

# Enter the Quiet

## FRIDAY

3pm - 5pm	Arrive & Settle
5:00 pm	Orientation Circle ~ Studio Bring items for the Shared Materials table
6:00 pm	Supper
7:00 pm	Opening Circle into the Quiet ~ Studio Bring altar item

## SATURDAY

7:30 am	Silence Together ~ Spirit House
8:15 am	Breakfast
9:15 am	Guided meditation ~ Studio
9:30–11:30 am	Music for Movement & Meditation ~ Studio
12:30 pm	Lunch
3 – 4:30 pm	Music for Movement & Meditation ~ Studio
4 pm	Sitting with the Fire ~ outside fire circle, weather permitting Bring anything you wish to let go to the fire
5:00 pm	“Letter to Your Self” ~ Studio
6:00 pm	Supper
7:30 pm	Evening guided meditation ~ Studio Review instructions on last page of this packet

## SUNDAY

7:30 am	Silence Together ~ Spirit House
8:15 am	Breakfast
9:15 am	Guided meditation ~ Studio
9:30 – 11 am	Music for Movement & Meditation ~ Studio
11:30 am	Closing Circle for Sunday Group ~ Studio Bring anything you wish to share in the circle
1:00 pm	Lunch (with quiet table for those who wish to remain in silence)
2:00 pm	Monday Members Circle Reset ~ Spirit House
3 – 4:30 pm	Music for Movement & Meditation ~ Studio
4:00 pm	Sacred Site Walk ~ meet at Peace Pole
6:00 pm	Supper
7:30 pm	Sound Bath with Tracy Jo ~ Studio

## MONDAY

7:30 am	Silence Together ~ Spirit House
8:15 - 10am	Continental Breakfast available
9:00 am	Guided meditation ~ Studio
10:00 am	Closing Circle for Monday Group ~ Studio Bring anything you wish to share in the circle
11:00 am	Brunch

## Retreat Schedule Details

- ❖ Once you have arrived and settled in, you are welcome to join other participants in the Farmhouse living room or the Studio to connect before our first circle. We will use votive candle holders on our communal altar in the Studio, so feel free to stop by and decorate one if you like.
- ❖ We gather at 5pm in the Studio for our **Orientation Circle**. If you have brought materials to share with the group, bring those along to add to our Shared Materials table.
- ❖ After supper, we gather for our **Opening Circle**. Bring your altar items & a flashlight. We will cover any remaining logistical questions, then open into the Quiet.
- ❖ The opening and closing circles are valuable touchstones for our retreat community, and it is recommended that everyone attend. Otherwise, all the activities on the schedule are completely optional.
- ❖ Most of us have a great deal of virtual communication going on in our daily lives, so we encourage you to “unplug” from your technology during the retreat. We will hold any devices for you if you wish.
- ❖ Our group message board will be in the Dining Room. Check the board during mealtimes for schedule changes or other important information. Leave messages for the group on the board if you wish.
- ❖ ***Your facilitators are available to support you at any time during the weekend.*** If you are unable to find a facilitator, leave a message on the notepad outside our bedroom door.
- ❖ A gong will be rung outside 10 minutes before each meal, and 15 minutes prior to the Closing Circle. The buffet is generally open for 45 minutes after the meal start time.

- ❖ Each morning before breakfast, **Silence Together** in Spirit House is space to gather to meditate or simply to sit in silence in the company of others. Come and go as you wish; no guidance or facilitation will be offered.
- ❖ Each morning **Guided meditation** is a simple ten-minute guided journey to begin the day. The focus of the meditation will arise in the moment.
- ❖ **Music for Movement & Meditation** time is scheduled throughout the retreat. The music will be at relatively low volume, and is created to offer a backdrop for movement, yoga, creative expression, meditation ~ any way you would enjoy having music to accompany you. Come and go as you wish. The morning sessions include some tracks that are more energetic and rhythmic, but most of the music is soft and flowing.
- ❖ **"Letter to Your Self"** is an invitation to pause and reflect on your retreat experience thus far. The materials and instructions for the letters will be available in the center of the Studio from late Saturday afternoon through the beginning of evening meditation. After that, the materials and drop off basket will be available on the shared materials table until the Closing Circle.
- ❖ **Sitting with the Fire** will last no more than an hour. Come and go as you wish. Bring anything you wish to offer to the fire; paper and pen will be available for this purpose as well. The fire will be outside unless the weather is not agreeable; any change to the location of the fire will be announced on the message board by Saturday lunch.
- ❖ The instructions for the Saturday **Evening Guided Meditation** are on page 8 of this guide. [Click here](#) to jump to the instructions.
- ❖ As we gather for either **Closing Circle**, we will take a few minutes to complete retreat evaluations. Come to the circle a few minutes early if you would like extra time to fill them out. The closing for the Sunday Group is open to anyone in the Monday group who wishes to come. Monday group members are welcome to share, or remain in silence, during the circle.
- ❖ On Sunday afternoon, those remaining will gather for a **Monday Members Circle Reset**, a short fire ritual to reform our retreat container.
- ❖ **Sacred Site Walk** will leave from the Peace Pole between the Farmhouse and Spirit House. Join Cynthia on a silent walk on the land to visit the sacred sites. We will stop at the Apacheta, pass by the labyrinth, linger at the Grief Pond, honor the Hugging Tree, and commune with the Celtic Grandmothers. Plan on being out about an hour. Please

