

Ways of meditation

Object of 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.

The Retreat is based on awareness, attention, associated with meditation – sitting and walking – together with meditative enquiry.

This Retreat is organized by the European Federation and the International Theosophical Centre, in cooperation with the Dutch Section of the Theosophical Society.

Time table

First day only:

10.00 Registration

Every day:

09.30 Talk in the morning (first day: 11.00 a.m.)

10.30 Quiet break

11.00 Examining a few important questions

12.30 Lunch (silent)

14.30 Exploring various kinds of meditation, with sitting and walking meditation

15.30 Quiet break

16.00 Meditative enquiry

18.00 Dinner (silent)

19.30 Music or video programme

Titles of the talks in the morning

Thursday- Meditation, a means for spiritual growth

Friday - A brief exploration of various techniques: the Taoist way, Vipassana, Atma-Vichara, Ramana Maharshi's Self-enquiry

Saturday - HPB's Meditation Diagram

Sunday - Moving within the Timeless

The speaker

Trân-Thi-Kim-Diêu, a graduate in Pharmaceutical Engineering, has served as a volunteer in various capacities for the French Section, the European Federation (EFTS), and the Naarden Centre (ITC). She is the current re-elected Chairperson of the Council of the EFTS.

From 1991 till 1999, she regularly gave programmes in Eastern European Countries including Russia and the Ukraine, helped publish theosophical literature in local languages since 1992, and helped found the first TS lodge in Russia in 1999.

In addition to conducting seminars in various TS branches in Europe and giving a monthly course at HQ in Paris (since 1987), she has lectured at Summer Schools, Congresses and Conventions, the European School of Theosophy, the Krotona School (1996, 2002, 2007), the School of the Wisdom at Adyar (1997), the School of the Wisdom at Naarden (2003, 2006) and a retreat at Naarden (2007). She went on a lecture tour in New-Zealand (1999) and Australia (2005).

The International Theosophical Centre is an ashram; therefore smoking and the use of drugs on the estate is prohibited; furthermore only vegetarian meals and non-alcoholic beverages may be consumed.

Any stay at the Centre is meant to promote quietness of mind, peace in the surroundings and a harmonious life in silence and self-recollection.

Please direct all correspondence to:

Seminar Administration ITC, Valkeveenselaan 19
NL-1411 GT Naarden, The Netherlands
tel.: +31 (0)35 694 51 21 or +31 (0)35 694 79 85
Fax: +31 (0)35 694 29 73
e-mail: activities@itc-naarden.org

REGISTRATION - A

“Ways of meditation”

7th August 11.00 a.m. - 10th August 12.30 p.m.

Name: age:

First Name: male / female

Address:

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Postal code:

City:

Country:

Telephone:

E-mail:

T.S.-member: yes / no

Date and time of arrival:

Date and time of departure:

Remarks:

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Payment at registration. (No credit cards)

Please send this form to:
Seminar Administration ITC
Valkeveenselaan 19, NL-1411 GT Naarden
The Netherlands

REGISTRATION - B

“Ways of meditation”

7th August 11.00 a.m. - 10th August 12.30 p.m.

A. Registration fee:

Member	€ 25.00	<input type="checkbox"/>	..
Non-member	€ 35.00	<input type="checkbox"/>	..

B Meals*: August

	6	7	8	9	10	
Breakfast	€5.00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
Lunch	€ 11.00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
dinner	€ 18.00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..

I prefer vegetarian / vegan meals

(* Meals ordered but not consumed cannot be reimbursed!)

C. Lodging**: August

	6	7	8	9	
Crystal House					
-(single)	€ 18.00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
-(sharing)	€ 13.50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
Arundale House					
-(single)	€ 14.40	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
-(sharing)	€ 10.75	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..
Camping	€ 4.50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	..

(** First night double price = fee for cleaning & laundry!)

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Payment at registration. (No credit cards)

Please send this form to:
Seminar Administration ITC
Valkeveenselaan 19, NL-1411 GT Naarden
The Netherlands

Route description

By road: Take Exit Bussum/Naarden off Motor way A1 between Amsterdam and Amersfoort (or Hilversum). Then use the map below.

By air: Fly into Schiphol Airport, Amsterdam. Buy a railway ticket to station Naarden/Bussum at the railway station of the Airport. Take a train to Naarden/Bussum, and from there go by regular taxi to the ITC (see below).

By rail: Buy a ticket to station Naarden/Bussum.

From the railway station: Take a regular taxi, the OV-taxi (you need to make a reservation beforehand), or a bus (Regiolineer 100; from busstop Flevolaan it is a 20 minute walk).

The Address: International Theosophical Centre, Besant Hall, Meentweg 9, 1411 GS Naarden
To contact us *during* the programmes in the Besant Hall call: +31 (0)35 694 5781.



ITC Naarden 2008

7th (morning) - 10th August (up to noon)

Retreat

theme:

“Ways of meditation”

Conducted by *Trần-Thi-Kim-Diêu*

(Language English)

**International Theosophical
Centre**

Naarden, The Netherlands