

Start Afresh! Retreat 2008 General Information and Guidelines

LIGHTHOUSE CENTER OREGON (LCO), USA: 10–16 JULY 2008

LIGHTHOUSE CENTER FLORIDA (LCF), USA: 24–27 JULY 2008

*“A Master’s greatness is profound,
and he transforms us into wonderful beings.”*

—Sant Baljit Singh

March 25, 2007 Nawan Nagar, India

It has been three years since Sant Baljit Singh visited Western countries and now he will be available to us again! This retreat is a golden opportunity to be in the physical presence of a living Master which is a great boost for the soul and a gift beyond measure. Sant Baljit Singh wants to take us back to God, and as in 2005, he is asking us to be disciplined during this retreat to help us get there. For our maximum benefit, he is asking us to put all other recreational activities aside during this retreat in order to focus 100% on spirituality. He stresses that spiritual discipline and adhering to the daily program are very basic and necessary for our progress.

In alignment with Master’s request that we make a fresh, spiritual start of ourselves, he has asked for retreat 2008 to also have a new and exciting look. In order to add to the new spirit, we’ve decided to transform LCF and LCO into a beautiful and festive village setting like we haven’t seen before. Everyone will have the opportunity to participate in various village activities ranging from woodworking to arts and crafts. Each village area will have its own little nook and will have a purpose, whether it is benefitting some aspect of the mission, serving the local community or helping a local charity. One will also be able to enjoy work in the gardens and other areas of need at the Lighthouse Centers. Since Master wishes to get to know us better, he also will be circulating among us during the daily activities!

In addition, this year’s retreat will culminate with a highlight (a surprise as yet!), as in 2005 when Master hosted the “Pizza Party.” Also, at the retreat, Master will personally give darshan to each person in attendance. Master has indicated that he does not intend to give formal Satsangs but rather will meditate with us each day.

Following are some guidelines and information which will help you prepare for this year’s retreat.

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REGISTRATION

Registration will be in two parts. The first part is the Pre-Registration and the second part is the Registration for your retreat stay.

Pre-Registration is required for this year's retreat. You must Pre-Register. If you do not pre-register we cannot guarantee your admittance into the retreat.

Please do not finalize any travel plans until you have received an approval for your Pre-Registration.

Please allow 10 days for us to process and approve your Pre-Registration, then we will contact you with further information. (Please note: All non-US/Canadian applications may take longer.)

Please register as soon as possible. Retreatants staying in nearby motels or with local residents are also required to register.

You can choose to Pre-Register and Register using either the online process or the paper process, as explained below.

ONLINE REGISTRATION AT www.retreat2008.org

For online Pre-Registration, you will need to complete the following:

1. Fill out the Pre-Registration form online

When you receive notice that your Pre-Registration has been approved, we will provide you with information how to complete your Registration online.

At that time, you will need to complete the following:

1. Fill out the Registration form online
2. Fill out the Village Activities Sign-Up Form online
3. Payment for your stay or request for financial aid (partial or full)
4. LCO: Payment for Roseburg Greyhound Bus Shuttle \$40 round trip or \$20 one way, if applicable
5. LCF: Payment for Valdosta or Lake City Shuttle \$40 round trip or \$20 one way, if applicable.

The required physical signature for the registration will be obtained when you arrive at your retreat.

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PAPER REGISTRATION

If you are Pre-Registering and Registering using a paper form because you are not able to register online, please request all the materials from:

Pre-Registration (LCO&LCF) Questions	
Telephone	+1 (541) 459-2622 (8:30am - 5pm PDT Mon-Sat)
Fax	+1 (541) 459-1573
email	info@retreat2008.org
Address	Attn: Retreat 2008 Lighthouse Center Oregon P.O. Box 10 Umpqua, OR 97486 USA

RETREAT QUALIFYING AGE

This retreat is open only to those who are 16 years of age and older. Parents please note that children under 16 cannot come to this retreat. Anyone age 16 or 17 needs to be accompanied by their parents to the retreat or have a letter of permission from parent or legal guardian.

RECOMMENDED ARRIVAL/DEPARTURE DATES

Lighthouse Center Oregon (LCO)

The LCO retreat schedule begins on July 10. We will open the retreat on July 7. It is highly recommended that you arrive between July 7-9 so that you can begin the full retreat schedule on July 10. The retreat ends the evening of July 16. Departures are recommended for July 17 & 18.

If you are interested in coming before July 7, please read the "PRE-RETREAT SEVA OPPORTUNITIES" at the end of this document.

Lighthouse Center Florida (LCF)

The LCF retreat schedule begins on July 24. We will open the retreat on July 23. It is highly recommended that you arrive on July 23 so that you can begin the full retreat schedule on July 24. The retreat ends the evening of July 27. Departures are recommended for July 28.