wear sturdy shoes and be prepared for the weather. If you wish to know more about the sites ahead of the walk, visit the Sacred Site section of the HS [Orientation Guide](#).

- ❖ The instructions for the Sunday [Sound Bath](#) are on page 9 of this guide. [Click here](#) to jump to the instructions.
- ❖ Unless otherwise instructed, leave your sheets & blankets on your bed when you leave. Towels & bathrobes can be left on the bathroom floor.

## Creating a Community of Care: our Agreements

- ❖ Please let Mary know before the Opening Circle if you have any significant medical conditions, so that we can have a conversation about any needs you may have while you are at Hope Springs.
- ❖ Any personal information that is shared within the retreat will be held in confidence. Outside of the retreat, share any insight you have received and leave out another's personal details.
- ❖ Brief, quiet conversation to communicate needs or ask for information is fine. If you decide to have an extended conversation with another guest, please go to the office so that the silence can be respected.
- ❖ If you need to make a phone call during the retreat, please use the office so your call does not disturb the retreat silence. If you do not have cell service, you are welcome to use the office phone.
- ❖ Let a facilitator know if you will be walking out on the land or trails for an extended period. You can write your departure time on the message board, or in a note for a facilitator.
- ❖ If you choose to leave before the end of the retreat, please let a facilitator know so that we know you are safe. If you leave early, consider writing a farewell note & leaving it with a facilitator ~ we will share it with the group at the Closing Circle unless you ask us not to share it.
- ❖ You are welcome to take pictures during the retreat, but do not take pictures of other participants without their permission.

- ❖ Wash your hands before handling shared materials and spaces, such as books, art supplies, table surfaces, yoga supplies, etc.
- ❖ If you wish to set aside any items such as seat cushions and yoga props in the Studio for only your use, place them together next to the wall and put your name on them.
- ❖ Wash the dishes you use from the kitchen areas in the buildings. Return any mugs or dishes taken from the dining room during the next mealtime.
- ❖ Put away any materials used in the Studio when you are finished using them, such as seat cushions, art supplies, or yoga props.

## The Land at Hope Springs

- ❖ A QR code for the Hope Springs [Guest Orientation Guide](#) is available in locations through the buildings. You are encouraged to get to know the land as part of your retreat experience.
- ❖ In addition to the seating available throughout the grounds, there are camp chairs and straw mats located in the Studio yoga closet for your outdoor use. Do not take Hope Springs blankets, bedding, back jacks, or yoga props outside.
- ❖ Help yourself to the umbrellas and bug repellent that are located near the doors of most buildings.
- ❖ Take a flashlight with you when walking outdoors at night. Flashlights are provided in each bedroom; let Hope Springs staff know if you cannot locate one.
- ❖ When using the hot tub, wear nothing or a well-rinsed bathing suit (no underwear or clothing). Turn off jets and re-cover the tub when you are done. Be sure to shower before entering the hot tub if you have oil or lotion on your skin.

## Hope Springs Buildings

- ❖ Walkie talkies are set up in all buildings. Use them if you need to reach a Hope Springs staff member in an emergency.

- ❖ The bathrooms in each building are shared by everyone, so be sure to keep any bathroom doors that provide public access unlocked when bathroom is not being used.
- ❖ In consideration of safety and sensitivities, do not burn candles or incense in your room.

## Studio

- ❖ The main meeting area of the Studio is available as common space throughout the retreat. Tables are set up for creative space, and art supplies are available in the Art closet near the south entrance. Yoga props can be found in the Yoga closet by the east entrance, as well as extra folding chairs and beach towels.
- ❖ Extra tables can be found in the art supplies closet. If you choose to use art supplies on the floor, take care to protect the floor and rugs from damage.

## Farmhouse

- ❖ The fireplace in the Farmhouse living room is available for your use at any time. Always keep the damper open and the wire cover on the fireplace. Be sure to close the fireplace doors if you are the last one to leave the living room. Firewood is located on the porch.
- ❖ There are several Farmhouse common areas available to enjoy, including a library and lounging area on the second floor. Help yourself to the books on the shelves and return any borrowed books before you leave.
- ❖ There are bathrobes, flipflops and beach towels near the south entrance door, available for those using the hot tub.
- ❖ The Hope Springs gift shop is in the Farmhouse, between the kitchen and living room.

