



# IONS EarthRise

Institute of Noetic Sciences

[www.noetic.org/earthrise](http://www.noetic.org/earthrise)

# IONS EarthRise Institute of Noetic Sciences

**Welcome to EarthRise at the Institute of Noetic Sciences!**



Welcome to the magical retreat and learning center we call EarthRise! As the Managing Director here, I want to welcome you to the land, the facilities, and the warm hospitality of your new home for this short while.

I hope you find the information in this portfolio helpful and that it enhances your stay here. I invite you to return soon with old friends, current colleagues, or future collaborators of love in the world.

Debra Jonsson  
Managing Director

## **EarthRise at the Institute of Noetic Sciences**

101 San Antonio Road  
Petaluma, California 94952

For information on how to book a retreat at EarthRise:

**(707) 781-7406**  
**[bookings@noetic.org](mailto:bookings@noetic.org)**

For general inquiries:  
**[retreatcenter@noetic.org](mailto:retreatcenter@noetic.org)**

**[www.noetic.org/earthrise](http://www.noetic.org/earthrise)**

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## Emergency Services

Phones are located near the door of each lodging building and in the Community Center.

## Emergency Numbers

Police	911
Fire	911
Ambulance	911
Poison Control	(800) 222-1222

**After calling 911, call the Resident Caretaker at (707) 364-2554 and tell them that you have called 911 and the nature of the emergency.**

If you require a hospital visit that is not life-threatening, please see the local hospitals listed below in order of distance from EarthRise.

**Petaluma Valley Hospital – 6.5 miles**

400 N McDowell Blvd., Petaluma, CA (707) 778-1111

**Novato Community Hospital – 7.5 miles**

180 Rowland Way, Novato, CA (415) 209-1300

**Kaiser Permanente Medical Center – 14 miles**

99 Montecillo Rd., San Rafael, CA (415) 444-2000

**Santa Rosa Memorial Hospital – 23 miles**

1165 Montgomery Drive, Santa Rosa, CA (707) 546-3210



## Guest Information

On behalf of the staff and community at EarthRise at the Institute of Noetic Sciences, we are happy to have you here. We invite you to explore and familiarize yourself with the campus grounds. Help yourself to tea, coffee, and fruit, available daily in the Community Center.

## Guest Services

EarthRise Reception in the Community Center is available 9:00 a.m. to 5:00 p.m. Monday through Friday to answer your questions and provide assistance. If you need to reach an EarthRise staff member outside those hours, our team of on-site Caretakers will be happy to assist you. To reach Guest Services or a Caretaker, please call **(707) 364-2554.**

## Meal Times

Meal times are as follows, unless you have been informed by your group leader of a different schedule.

<b>Breakfast</b>	<b>8:00 a.m. - 9:00 a.m.</b>
<b>Lunch</b>	<b>12:30 p.m. - 1:30 p.m.</b>
<b>Dinner</b>	<b>6:00 p.m. - 7:00 p.m.</b>

Please arrive on time, as the meals are served hot at the beginning of the meal service and remain out only for the hour of meal time. Please allow 10 minutes to walk from the lodging and West Room to the Community Center. Meals are served buffet style.

## Computer Access

- There is one desktop computer and printer available for your use in the Community Center.
- WiFi is available campus wide.

<b>WiFi Network:</b>	EarthRise_Patrons
<b>Password:</b>	retreatcenter

## Lodging

Check in time is 4:00 p.m. and check out time is 9:00 a.m.

## Room Keys

We typically do not use keys for our sleeping rooms. Please contact the Caretaker at (707) 364-2554 to request a key if you would like one. If a lock out does occur, please call the caretaker. Keys should be left in the room upon check out.

## Guest Information (cont.)

### Temperature Controls

**Please be aware that in most of the lodging buildings, changing the temperature will affect the other rooms.**

- |                    |  |
|--------------------|--|
| Chalets 1 and 2:   | The temperature controls are located in the hallway on each floor.   |
| Dorms A, B, and C: | The temperature controls are in each individual room.  |
| Dorm D, E, and F:  | The temperature controls are located on either side of the hallway.<br>(Left side thermostat controls the left-side rooms, right side thermostat controls the right-side rooms.) |

### Guest Kitchen

The small kitchen in Chalet 2 is for all retreat participants to share. Please clearly label your own food, drink, and medication as EarthRise is not responsible for these items. **No food in guest rooms — it attracts unwanted friends.**

### Parking

- Do not leave valuables in your car. EarthRise is not responsible for lost or stolen items.
- After loading or unloading, please immediately move your vehicle to the overnight retreat parking area above lodging.
- Parking is **not permitted** in the cul-de-sac area by the lodging, on the grass, roads, or in the fire lanes.