If you are interested in coming before July 23, please read the "PRE-RETREAT SEVA OPPORTUNITIES" at the end of this document.

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PAYMENTS & DONATIONS

Ask any initiate that has had the blessing to be in the charged atmosphere experienced in the physical presence of the living Master and they can tell you that it is both an extraordinarily uplifting and transformative experience. There is no parallel in this world to the Master's darshan. It is for this reason that Master goes to so much trouble to travel to the corners of the world to see the dear ones. It is why also Master's organization goes to so much effort and expense to bring him here to be amongst us.

The organization must always commit considerable funds in advance in order to make the magic of Master's tour happen. No doubt we want to make good on our commitment. Most importantly, covering the cost of Master's tour here is essential to our bringing Master here in the future to continue receiving his life-changing love and blessings.

We ask you to do 2 things:

1. Pay your registration fees now. Registration fees will cover *part* of the tour expenses.
2. Make a one-time contribution to Master's tour, if your financial situation allows you to do so.

Every contribution is important in making up the difference. **The cost of providing food and accommodations for one person at Retreat 2008 is \$30 per day.** The rate is the same regardless of whether you plan to stay at LCO/LCF or offsite. The costs associated with organizing and implementing the retreats have increased substantially and **your advance payment is much needed just to cover the cost of the retreat.** Payments made by credit card will not be charged and checks will not be deposited until your Pre-Registration has been approved.

Registration alone does not cover all the expenses of making these very special retreats with the Living Master happen.

If you would like to make a donation above the cost of your stay at the retreat centers, KTSI, LCO and LCF are a not-for-profit tax-exempt organization. Therefore, your Retreat 2008 donation (beyond the \$30 daily rate) is tax-deductible.

The organization has always stretched itself for this very special purpose, and the hearts have always opened and made the way for Master to come, so we thank you again for being a part of making Master's trip to be with us happen.

DARSHAN WITH MASTER

Like 2005, Master wants to meet all the retreatants in a more serene and charged area. This is a treasured moment for many; and the grace and blessings one receives from something like this is beyond words. All persons will have an opportunity to have a one-on-one personal darshan with Master.

FOOD & ACCOMMODATIONS

Lighthouse Center Oregon (LCO)

The primary accommodation is tent camping. There is a gravel parking area for self-contained RVs, campers, or vans (sorry - no water/sewer, or electric hook-ups available). Three vegetarian meals are served daily. Public phones are available. The following motels are twenty minutes away in Sutherlin: Sutherlin Inn 1-800-635-5425 (ask for the Lighthouse Center group rate) and the Umpqua Regency (ask for the Lighthouse group rate) 1-800 443-1424. Another possibility is the Relax Inn at (541) 459-9615.

Lighthouse Center Florida (LCF)

Three vegetarian meals are served daily at LCF. There will be limited tent camping available at the center on a first come first served basis. Nearby campgrounds offer tent camping and RV camping. For more information, please call Gibson Hamilton County Park at (386) 792-3098 or Suwannee Music Park at (386) 364-1683. Live Oak hotels/motels include Econo Lodge (386) 362-7459, Holiday Inn Express (386) 362-2600 and Suwannee River Inn Best Western (386) 362-6000. Economy hotels/motels near I-75 and Hwy. 6 include the Scottish Inn (386) 792-1234, the Days Inn (386) 792-1987, and Motel 8 (386) 792-1255 all near I-75 and Hwy 6. All are within 15 to 20 minutes of the center.

SPECIAL NEEDS HOUSING

Lighthouse Center Oregon (LCO)

Large housing tents are available for senior citizens. Dormitory rooms are available for the disabled. Please bring your own sleeping bag for either indoor or outdoor accommodations. Special needs housing is available on a first come, first serve basis, based on need.

Lighthouse Center Florida (LCF)

LCF is unable to provide housing to accommodate special needs. Arrangements suitable to your needs should be made well in advance so that you are housed comfortably during the retreat.

WEATHER AND WHAT TO BRING

Lighthouse Center Oregon (LCO)

The Oregon summer can have warm or hot days, cool evenings, and a slight possibility of rain. Bring layers of clothing, including warm sweaters and light raingear. For outdoor work, bring work clothes, sturdy shoes, and gloves. Loose-fitting clothes for meditation are recommended. What else to bring: Rainproof tent, flashlight, sleeping bag and sleeping pad, biodegradable soap

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and shampoo, towel, warm meditation blanket (nights are cold) and chair cushion if desired. The above items and much more will be available for sale at the Retreat Store.

