 9:00 | Breakfast |
| 10:00 | Talk |
| 11:00 | Coffee / tea break |
| 11:30 | Meditation (seated and walking) |
| 12:30 | Lunch |
| 14:00 | Chi Kung (optional, with Martie Velthuis) |
| 15:00 | Meditation (seated and walking) |
| 16:30 | Coffee / tea break |
| 17:00 | Meditative enquiry |
| 18:00 | Dinner |
| 19:30 | Evening program: a relevant inspiring movie, video, music and/or evening meditation |

The meals are taken in silence with practice of mindfulness.

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 Procedure

- **Registration** can only be done for the entire retreat.
- **Early registration** is a guarantee for lodging and meals.
- **Cancellation** before 8th July results in a refund minus € 50.
- **Reservations** will only be made final after payment of the fee.

Please send the registration form to:

International Theosophical Centre
Seminar registration ITC - Retreat 2012
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 retreat only!
(prices per person)

Name:
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	€ 100	..
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C. Lodging

- Crystal House single room	€100	..
- Crystal House 2 pers. Room	€ 80	..
- Arundale House	€ 75	..

Total amount	€	..
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Payment:

Stichting St. Michael AC
Bank account number 132937093, Rabobank
Foreign: IBAN NL92RABO 0132937093
BIC / SWIFT: RABONL2U
Please mention: Retreat 2012

Lodging facilities

The ITC has the following lodging facilities:

- **Arundale House** offers basic lodging; 9 bedrooms, each with two beds, shared showers and toilets.
- **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. From there 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 Motor way A1 between Amsterdam and Amersfoort. Then follow description of the plan below.



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**A Silent Retreat based on
The Voice of the Silence**

by Trân-Thi-Kim-Diêu

19 -22 July 2012

Language: English and French

International Theosophical Centre
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The Netherlands

(www.itc-naarden.org)