



Friendly Eyes retreat

Beyond thought, creating from love

South Africa—Mooinooi 9th–16th February 2025

Eligibility

All participants must have completed one of the three Friendly Eyes online courses successfully.

Location

Emoyeni retreat centre, two hours drive from Johannesburg. <https://emoyeni.org.za>

Guidance - English and Dutch spoken

Jackie Reardon, Friendly Eyes founder, will be leading the retreat assisted by Louise Broomberg. Louise and Jackie met at Emoyeni retreat centre and have collaborated on privately run retreats in South Africa over the past 5 years. Louise has run retreats for over 40 years on multiple continents; USA, Europe, South Korea, Australia and Japan. She is semi-retired and lives in South Africa.

The why

If we want to go 'beyond thought' and learn how to 'create from love' then we have to move away from addictive patterns, craving for information and the general indoctrination and rules that society has decided upon for us. To be able to do this, we need to unplug. By surrendering to the moment, so much more becomes clear. We are practicing being in the now and creating from our higher selves. We can better connect with this energy when silence is surrounding us, combined with safety and loving energy. Thus a new awareness can arrive, from humbleness, that we are in someways 'utterly nothing' and at the same time 'utterly great'. Taking the time to reflect on this can be life changing.

How?

We all surrender. We are not trying to achieve anything but we do everything with the highest level of attention and love. Every moment is a learning moment, we create how we want to perceive things and immerse ourselves in enjoying the process no matter what it brings. We make a strong commitment to each other to follow the structure of the week and keep to noble silence when agreed upon. 'To live is to find out for yourself what is true, and you can do this only when there is freedom, when there is continuous revolution inwardly, within yourself. It is very important to live in and create an environment in which there is no fear.' We create that environment together.

What do we focus on?

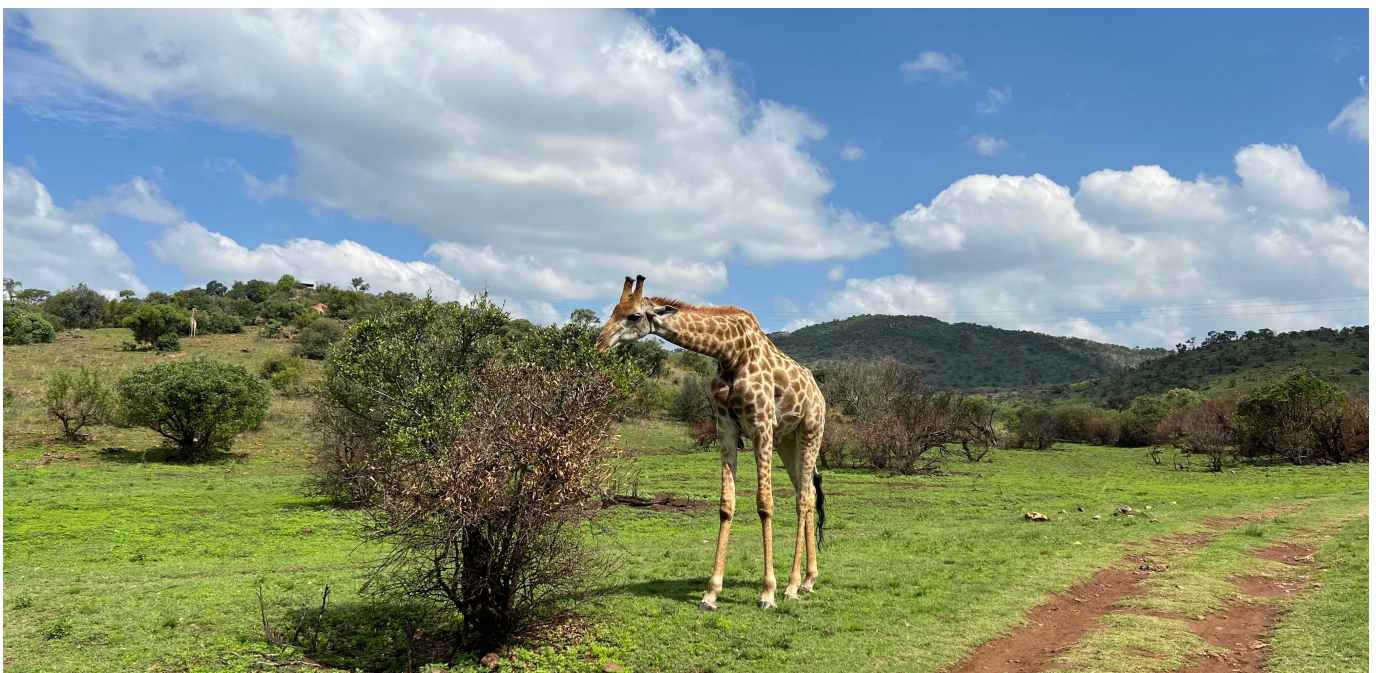
An open heart, calm mind and surrendering to paying attention to what we are doing. Very little speaking, a lot of doing, sitting meditation, walking meditation, journaling, walks in the nature and generally just reminding ourselves 'to be creating from love and to leave thought behind'. Loving the ups and downs, practicing acceptance, enjoyment and enthusiasm.

