

## 2010 SPIRITUAL NDE RETREAT INFORMATION

### ***Spiritual Retreat for Near-Death Experiencers Mission:***

To help each other open to our unique light and self-realization through loving communication, encouragement and validation, which ultimately contributes knowledge and compassion throughout the world.

### ***What are the benefits of the Spiritual NDE Retreat?***

The Spiritual NDE Retreat gives you time in a peaceful, safe and healing environment to rest, reflect, learn, meditate, and share with other near-death experiencers who are supportive and understanding of all the changes that take place following an NDE.

### ***What happens at a Spiritual NDE Retreat?***

We provide a balance of both a structured program and unstructured time throughout the retreat so that people can spend time alone with their thoughts or connect with others as desired.

During the structured program you will hear from other near-death experiencers about their experiences, what they learned from them, about their transformations, challenges and aftereffects. Meditative techniques, Tai Chi, integration methods, and coping suggestions will also be shared. No attendee will be required to share an experience or thoughts. Whether you choose to share or not, your choice will be respected and supported.

### ***Definition of an NDE from the IANDS WEBSITE:***

"A near-death experience, or NDE, is a profound psychological event with transcendental and mystical elements typically occurring to individuals close to death or in situations of intense physical or emotional danger." [http://www.iands.org/nde\\_index/ndes/key\\_facts\\_about\\_near-death\\_experiences.html](http://www.iands.org/nde_index/ndes/key_facts_about_near-death_experiences.html)

### ***The Retreat for Near-Death Experiencers Vision Statement:***

Because of the profound nature of the experience and the common bond felt by those who have experienced an NDE, we come together to explore and share our challenges, our solutions to these challenges, and our gifts received from our NDEs, in a positive, supportive, and loving environment.

We leave it to the individual attending the Retreat for Near-Death Experiencers, to determine if their NDE fits the above definition of an NDE and the vision of the retreat.

<b><i>What to bring</i></b>	
1	It's best to wear loose, comfortable clothing. Be prepared for a range of temperatures and weather conditions.
2	Bring appropriate footwear if you like walking or jogging – there are several good walks nearby as well as the labyrinth.
3	Please bring a notepad or journal and a pen.
4	Optional: bring something to share, ie. music, musical instrument, food from your area, artwork, etc.

<i>What not to use during sessions.</i>	
1	Mobile phones should be placed on silent mode.
2	Cameras, audio or video recording equipment. (see privacy statement below)
3	Anything scented. It might cause allergic reactions in others.

### *Respecting Your Privacy, Personal Space and Viewpoints*

At the Spiritual NDE Retreat, we aim to create a clear, protected, personal space where everyone's reflections and experiences can safely and privately unfold without proselytizing, judgment or disclosure beyond the retreat. If you feel an intrusion at any time, please speak to one of the organizers. Spiritual viewpoints expressed are strictly those of the individual. Please do not use the retreat as a place to sway others to your viewpoint. Video taping, photos, audio recording or interviewing of retreat attendees without their permission may cause an intrusion on the private, personal and sensitive nature of near-death experiences and the retreat. Please remember that there will be experiencers there who do not wish their very personal experiences or even their presence at the retreat to be shared beyond the retreat. Be respectful of others' privacy and get permission from individuals before taking photographs of attendees. No photographs or any other personal identifying information may be made public or shared beyond the retreat without the express permission of the attendee. Limited photos may be taken for retreat promotional purposes.

*Note: The Spiritual NDE Retreat does not provide psychotherapy, counseling, or any other psychological or medical treatment nor does it provide referrals to such services. Individuals attending the retreat are not therapists and are attending for their own enjoyment. We do not have the capability of providing individual counseling. If you are in need of individual support, such support cannot be provided at the retreat.*

*The Mercy Center is a smoke free environment.*

### *How to get there*

#### **Retreat Location:**

Mercy Center  
2039 N. Geyer Road  
St. Louis, MO 63131-3399

Retreat Registration and Information is available at: [www.neardeathexperiencers.org](http://www.neardeathexperiencers.org)

## Travel

**By air:** Fly into Lambert International Airport. (Mercy Center is approx. 15 minutes away.)

Express Car Service – Lambert Airport  
314.579.9399 • fax: 314.537.9808

Car fare from the airport to Mercy Center or from Mercy Center to the airport is:

For 1 to 4 people in a car \$30.00 + Tip

For 5 to 7 people, a larger car is used. \$45.00 + Tip

**Call for a reservation.** Phone number is 314.579.9399. Mr. John Galustyan, the owner, usually answers the phone. Call one or two days before arriving in St. Louis. **Please verify COST and information below about pick-up when you call.** He may ask for flight information.

Coming in to the Main Terminal from your gate, you go to the BAGGAGE AREA AND GO OUT EXIT MT14. You will enter a parking garage (undercover) and there will be someone there from Express Car Service to meet you by the pay phone.

Coming from the East Terminal (Southwest Airlines, Champion, USA 3000), you proceed to EXIT #14. Stay inside as the driver will come inside to meet you and have a sign saying Mercy Center.

Please feel free to call them on your cell if you need to. Express Car Service has black or white town cars.

## Driving

### Directions from Lambert International Airport

Take I-70 West to Lindbergh Boulevard South. Right on Clayton Road and left at 3<sup>rd</sup> traffic light which is Geyer Road. The Mercy Center campus is on the right, approximately 1 mile south of Clayton Road. Enter and stay on right at fork in the road. Use main (middle) entrance.

<i>Cancellation and refund policy</i>	
1	To be eligible for a refund, cancellation notice must be received by June 25, 2010
2	A \$50 administration fee applies to all refunds given for any reason, unless we are unable to run the retreat. In such cases, we will provide a full refund. No refunds will be issued for cancellations received after midnight June 25, 2010.

For more information go to: <http://www.neardeathexperiencers.org>

*We look forward to seeing you at the retreat*