

# Silent Retreat: Seeking the True Self by Pablo Sender

## The Retreat

*Man Know Thyself* is a famous aphorism that was inscribed at the entrance of the Delphi oracle in Greece. Many spiritual traditions have pointed out that the root of suffering and conflict lies in our ignorance of who we really are. However, self-knowledge is not easy. It requires the peeling back of the layers of false conceptions and mistaken identities, as well as the awakening of a deeper perception able to realize our essential nature. In this silent retreat we will engage in four meditative practices of self-examination, self-inquiry, self-observation and self-dwelling. For a more effective practice it is advised to bring a notebook.

## Speaker



Pablo Sender, PhD in Biological Sciences, joined The Theosophical Society in 1996. He worked for the TS in Adyar, then in the National Center of the TS in America, and is currently living and working in the TS Centre of Krotona in California. He has lectured internationally in many countries, and at the School of the Wisdom in Adyar, India.

## Silent Retreat

This silent retreat aims at providing a space conducive to a quiet and meditative mind, which is essential for self-knowledge.

Helped by the peace and beauty of the ITC participants will have the opportunity to explore the foundations for this knowledge and engage in a series of exercises to help us look deep within. While verbal communication during the talks and Q&A is unavoidable, it is hoped that participants will remain silent for the rest of the day. The meals are taken in silence with the practice of mindfulness.

## Daily Schedule

- 8.00 Morning Meditation
- 8.30 Breakfast
- 9.30 Introductory Talk
- 10.45 Break for tea and coffee
- 11.15 Practice
- 12.30 Lunch
- 15.00 Talk or Practice
- 16.15 Break for tea and coffee
- 16.45 Practice
- 18.00 Dinner

## Arrival and departure

### Friday 6<sup>th</sup> October

afternoon/evening: arrival and registration

18.00 dinner, followed by an informal meeting

**Saturday 7<sup>th</sup> October:** Start program.

**Tuesday 10<sup>th</sup> October:** Closing session after lunch.

## Staying for the European School of Theosophy (October, 12 till 17)

We like to inform you that on Wednesday 11<sup>th</sup> the participants of the European School of Theosophy will arrive at the ITC. Participants of the retreat are encouraged to join this school and stay overnight on Tuesday. Simple meals will be served, see D on the registration form. Participants need to register with both organizations independently. For the European School of Theosophy see [www.europeanschooloftheosophy.com](http://www.europeanschooloftheosophy.com)

## 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 form for the full retreat only!

Name: \_\_\_\_\_

First name: \_\_\_\_\_ M/F: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

City: \_\_\_\_\_

Country: \_\_\_\_\_

Email address: \_\_\_\_\_

T.S. member: Yes / No \_\_\_\_\_

Remarks / Diet requests: \_\_\_\_\_

### Prices per person for the full seminar

#### A - Registration fee:

TS-member € 50 € \_\_\_\_\_

Non-member € 75 € \_\_\_\_\_

#### B - Vegetarian meals:

Meals etc. (vegetarian) € 125 € \_\_\_\_\_

#### C - Lodging:

Crystal House single room € 125 € \_\_\_\_\_

Crystal House 2 pers.room\* € 100 € \_\_\_\_\_

Arundale House € 80 € \_\_\_\_\_

Cottage 2 persons\* € 145 € \_\_\_\_\_

#### D - Tuesday staying for the School

night and meals € 35 € \_\_\_\_\_

**Total amount** € \_\_\_\_\_

\*prices per person

### Payment:

Stichting St. Michaels AC

IBAN NL92RABO 0132937093

BIC / SWIFT: RABONL2U

Please mention: Retreat 2017

## Lodging & Registration

The ITC has the following lodging facilities:

- **Arundale House** offers basic lodging: 10 bedrooms, each with two beds, shared showers and toilet blocks.
- **Crystal House** offers 20 bedrooms; 10 single person and 10 two person bedrooms each with own bathroom.
- **Cottages:** 3 individual cottages for 2 persons, with own bathroom

### Registration:

Please note that the number of places is limited.

We therefore use the following registration procedure:

- Registration can only be done for the **full** retreat before **September 15<sup>th</sup>**.
- **Reservation** will only be made final after payment of the fee.
- Your reservation will then be **confirmed**.
- Cancellation before October 1<sup>st</sup> results in refund minus € 50.

### Please send the registration form to:

Seminar registration ITC

Valkeveenselaan 19

1411 GT Naarden

The Netherlands

Registration form, route description and further information can be found on:

[www.itc-naarden.org](http://www.itc-naarden.org)

Please send your registration form to

[activities@itc-naarden.org](mailto:activities@itc-naarden.org)

For information call: 00 3135 5417118

# Silent Retreat Seeking the True Self

A Retreat for  
Meditation and Self-Knowledge

**with Pablo Sender**

October 6<sup>th</sup> - 10<sup>th</sup>, 2017



Language: English

### Jointly organized by

The International Theosophical Centre Naarden  
The Theosophical Society in the Netherlands  
The European Federation of the Theosophical Society

**International Theosophical Centre**

Meentweg 9 - 1411 GR Naarden - The Netherlands