

2009 MEDITATION ON THE OCEAN RETREAT

Welcome to the Lost Coast

The Lost Coast is a designated Wilderness area on the coast of Northern California. The coastline here is wild, rugged and extraordinarily beautiful. The house where we will be hiking into is one of just a few in-holdings in the wilderness. This very remote piece of property overlooks the ocean and is backed by mountains. To get there we will walk 9 miles from Shelter Cove along the beach. Our food and one stuff sac per person of heavy gear will be taken in for us. The rest of our gear - clothes, sleeping bag and lunch for the hike in - will be carried in on our backs. If carrying your gear on this hike would make this trip prohibitive, and you would like to come, please contact us as we may be able to accommodate this special need.

The retreat site consists of a large house with 15 beds or sleeping pads, with sleeping available on the porch, in tents outside (some tents will be available), or on the floor indoors (dormitory style). There is a separate outhouse, a shower house, a separate kitchen/dining area, and a hot tub. There are endless hiking trails, both along the coast and up into the mountains.

Weather

The weather on the Lost Coast during June is often warm and dry (temperatures ranging from 60's into 80's), but coastal weather can change quickly, and days can be foggy and drizzly. There can also be strong and erratic winds.

Food

Food will be vegetarian, organic where possible, wholesome and plentiful. There will be some protein, in the form of nuts, beans, eggs, seeds, nut butters, and cheese, available at all meals. There will be non-dairy and wheat free options available for those who are lactose or wheat intolerant. There will be tea, fruit, and snacks (rice cakes and nut butter, etc.) available at all times.

Dana and Retreat Cost

The Buddha asked that the teaching of the dharma be offered freely, without charge, since it is of infinite value, and beyond any price that could be put on it. The tradition of 'Dana', or mutual giving, has supported Buddhist cultures for 2500 years. In Asia, the monks and nuns offer the teaching, and the lay people support the monastery and fill the monks' begging bowls each morning as they walk through the village on alms rounds. It is a beautiful exchange, in which the hearts of both giver and receiver are opened in joy and gratitude, and love flows between them.

In accordance with that tradition, Carla, Susie, and Jenn (our cook) In the spirit of generosity, are offering their teachings, time and service. The retreat fee just covers the retreat costs: food,

retreat center donation, administration costs, and other incidental expenses. After the retreat, there is the opportunity for participants to practice generosity in offering financial support to Susie, Carla and Jenn in appreciation. By offering your financial support, you will help support Carla and Susie to continue teaching the dharma, and for Jenn to continue to support retreats. It will be warmly and gratefully received.

Creating the Retreat Container

Precepts

We will undertake to follow the five traditional lay precepts of non-harming during our time together, forming a reliable basis for mutual trust in our little community. These precepts are to remind us of our natural behavior when we are resting in our true nature.

1. To refrain from killing and from other actions that harm oneself or others.
2. To refrain from stealing, from taking anything that is not freely given.
3. To refrain from sexual activity during the retreat.
4. To refrain from lying and from harsh, abusive or damaging speech, or from unnecessarily breaking silence.
5. To refrain from consuming alcohol, illegal drugs, or other intoxicants that will unnecessarily cloud our awareness during the retreat. (prescription medication that you need to regularly take is excepted; retreat is not a good time to alter these medications)

Noble Silence

Meditation retreats are traditionally silent. Carla and Susie will emphasize silence, both to deepen our practice and as a refuge. All yogis will have the opportunity for interviews both individually or as a group with Susie and Carla. In the sharing circle, each person will have a chance to share what has come up since the last circle, and to share how he or she is relating to it in practice. There will be a message board if you need to communicate to retreat staff or Carla/Susie at any time. To help maintain silence, please be sure all buzzers, cell-phones, watch alarms, etc. have been turned off when you arrive. If there are issues concerning a yogi job, or personal needs, these questions should be directed to Carla or Susie.

Work Meditation

This is our opportunity to both integrate our practice and to serve the community – our sangha. Each person will be asked to participate in a daily ritual of either meal prep, clean-up, bell ringing or other shared need. Participants will sign up for these work meditations at registration.

Retreat Details

Directions to Garberville and Shelter Cove

If you are coming from out of state, we recommend you fly into one of the Bay Area airports, rent a car and drive up from there. From the Bay Area, take Highway 101 north (202 miles). Take exit 639A toward Garberville (Garberville is 0.2 miles off of Hwy 101). To get to Shelter Cove from Garberville, go north on Redwood Dr. for 2.8 miles. Turn left on Briceland Rd/Briceland Thorn Rd. toward Shelter Cove and go 12.1 miles to Shelter Cove. Here is the mapquest link with exact directions. <http://www.mapquest.com/maps/Garberville+CA/Shelter+Cove+CA/>

Arrival – Sunday, June 21st

We will plan on meeting in Shelter Cove the morning of Sunday June 21st at 8:30 a.m. There are hotels in Garberville, Redway, and Shelter Cove for the night of the 30th. There is a campground in Shelter Cove also. Shelter Cove is approximately 45 minutes from Garberville. We will give you an exact location of where to meet prior to the retreat. When we meet on the 31st, please be ready to hike in with your backpack packed with all your gear, lunch, rain gear, warm clothes, sunscreen, 2 quarts of water, and all you would need for a day in the elements, and have your one stuff-sack filled with your heaviest items ready to give to the pilot. The hike will take us the entire day since we will be stopping often for breaks and for our process of descending into the depths of retreat. The hike is on sand, its firmness depends on the tides. It is 9 miles in length.

Departure – Saturday June 27th

The retreat will be complete and we will be back to Shelter Cove by 4:00 PM. Dinner is on your own.

What to Bring

You will need to bring a backpack large enough to fit the following items (with the exception of one stuff-sack of your heaviest items which will be flown in)

- whatever you will need to sit and meditate comfortably (a cushion of some type, which could be a stuff-sack filled with clothes, blow up cushion, etc. and a mat, pad or blanket to sit on
- a small tarp and light pad larger enough not only to sit, but also to lie down on the ground
- sleeping bag (sleeping pads provided)
- towel
- layered clothing for walking and practicing outside (including long underwear, shorts, light-weight pants)
- fleece
- wool hat

- sun hat
- good raingear - tops and bottoms
- sunglasses
- sunscreen
- journal (optional)
- flashlight or headlamp
- the capability for two quarts of water
- good walking shoes (can be light-weight hiking boots or tennis shoes for walking on sand, but sturdy enough for hiking with your backpack)
- thermarest or crazy creek chair highly recommended
- rain cover for backpack or plastic bags for gear

Please pack as lightly as you can as you will be carrying most of the gear on your back for 9 miles. Your pack should way no more than 25 pounds.

Poison Oak - The area within the retreat center is mowed grass, however there is occasional poison oak hidden in the grass. If you are sensitive to Poison Oak, please plan on wearing closed toe hoes at all times. Outside the center, there is lots of Poison Oak and care should be exercised at all times.

Emergency Contact

Since we will be in silence and in the backcountry, we will not be in phone contact with the outside world during the retreat. There is an emergency satellite phone at the site which will be turned off during the retreat, and used only for true emergencies (no incoming calls will be possible).