

## Schedule for Seabeck Retreat June 7-9, 2024

### Friday

4:00 PM - 8:00 PM	Arrive & check-in	Juniper Room
6:00 PM	Dinner	Dining Hall
7:00 PM	Social & Reception	Pines Meeting Room
8:00 PM - 9:00 PM	Opening class (silence begins)	Meeting House

### Saturday

8:00 AM	Breakfast & free time	Dining Hall
9:00 - 9:25 AM	Energization Exercises Review	Tennis Court
9:25 - 11:30 AM	Technique review* & guided meditation	Meeting House
11:30 AM	Free time	
12:00 PM	Lunch & free time	Dining Hall
2:30 - 4:00 PM	Kriya class**	Meeting House
2:30 - 3:10 PM	Lesson Students' class*	Pines Meeting Room
4:00 - 5:00 PM	Free time	
5:00 - 5:25 PM	Energization Exercises Review	Tennis Court
5:25 - 6:20 PM	Meditation	Meeting House
6:20 PM	Dinner	Dining Hall
7:30 - 8:30 PM	Satsang	Meeting House
8:30 - 9:00 PM	Inspirational Video	Meeting House

### Sunday

7:00 - 8:00 AM	Breakfast & free time	Dining Hall
8:00 - 8:20 AM	Energization Exercises	Tennis Court
8:20 - 10:50 AM	Meditation with Kirtan	Meeting House
10:50 - 11:30 AM	Closing class	Meeting House
11:30 - 11:45 AM	Gratitude and acknowledgements	Meeting House
11:45 - 12:00 PM	Break (silence ends)	
12:00 - 1:00 PM	Lunch	Dining Hall
1:00 - 1:20 PM	Group Photo	Amphitheater
1:20 - 2:30 PM	Room Checkout & End of Retreat	

\*Either Lesson Student card or Kriya card is required    \*\*Kriya card is required

# Seabeck 2024

## Self-Realization Fellowship Regional Retreat June 7-9



Conducted by  
Brother Jitananda and Brother Maitrimoy

Hosted by  
*Seattle Center*  
*of Self-Realization Fellowship*

Seabeck Address: 13395 Lagoon Dr NW,  
Seabeck, WA 98380    Phone: (360) 830-5010

Cover photo: Scenic view from Seabeck Conference Center

## Seabek Regional Retreat June 7-9, 2024

Dear Friend,

We are pleased to welcome you for our annual monastic-led regional Seabek retreat. We are privileged to have Brother Jitananda and Brahmachari Gordon with us to lead this year's retreat.

This is a silent retreat. Silence begins with the opening class on Friday, and will continue until the closing class on Sunday afternoon. As Paramahansa Yogananda said, "You may be surprised at what seclusion with God will do for your mind, body, and soul ... Through the portals of silence the healing sun of wisdom and peace will shine upon you."

Clothing should be comfortable and informal. In keeping with the ideals of a spiritual community, we ask that all dress modestly. Some type of footwear should be worn at all times, preferably soft soled, to help preserve the quiet atmosphere of the retreat.

Mother Center suggests a donation of \$30 per person which helps fund the monastic hospitality and other costs involved in organizing the retreat. Donation baskets will be in the back of the Meeting House through the weekend. You can also scan this QR code to donate. Your help in supporting the work of God and Gurus is greatly appreciated.



Scan to donate

If you have questions during the retreat, please feel free to ask Rohit (Retreat Facilitator), a Seattle Center Managing Council member, or an Usher.

We will meet at the Amphitheater, between the Meeting House and the Dining Hall, for a group photo at 1:00 PM on Sunday. Since we have the retreat reserved until 2:30 PM, we ask that you check out of your rooms after the group photo.

We hope you have a blessed retreat during which you can deepen your personal relationship with God.

In Divine Friendship,  
Seattle Center of SRF

## Meditate on God's Light



"Look at a light and close your eyes. Forget the darkness around you and watch the bright red color within your eyelids. Look intently into that violet-red color. Meditate on it and imagine that it is becoming bigger and bigger. Behold around you a dimly shining sea of violet light. You are a wave of light, a ripple of peace floating on the surface of the sea.

Now watch carefully. You, the little wave, are tossing on an ocean of light. Your tiny life is a part of the all-pervading Life. As your meditation deepens, you, a little shallow wave of peace, are becoming the deep, wide ocean of peace.

Meditate on the thought, "I am a wave of peace." Feel the vastness just beneath your consciousness. The wave should feel the sustaining life of the vast ocean beneath it."

**Paramahansa Yogananda**  
from *Metaphysical Meditations*

