



Spiritual Ecology: Building Reverence & Resilience for a New Generation

Otways Retreat with Emmanuel Vaughan-Lee

14 - 17 February, 2019

This retreat workshop offers younger generations and those who are drawn to work for the future, the tools and resources to respond from a place that is real and transformative.

Together let's consider what a spiritual response to our social and ecological crisis would look like.

Retreat Information Booklet

About

Spiritual Ecology is a spiritual response to our present ecological crisis. It is a developing field that joins ecology and environmentalism with the awareness of the sacred within creation. It calls for responses to environmental issues that include spiritual awareness and/or practice. The principles of spiritual ecology are simple: In order to respond to such environmental issues as depletion of species, climate change, and over-consumption, humanity must examine and reassess our underlying attitudes and beliefs about the earth, and our spiritual as well as physical responsibilities toward the planet.

Over the coming decades much of the work needed to support ecological renewal will fall on millennials and younger generations. Spiritual Ecology can help support and inspire young people who recognize the need to create a future that is not driven by materialism and greed, but rooted in the spiritual values of reverence for nature, interconnectedness, stewardship, compassion and service.

This four day workshop with spiritual ecologist, award winning filmmaker and Sufi teacher Emmanuel Vaughan-Lee will introduce participants to the field of spiritual ecology and ways of cultivating personal and social resilience through reverence for nature. Over the course of the retreat participants will learn simple and practical techniques for integrating spiritual values into their lives and work. Through storytelling, nature connection and deep inquiry participants will journey into the nexus of the human and non-human worlds, building a relationship that can nourish both personal and societal change.

This retreat is a partnership between CERES Community Environment Park and Spiritual Ecology.



CERES, located in Melbourne Australia, has a commitment to exploring ways of being in the world that are environmentally beneficial, economically satisfying, socially just, culturally enriching and spiritually nurturing for people and the Earth. Through its education programs, social enterprises, community events and place-making, CERES aims to help people fall in love with the Earth again. www.ceres.org.au



**SPIRITUAL
ECOLOGY**

Spiritual Ecology, based in California USA supports the reconnection of ecology, culture and spirituality through a variety of initiatives and programs. From innovative storytelling platform Emergence Magazine to fellowship programs for emerging leaders, Spiritual Ecology works to create a future that is not driven by materialism and greed, but rooted in the spiritual values of reverence for nature, interconnectedness, stewardship, compassion and service. www.spiritualecology.org

Facilitators



Emmanuel Vaughan-Lee is an award winning documentary filmmaker, spiritual ecologist and Sufi teacher. His work has been featured in National Geographic, The New York Times, The New Yorker, The Atlantic, PBS, ABS Australia, exhibited at the Smithsonian and screened at festivals worldwide.

He directs the [Spiritual Ecology Fellowship](#), an innovative leadership and incubation program working with emerging leaders to bring spiritual values into environmental work. He also is the executive editor of [Emergence Magazine](#), a publication exploring the threads connecting ecology, culture and spirituality. He lives in a small coastal village in Northern California.



Amrita Bhoji leads the [Spiritual Ecology Programme](#) at St Ethelburga's Centre for Peace and Reconciliation in London. She teaches and facilitates public workshops, retreats and events sharing the spiritual ecology curriculum and tools.

She also manages the Spiritual Ecology Leadership Programme, which supports the next generation of emerging leaders to embed spiritual values into their practical work and leadership. She holds an MA in Ecological Economics from Schumacher College. In 2013 she organised TEDxWhitechapel, named as one of the most popular and radical TEDx events in London.

Location

The retreat will be held at the King Parrot Retreat Centre, located 2 hours from Melbourne amongst 200 acres of rainforest in the Otway Ranges. Nestled on the north-facing hillside of the spectacular Pennyroyal Valley, the centre consists of several architecturally designed cottages, and a campground surrounded by rainforest.

Getting there and away

Participants are responsible for organising their own transport to and from the retreat centre:

195 Dunse Track
Pennyroyal
VIC 3235, Australia

<https://goo.gl/maps/wfgpb11Obb62>

Public transport (train and bus) is available as far as Lorne and we can arrange collection from, and drop off to there (about 30 minutes drive from the retreat centre). Allow 2hrs 45min from Southern Cross to Lorne, including a change at Geelong.

We will also do our best to help arrange carpooling and lifts from Melbourne where possible.

Accommodation

Accommodation is spread across the north side of the hill in 3 cottages and a campground. All accommodation is shared, with the exception of BYO campers.