What will we not be doing?

We move beyond telling each other of our status or achievements and rather focus on being an empty shell that has come to be with other empty shells looking for nothing and expecting nothing. We all believe that by surrendering in this way, space is made for a yet unknown level of consciousness to be encountered without longing for this.

Rules of engagement and willingness to:

- Let go of ambition for 6 days
- Accept anything that comes up and embrace it
- No intentional networking
- Respect noble silence, meaning times when there is no eye contact or speaking
- Be offline from Monday lunchtime until Saturday after lunch.
- No reading. Journaling is encouraged in specific hours.



Practicalities

Program and times

Each day starts at 6.30am with a 1 hour meditation. The day finishes at 21.30. Noble silence will start after lunch on Monday. All practicalities will be explained and all questions will be answered until everyone feels safe before the immersion into beautiful silence. For the whole retreat Jackie and Louise will provide daily individual and group guidance.

Walks in the nature and swimming

There will be guided nature walks and swimming moments in pristine mountain waters.

Saturday late afternoon

Transfer back to Johannesburg airport for the night flight or for you to travel further as you wish.

Temperature and what to bring with you

It's summer time so very little is needed. The temperature is between 24 and 34 during the day, evening about 14 degrees. Sometimes rain in afternoon. There is no malaria in this area and there are hardly any mosquitoes, we have repellent for you if needed.

- Loose relaxed clothing for during the day
- Long trousers or sweatpants or yoga pants, as light as possible for meditation sessions – please cover your legs for the mediation sessions
- Walking shoes and sandals
- Sarong or sports towel
- Sun hat and sun screen
- Face mask
- Sports t-shirts and shorts/skirt / rain jacket / sweater
- Swimming gear
- Toiletries

Food

Three meals daily will be provided from Monday lunch until Saturday lunch. The meals are all vegetarian and are delicious. Any allergies will be taken into account.

Rooms | Towels | Bathrooms

The accommodation is far from luxury, it is very basic and is in the middle of nowhere.

Two small towels and bed linen will be provided for each participant.

Each participant will have a single room.

Bathrooms are mostly shared, with a maximum of 3 people using one bathroom.

Travel

Dates and flights

All participants from all countries arrive at OR Tambo Airport Johannesburg on Sunday 9th Feb '25. The 1st night all participants stay at the City Lodge Hotel next to the airport. The booking of this hotel is done by the individual and is not included in the price. Everyone leaves Johannesburg on Saturday evening 15th February, arriving back home on Sunday morning 16th February 2025

Departing Amsterdam Sunday am 9th February day flight 10h10 KL0591

Arriving SA Sunday evening 22h00

Departing SA Saturday 15th February evening flight 23.55 KL 0592

Arriving NL Sunday morning 10h10 16th February November

Costs

We want the Friendly Eyes retreats to be accessible to everyone. That's why we offer a sliding scale for the cost of attending our retreat. This approach allows participants to pay according to their financial capacity. When reflecting on which tier is applicable to you, take into consideration what the cost of a ski-holiday or summer holiday is. That will help you make your choice.

Included in the costs

All transport, transfers, meals, accommodation and guidance. Safari trip and national park trip. You will need no money from Monday until Saturday.

Excluded in the costs

Travel from your country to Johannesburg, South Africa and the first hotel night á € 100 incl breakfast

There are 4 pricing tiers

1. For those with an annual income of € 80.000 or more the cost of the retreat is € 2500. By choosing this option, you are helping to subsidise the retreat for those with less financial resources.
2. The base cost of the retreat, that covers the actual expenses such as accommodation, meals and transfers is € 1200
3. For individuals who are experiencing serious financial difficulties but would like to attend the retreat, there is a reduced rate of € 750.
4. If you need full sponsoring for the retreat, accommodation, transfers and meals, please send us an email and we'll see what we can do. We are not yet in the position to sponsor your travel to South Africa.

Donations and guidance

This is not a business trip, the scaled fee above makes it possible for everyone to come to our retreat and is based on your current financial situation. You trust you to choose which tier is correct for you. The services and expenses of the guides are not covered in the costs above, they are based on donations. The cost of the trip and the donations (Download 'A meditation on giving') are income tax deductible for Dutch citizens due to the ANBI status of our Stichting.

How to apply

Please send us an email containing the following: Your name, which Friendly Eyes course you have completed, your birthdate and telephone number. Also a few lines explaining what your motivation is to join the retreat. We will contact you and set up a call, so that we can visit together if the retreat is suitable for you. We will also of course answer any questions that you might have and explain how to reserve your place. Please send your email to: contact@friendlyeyes.com

