

# DARK RETREAT EARTH DOMES

2020

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## WELCOME INTRODUCTION

### SITUATION

The dark retreats take place in our quiet jungle property near the village of Srithanu in the island of Koh Phangan in Thailand.



## A LITTLE BIT OF BACKGROUND

The first dome was built in 2010. At the time, I was practicing a lot of yoga and meditation. As an alternative builder, I was keen on trying out the earthbag building technique.

When a friend introduced me to the existence of the dark retreat, I fell in love and it all made sense. I wanted to recreate being in the womb of the Mother building an earthbag dome to sit long retreats in the dark.

I was blessed it all happened. Now, so fortunate for offering this opportunity to hundreds of practitioners.

Amithaba dome in construction



## OUR VISION

The domes have been designed for solo meditation retreats in complete darkness.

The dark retreats are there to enhance your practice. We welcome any form of spiritual approach. Over the years, many have come to deepen their practice using the light deprivation to reclaim their own.

To know more about being in complete darkness, check our [web page](#) on darkness.

# THE DOMES

The two earthbags domes are a living analogy of the womb of mother earth. Indeed, they are constructed with 15 to 20 tons of earth and its 100% dark.

Their thick earth walls completely insulate you from all the modern radio frequencies.

The simple and efficient ventilation system runs completely on solar energy, making your journey powered by nothing but the elements and your own aspiration.

We will show you in person the usage of the domes, it's quite straightforward.

## SHOONYA DOME





Living space



Toilet and Bucket shower



The most recent and spacious is roughly 4m inner diameter and 4m high. It has an attached bathroom including a squatting toilet and a bucket shower.

Rent Price: 35 US\$/day

### **AMITABHA DOME**



Toilet and Japanese shower



Living space



Also call the small dome, it's about 3m in diameter and 2.5m high. The squatting toilet and the Japanese style squatting shower are within the living space. The toilet is covered by a lid.

Rent Price: 25 US\$/day

## ABOUT THE BOOKINGS

Refer to our web site [darkretreat.center](http://darkretreat.center) for all bookings terms and conditions.

Your retreat dates are secured only when we receive the deposit.

**To book a retreat, you start with a minimum of 3 days.** The longest retreat booked so far has been 21 days. You are welcome to book for any length of time as long as you are fit for it.

Please fill the registration form, it helps you and us to estimate the length of the retreat.

We reserve Shoonya dome in priority for longer retreats. Although, you can still book Shoonya short term if available.

We reserve Amitabha dome in priority for short retreats. Although, if it's in your heart you can book it for long retreats.



# THE ESSENTIALS

## WHAT WE PROVIDE:

- Bedding: 1 mattress, 1 pillow, 1 clean bed sheet mattress cover, 1 clean pillowcase.
- 1 blanket.
- 2 meditation pillows.
- 1 chair.
- 1 meditation stool.
- 1 storage box.
- 1 torch (to use during the first hour to get references).
- 1 pen and paper (to communicate, yes you can write in darkness).
- 1 garbage.
- 1 broom and dustpan.
- 1 towel to clean the floor in case of water spilling.
- Organic cleaning soap for the bathroom.
- 1 bathroom mat.
- Laundry for bedding, towel, sarong for a long retreat.

## WHAT YOU NEED TO BRING FOR YOUR STAY:

- Your toiletries.
- 1 towel for short retreats, 2 towels for long retreats.
- Sarongs, light clothing, 1 set of warmer cloth (it tends to be warm and cosy inside, its smart to prepare for chilly moments as well)
- Toilet paper if you don't use the bum hose.
- Ear plugs, optional, to aid the overall sensory deprivation experience.
- Sunglasses, optional, to use as you emerge from the dome.

# NUTRITION

Basically, anything goes. There are no forbiddances, but some items clearly “feel” better than others. Having said that, everybody is different and while some foods work well for some they won’t for others. It is clear that you don’t go into the dome to indulge and eat rich and heavy food. Many people find that the need for physical food is greatly diminished in this non-ordinary environment.

**Keep it simple and in coherence with your actual diet. This is not the place to try a new diet or fasting.**

Food must be the last of your worries, so all your attention is into seeing the subtle effects of being in the dark onto your practice. If you want to read more on the topic of fasting, check our [BLOG](#) fasting during a solo dark retreat.

Mantak Chia, who authored some worthwhile books on what he calls darkness technology, also touches the subject of darkroom nutrition. He suggests focusing on foods that are rich in tryptophan, one of 20 amino acids.

Among his favorites are brown rice, bananas, dates, figs, seaweed, milk and milk products, almonds and some others. For a more complete, access this [PDF](#).

It’s a great idea to bring nuts, dry fruits if you want extra snacks. All food taken inside must be kept in a tight container, Tupperware like.

So what are the options to eat food in the domes?

1. Use our services.
2. Be self sufficient: only valid for a 3 day retreat.
3. Have a friend/partner to bring you food.

## 1. USE OUR SERVICES

We serve 2 meals a day.

Breakfast between 8-9am and lunch between 1-2pm.

We have noticed the benefits of intermittent fasting so the food is served within 6 hours.

### Morning delight,

**Fresh homemade coconut milk (1L):** Coconut water and flesh blended together.

### Mid Day refreshments,

**Fruit salad** (1L container): finely chopped papaya and banana in squeezed lime juice is the classic Ruta's menu.

**Or Raw salad.** Fresh mixed lettuces from our local growers, plus mixed raw veggies. Tofu can be added. We will agree on the dressing.

**Or cooked food.** Kitchuri, the traditional Indian yogic food, a mix of rice and dal accompanied with vegetables.

**Total cost 20 \$US/day**

Extra meals will be charged 10 \$US/day.

All our meals are pure vegan and we use the best product we can find on the island. We are not a restaurant and offer this service to make your stay more easy and convenient.

You can also decide to alternate the mid day meals between the different options.

## **2. BE SELF SUFFICIENT**

**Only valid for a 3 days retreat.**

You take with you all what you need, it will ask you some preparation.

**All food must be kept tight in sealed containers like Tupperware type.**

Mostly dry food such as nuts, seeds, dried fruits, small coconut milk carton, muesli, dates, and your favourite snack. Fruits will last a couple of days and will smell really strong if not kept sealed, the less messy fruits are banana and dragon fruit.

We will check on you every day.

## **3. HAVE A FRIEND/PARTNER TO BRING YOU FOOD**

**We will be in close contact with them if they need help or if you left a message for us.**

If you keep food inside the dome for extra snacks it has to be kept in tightly sealed containers like Tupperware type.

This option can only work if you fully trust your friend/partner to be reliable and most of all clean with the handling of the food.



# FINAL NOTES

So that sums up all practicalities, if you have unanswered questions please inquire further.

If you have any doubts, there is no doubt here. You have come to this threshold in life. Embrace what is calling you deeper. Be absorbed in darkness.

It is our privilege and honour to serve you in this way. We are grateful to all the beings that come here on retreat. It is our commitment to hold the integrity of the sacred space in which you come to stay.

It is our love and joy that carries this integrity throughout all that is done here on this land in total harmony with your retreat. We hope to see you soon...