## Spirit House

- ❖ Leave your shoes inside the door. Space heaters are available to use while you are using the space; turn off space heaters if you are the last person to leave the space.

- ❖ The benches along the walls of Spirit House have extra blankets, cushions, and back jacks. They also contain materials for small ceremonial fires. Open both doors and the windows when building a fire. Turn on the exhaust fan if the space becomes too smoky; the switch is on the north wall. Remain in Spirit House until the fire is completely extinguished. If you would like assistance in building a ceremonial fire, let a facilitator know.

## Dining Room

- ❖ The Dining Room is always open, and you are welcome to help yourself to hot water and snacks at any time. Extra food from previous meals is often available in the small refrigerator. Ingredients to make s'mores are in the cabinet beneath the buffet tables.
- ❖ There are two bathrooms located in the Dining Room with accessible showers.

## Resources Available During Your Retreat

- ❖ Unless a phone message is urgent, Hope Springs will leave any messages in the dining room to be picked up at mealtimes. If you anticipate any time-sensitive messages to be left on the Hope Springs voicemail or email, let Mary know and together we will make a communication plan.
- ❖ Enjoy the shared materials table in the Studio at your leisure. Return any materials you use to the table when you are finished with them. Pick up the materials you brought before you leave the retreat. On the "Give Away" side of the table, there are handouts with readings and instructions for simple retreat activities which are yours to keep if you wish.
- ❖ A note pad and pen will be available in most common areas for writing short notes if needed.

# Connect with your Helping Spirits

Saturday evening guided meditation

*This group meditation will involve quiet drumming or music, and simple spoken instructions. Bring your journal, and any other blankets, pillows, or cushions you wish to use. There are yoga blankets and large pillows available in the Studio for your use.*

This meditation is an opportunity to consciously connect with your own unique configuration of beneficent support.

Helping Spirits can manifest in a number of ways...

Religious or spiritual masters

Living people with whom you have a close, warm relationship

Well ancestors or loved ones who have died

Animals and plants with which you feel a special connection

Energy forms like color, sound, mantras

As you arrive for the meditation, consciously invite your Helping Spirits to the session. Create a space on the floor so that you can comfortably lay down, using your cushions, pillows, and the materials available in the room. You can also sit using a back jack or chair if you wish.

You will be offered a small stone to hold during the meditation if you wish. This can be a helpful touchstone for you to carry your meditation experience forward. You are welcome to keep the stone and take it home with you.

The meditation will last 20-25 minutes. Take time after the mediation to record, in your journal or with artwork, what you wish to carry forward about your experience. Art supplies will be available in the Studio, or you can bring your own.

Record the experience while it is fresh in your mind and body: the words, the sensations, the sights, the emotions, the sounds, the symbols...anything that feels important or mysterious.

Be open to continued interaction with your meditation experience in the days to come, and in particular during your dreamtime.



# Sound Bath offered by Tracy Jo

*Arrive a few minutes early to the session to set up a comfortable space for you to experience the sound bath. Tracy Jo will guide you in setting up before the sound bath begins.*

A sound bath is a lot like a long savasana or relaxation. Various instruments will be played quietly and loudly near your body. When you take a bubble bath you generally do not go into it with the intention of cleansing just one portion of your body; your whole body is cleansed. The same is true of a sound bath. Your whole body, mind and spirit will be gently cleansed during the sound bath.

- Think about setting an intention, focus or prayer for the sound bath.
- Create a comfortable seated or laying down position. Support your body with blankets, pillows or yoga blocks. Use one or more yoga mats or pillows as your base. Make sure you are WARM!
- Take slow, deep breaths to soothe your nervous system and encourage deep relaxation, especially at the start of the sound bath.
- Stay focused on your inner landscape. When distractions or thoughts arise simply focus on the breath.
- If you find that you're getting bored or restless; shift your breathing, focus or body position.
- If you encounter a sound you do not enjoy, simply place your hands over your ears and know that it will pass fairly quickly.
- If you have hearing aids set them to "movie mode" or just take them out.

A sound bath meditation helps you focus on the present moment and clear your mind of distractions. It can help you get rid of negative emotions, like anger and frustration. It can help you achieve deeper states of relaxation, which can lead to better sleep, reduced stress levels, and improved moods. They also promote spiritual well-being, increase energy levels, and enhance creativity. The gong stimulates the glandular system to a higher level of function. When our endocrine system is awakened and activated, the glands secrete properly. The gong heals the nervous system. This allows body blocks to soften, stimulates circulation and reduces tension. Ultimately the gong creates deep relaxation.