Lighthouse Center Florida (LCF)

Florida summers are hot and humid with the likelihood of rain. Bring lightweight clothing, light raingear, a hat to shade your face and neck and plenty of sunscreen. For outdoor work, bring work clothes, sturdy shoes, and gloves. Loose-fitting clothes for meditation are recommended. What else to bring: If camping, a rainproof tent, flashlight, sleeping bag and sleeping pad, biodegradable soap and shampoo, towel, light meditation blanket and chair cushion if desired.

WHAT NOT TO BRING

To preserve the spiritual atmosphere and to maintain safety, please do NOT bring: Alcohol, non-medicinal drugs, tobacco, food containing meat or eggs, pets, firearms or weapons, open-flame cooking, heating or lighting equipment (includes candles and kerosene lanterns), cell phones, radios, TVs, newspapers, worldly reading materials or worldly music. Please do not bring cell phones into the retreat. **Also, personal cameras and AV recorders are not permitted, including cell phones with cameras. Please do not bring lap top computers.**

MODESTY IN DRESS

Master encourages us to see each other as souls rather than as physical bodies. It is for this reason that we should be modest in the way we dress while at the center. Clothing which displays the physical form can be a distraction for others. **Therefore, excessively tight clothing, bare shoulders/strapless tops, low necklines, bare midriffs, tank tops, spaghetti straps, sheer fabrics, mini-skirts, short shorts, etc. are not allowed. Sleeveless clothing is not permitted for either men or women; clothing must at least have short sleeves. Men must wear shirts at all times.**

SEEKERS

Family members and friends (16 years or older) who are not initiated but are sincerely interested in the path and who agree to follow the retreat schedule may attend the retreat. For friends or family members who you invite, you should be prepared to help and support them during their stay and make sure that they follow the retreat program. People on the Seeker Preparation Program (SPP) may also attend the retreat. **All seekers must also register for the retreat.**

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DAILY SCHEDULE

Master expects everyone to follow the daily retreat schedule. Everyone at the retreat is required to attend the evening meditation session with Master.

Options for retreat activities are listed on the “Village Seva Activities” page that accompanies Registration. **The “Village Activities Sign-up Form” must be completed as part of your Registration.**

5:00 – 8:00 am	Morning Meditation
8:00 – 9:30 am	Breakfast & Personal Time
9:30 – 12:30 pm	Morning Village Activities
12:30 – 2:00 pm	Lunch & Personal Time
2:00 – 6:00 pm	Afternoon Village Activities
6:00 – 7:30 pm	Dinner & Personal Time
7:30 – 8:30 pm	DVD Satsang
8:30 – 9:30 pm	Meditation with Master

STAYING AT THE RETREAT CENTERS

Master asks that retreatants do not plan to make personal trips into town or to conduct worldly business while on retreat; therefore you are asked not to bring laptops or cell phone to conduct any worldly business. This will help you maintain your spiritual focus and give you maximum benefit. For those retreatants who plan to stay off the land, it is recommended that you plan your arrival and departure times so that you may participate fully in the daily schedule. **At LCO, for safety reasons, trips to the river and swimming in the river are completely prohibited.**

TRANSPORTATION

Lighthouse Center Oregon (LCO)

The two closest airports are in Eugene (90 miles) and Portland (200 miles). The AMTRAK train only goes as far as Eugene. (For schedule information call 1-800-872-7245.) People who fly or take the train may take the Greyhound Bus to Roseburg. For schedule and fare information, call Greyhound at 1-800-231-2222. From the Eugene airport directly to LCO, Omni Shuttle Service (1-800-741-5097) is available. **Reservations for Omni Shuttle must be made at least 30 days in advance of your flight.** The Greyhound Bus is the only transportation available from Portland

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to LCO. A taxi is needed to get from the Portland Airport to the Portland Greyhound Bus station. Budget Taxi (541-683-8294) provides taxi service from the Eugene Airport to the Eugene Greyhound Bus Station for a cost of \$25. Portland Taxi \$35 (503-256-5400) takes you from the Portland Airport to the Portland Greyhound Bus Station.

A Retreat 2008 shuttle (\$20 one way, \$40 round-trip) will be available to pick up people arriving at the Greyhound bus station in Roseburg (40 minutes from LCO). Be sure to notify us when registering or well in advance of your arrival time so we can make arrangements to pick you up.

Hitchhiking to LCO is strictly forbidden and may result in non-admittance to the retreat.

Lighthouse Center Florida (LCF)

The two closest airports are Valdosta, GA (40 miles) and Jacksonville, FL (100 miles). The AMTRAK train goes to Jacksonville. (For schedule information call 1-800-872-7245.) People who fly or take the train to Jacksonville will need to arrange private shuttle transportation or a rental car to the center. Possible services for shuttle transportation from Jacksonville are Executive Shuttle, (888) 932-3932 and ABC Transportation (866) 496-8146. The Greyhound bus has stops in Valdosta, GA and in Lake City, FL. Given adequate notice, LCF may help to provide transportation to the center from Valdosta and Lake City.