Cottages

3 well-designed cottages sleep 6-11 people each, with bathrooms, kitchens and all linen provided. The cottages are all located a couple of minutes' walk from the meditation hall and kitchen/dining area.

Camping

The campground is in a natural clearing on the floor of the valley alongside Aquila Creek, surrounded by forest. The **cabin-tents** are solid roofed structures with canvas walls, doors and windows each housing 4 people in bunk beds, with a gas stove and lighting. There is also limited space to bring your own tent and equipment if you prefer. There is a toilet and shower block with a hot water system, shared by all campers.

Please note it is a 20 minute forest walk from the campground to the meditation hall and kitchen/dining area.

Food

All meals are provided from Thursday dinner through to Sunday breakfast and will be lovingly prepared from organic, local produce where possible. All meals are vegetarian and will cater for most dietary requirements.

Please feel free to bring your own snacks - there are kitchen facilities available in all cottages.

Itinerary

The schedule may change depending on the needs of the group. Please use this as a guide.

Day 1 - Thursday 14th February

- 4pm - Arrival, set up camp or find your cottage
- 6pm - Dinner in the Lodge
- 7pm - Opening talk and retreat introduction

Day 2 - Friday 15th February

- 7am - morning meditation
- 8am - breakfast
- 9am - 5pm - lectures, workshops, walking meditations, spiritual ecology and nature connection practices, group discussion and reflection. Lunch 12.30pm - 2pm.
- 7pm - dinner
- Evening: Film screening / storytelling

Day 3 - Saturday 16th February

- 7am - morning meditation
- 8am - breakfast
- 9am - 5pm - lectures, workshops, walking meditations, spiritual ecology and nature connection practices, group discussion and reflection. Lunch 12.30pm - 2pm.
- 7pm - dinner
- Evening: Film screening / storytelling

Day 4 - Sunday 17th February

- 7am - Morning meditation
- 8am - Breakfast
- 9am - Closing talk
- 10am - Retreat ends

What to bring

Even in summer, the weather in the Otways can be changeable. Please be prepared for hot days, cool nights, rain, sun and insects.

- Lace-up hiking shoes or boots
- Warm polar fleece jacket or woollen jumper
- Long pants
- Light jumper
- Beanie
- Shorts and/or light walking trousers
- Shirts/t-shirts
- Socks and underwear
- Lightweight indoor footwear (thongs/sports sandals; for the lodge)
- Sun hat & sunscreen
- Raincoat
- Bathers and beachtowel
- Head torch or small torch
- Earplugs
- Water bottle(s)
- Lunch box or container (to hold food items such as sandwiches as well as salads)
- Personal toiletries such as toothbrush, toothpaste, deodorant, moisturiser. Please bring biodegradable / eco friendly soap and shampoo.
- Personal medication or EpiPens
- Insect repellent
- Pen and paper for journal writing and activities
- Meditation cushion or low meditation chair
- Meditation blanket/wrap
- **If camping with own tent:** Tent, sleeping mat, sleeping bag, pillow, towel
- **If sharing a cabin-tent:** Sleeping bag, pillow, towel

Extra gear to consider:

- Camera
- Spare batteries and chargers
- Day pack (small day pack for day hikes to fit lunchbox, water, raincoat, etc)

Mobile reception in the retreat area is limited with no access to wifi. We encourage participants to use this retreat as an opportunity to unplug and disconnect from the digital world. As such we suggest you tend to personal and work matters prior to the retreat so you can be fully present during our time together.

Walking times

This retreat will involve some physical activity, including hikes of up to 3 hours across uneven terrain, and sitting in meditation for 45 minutes. The campground is situated 20 minutes' steep walk from the meditation hall and dining area. We will do our best to accommodate all abilities and adapt activities where possible - please contact us if you wish to discuss further.

Insurance

We highly recommend that you take out travelers insurance and/or ambulance insurance. The latter will cover you in case of an emergency evacuation.

Participation

This retreat is an opportunity to integrate Spiritual Ecology practices through participating in practical retreat needs. There will be a roster that will request volunteer support in cooking, cleaning and other tasks throughout the retreat.

Suggested Reading

Spiritual Ecology: The Cry of the Earth

A Collection of Essays edited by Llewellyn Vaughan-Lee

Emergence Magazine

Digital magazine edited by Emmanuel Vaughan-Lee

www.emergencemagazine.org

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