

Alive! Awake! Aware!

The treasure of spiritual depth in a transforming world.



Friday, March 28, 2025

**We are spiritual beings
having a human experience.**

Teilhard de Chardin

- 3:00 Check-in begins.
- 5:00 Daily, silent, afternoon meditation.
- 5:30 Supper

7:00pm Welcome!

- Introductions and Overview of Weekend.

Pearl of Great Price

Orientation to Spiritual Deepening: Body and Soul

- Invitation to personal intention setting for the retreat.
- Concluding **Dance of Universal Peace**.
- Invitation into Silence until 8:00am.

Saturday, March 29, 2025

**The universe is not outside of you. Look inside yourself.
Everything you want, you already are.**

Rumi

7:00am Traditional Christine Center Morning Routine

Body-stretch and movement;
simple chanting and silent meditation.
(OPTIONAL)



8:00am Breakfast

9:15-11:30 Session One

Immortal Diamond:

Nurturing and maintaining an integral path of spiritual deepening for global transformation.

- There are many paths, thresholds and joys; as well as many challenges and blocks to spiritual depth.
- Long-time Christine Center spiritual deepening teachers and practitioners offer their experience and insights from various east and west traditions. Open conversation follows.

11:30 Silent break

12:00 Silent Meditation / awareness / thankfulness before mealtime.

12:30 Mid-day meal and relaxation time

2:00 – 3:00 / 3:15 -4:15 (EACH EXPERIENCE IS OFFERED TWICE)

Interactive small groups with experienced guides:

Experience Nature (shinrin-yoku) and Art (intuitive mark-making) as portals for spiritual deepening.

4:45 Metta and singing bowls.

As a member of the **Charter for**



Compassion, the Christine Center commits to a deep loving kindness practice. The afternoon meditation is a guided Metta (loving kindness) practice. Meditation with singing bowls follows.

5:30 Supper

6:45 Session Two

We are One: Sensing beyond our Senses.

Exploring the mystical experience of non-duality, (unitive awareness) in the field beyond “thinking” and “feeling”.

- Sensing unitive Silence and the potency of placing attention.
- Sensing matter-ness and spirit-ness of Soul.
- Sensing Being, in and through the Heart.

7:45 Drumming Circle to conclude the evening.



Sunday, March 30, 2025

**Tell me, what is it you plan to do,
with your one wild and precious life?**

Mary Oliver

7:00 Silent Mindfulness Walking in the Woods (optional)
8:00 Breakfast
9:00 – 9:30 Morning Prayer: simple chanting and silent meditation

9:45 – 10:45 Session Three

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Continued growth possibilities as the Christine Center invites a new cohort to Spiritual Deepening for Global Transformation. Practical, heartfelt conversation with former Christine Center Spiritual Deepening participants, offering natural wisdom and heartfelt inspiration following their participation in the Spiritual Deepening for Global Transformation 3-year experience. Open conversation follows.

10:45 Break-time

**There is a time that we must leave,
Go from the place where hatreds breed,
And, turning, feel the spirit breathe us together,
For blessed are our Lives, Blessed our Loves,
Blessed the promise gathered now.**

Carolyn McDade

11:15 Closing Integration Conversation Circle

12:15 Universal Dance of Peace

12:30 Mid-day meal; followed by departures.

The world-transforming work of cultivating open-heartedness and human community “is a level of vulnerability, surrender, and commitment I am eager to bravely face”.

Margaret Wheatley

Join a resonant and supportive community
of spiritual seekers for a weekend
of spiritual discovery, depth and soul-stretching
at the Christine Center!

March 28-30, 2025

Alive! Awake! Aware!

**Being fully Human
in the beautiful way
Soul knows is possible.**



**A Christine Center contemplative weekend
celebrating the treasure of
Spiritual Deepening for Global Transformation.**

**Rediscover soul’s wisdom and body’s natural,
spirit-deepening intelligence.**

- Soul strengthening through heartfelt openness.
- Body and Nature as a source of soul-intelligence and transforming luminosity.
- Unitive stillness for world presence.

*This is an invitation to discover Spiritual Deepening for
Global Transformation at the Christine Center.*