A Retreat 2008 shuttle (\$20) will be available to pick up people arriving in Valdosta or Lake City (40 minutes from LCF). Be sure to notify us when registering or well in advance of your arrival time so we can make arrangements to pick you up. Hitchhiking to LCF is strictly forbidden and may result in non-admittance to the retreat.

DIRECTIONS

Lighthouse Center Oregon (LCO)

From I-5, take exit 136 West at Sutherlin. Go west (left) on Highway 138 for about ¼ mile. Turn left onto Ft. McKay Road. After approximately six miles, turn right onto Tyee Road (just before the Umpqua Store). Go 7 miles. When you pass mile marker seven, you will see our mailbox on the right that says "Lighthouse Center 7637 Tyee Road". It is one mile up to our gate. Follow the signs to "Lighthouse Center" and "Registration."

Lighthouse Center Florida (LCF)

From eastbound or westbound I-10, take exit 283 (Live Oak/Jasper, U.S. Rte. 129) Go north on Rte. 129 for 3.5 miles to CR 132 and head west (left turn) for 7.5 miles to CR 249. Head north on 249 (right turn) for 2 miles. Watch for the dangerous intersection sign. On 16th Street turn left. LCF is the 2nd place on the right.

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From I-75 southbound take exit 460 (Jasper, SR 6) and head west (right turn) on SR 6. Travel 3 miles to CR 751 and head south (left turn) for 5 miles. Watch for the dangerous intersection sign. Make a right turn onto 16th Street. LCF is the 2nd place on the right.

RELATIONSHIPS DURING THE RETREAT

In order to maintain a highly spiritual atmosphere the Master has requested that we completely refrain from sexual and romantic relationships during the retreat. Open displays of physical affection are not permitted. This retreat is a chance for us to experience a higher consciousness.

PHOTOGRAPHY /CELL PHONES/ LAPTOPS

Only official photographers and AV crews will be allowed to film and take photographs of Master. No one is permitted to use personal cameras, video cameras, audio recorders, or cell phones with cameras while at the retreat. People who violate this policy will be asked to surrender their film/data and leave the retreat. As mentioned above, one of the goals for the retreats is maintain a spiritual environment; therefore, please do not bring your laptops and please turn your cell phone off while at retreat.

PRE-RETREAT SEVA OPPORTUNITIES

Join in the fun and special blessings of setting up a retreat with Master. Every area needs help, from cleaning to construction projects to agriculture. Skilled workers as well as general good hands are needed. There is a lot to do and your help is greatly appreciated.

If you are interested in helping with retreat preparations and joining the pre-retreat crew and are willing to commit to a rigorous daily schedule of 8 hours or more of volunteer service, 6 hours of meditation and evening satsang, then please complete your Pre-Registration online as soon as possible and indicate when you may like to arrive and what center you are interesting in helping at. You may also contact the centers by calling or emailing. (See information below).

Lighthouse Center Oregon (LCO)

Beginning May 1 there will be a team of pre-retreat volunteers at LCO to prepare for the retreat. Pre-retreat volunteers may come anytime beginning May 1. LCO will be closed for guest retreats during this time in order to focus on retreat preparation. For pre-retreat seva at LCO, please phone: (541) 459-2622 or email: info@retreat2008.org

Lighthouse Center Florida (LCF)

Beginning May 26 there will be a team of pre-retreat volunteers at LCF to prepare for the retreat. Pre-retreat volunteers may come anytime beginning May 26. LCF will be closed for guest retreats during this time in order to focus on retreat preparation. For pre-retreat seva at LCF, please phone: (386) 842-2100 or email: info@retreat2008.org

CONTACT INFORMATION

For All Pre-Registration Questions and LCO Registration/Retreat Questions contact:

Pre-Registration (LCO&LCF) Questions and LCO Registration/Retreat Questions	
Telephone	+1 (541) 459-2622 (8:30am - 5pm PDT Mon-Sat)
Fax	+1 (541) 459-1573
email	info@retreat2008.org
Address	Attn: Retreat 2008 Lighthouse Center Oregon P.O. Box 10 Umpqua, OR 97486 USA

For Lighthouse Center Florida (LCF) Registration or Retreat Questions Contact:

LCF Registration or Retreat Questions	
Telephone	+1 (386) 842-2100 (8:30 – 11:30am and 2-6pm EDT Mon-Sat)
Fax	+1 (386) 842-2567
email	info@retreat2008.org
Address	Attn: Retreat 2008 Lighthouse Center Florida 16753 16th Street Live Oak, FL 32060 USA