### Road Safety

The speed limit is 5 mph. Please be aware of wildlife along roads.

### Quiet Hours

Quiet hours are 10:00 p.m. to 8:00 a.m. Please be mindful that noise travels in the lodging area and be considerate of other retreat participants. Some groups may be on silent meditation retreats.

### Open Fires

- We do not allow the use of candles, incense, or burning of materials of any kind inside or outside the buildings.
- Outdoor campfires are not allowed unless arranged with our Events Management staff in advance. We are governed by very strict laws due to the high fire danger and the remoteness of this area.

## Guest Information (cont.)

### Smoking

We aim to be a smoke-free campus; however, there are two designated smoking areas. One is in front of the West Room near the lodging area and a second smoking area is behind the Community Center at the loading dock (see campus map). Please use the smoking bins provided and do not litter butts.

### Hot Tub

Swimsuits are required. **No alcohol or glass is allowed in the hot tub area.** The hot tub is accessible for people with mobility challenges via a lift. Please contact the Caretaker for lift usage instructions.

### Hiking

- See EarthRise map for trail locations.
- Please stay on the trails.
- Do not approach or feed wildlife.
- Be aware of poison oak. Leaves of three let it be!
- As we are in a rural area, check yourself for ticks after hiking. If you are bitten, save the tick to have it analyzed. Tick kits are located inside the entrance of Chalet 2.

### Lost and Found

All lost and found articles will be held for 60 days at Reception.

### Children

The EarthRise campus is not designed for children. If planning to bring a child on the premises, you must notify your group leader as well as EarthRise staff that your child is onsite. This is very important to know in case of an evacuation. Any child onsite must be supervised by an adult at all times (spouse, partner, significant other). Children are not allowed in the meeting rooms unless designated by the group leader; however, children are welcome in the Community Center. EarthRise does not have roll-a-ways, cots, or cribs available for use.

### Pet Policy

Pets are not allowed on the EarthRise campus. We make exceptions for certified service dogs and Emotional Support Animals (ESA). Verifiable certificates must be presented prior to arrival on campus. Service and ESA dogs must be on a leash at all times with the exception of the meeting room and sleeping room. Animal waste shall be cleaned-up immediately by the animal owner. Only dogs that are assisting with accessibility are allowed in the dining hall.

## Guest Information (cont.)

### Gate Policy

You will be provided with your group's unique gate code usable for the duration of your stay, which is required to gain access to the EarthRise campus during non-business hours.

### First Aid

If you have a minor injury, please utilize the emergency medical kits located inside the entrance of Chalet 2 and in the main kitchen in the Community Center. For major injuries, please call 911.



## Ground Transportation

**EarthRise at IONS** is located approximately 35 miles north of San Francisco off of US-101 where the beautiful counties of Marin and Sonoma meet.

Direct travel time from the Oakland International Airport (OAK) is approximately an hour and a quarter, and from San Francisco International Airport (SFO) is approximately an hour and a half, depending on traffic.

There are a variety of transportation options from these airports, including shuttle services, taxi services, and airport buses. Below are a few suggestions to help you with your planning, and you'll find many more options via an online search. Please be aware that this is not an exhaustive list and that IONS does not endorse any particular transportation company.

### Door-to-Door Shuttles

#### **Super Shuttle**

24 hour Door-to-Door Transportation  
Advanced reservations required  
*Online reservations available*  
(800) 258-3826

#### **Western Eagle**

24 hour Door-to-Door Transportation  
Advanced reservations required  
*Online reservations available*  
(415) 342-6444

### Airport Buses

**Airport Express** – closest terminal is  
Petaluma Fairgrounds, 6 miles  
(707) 837-8700

**Marin Airporter** – closest terminal is  
Hamilton Parkway Terminal in Novato,  
11 miles  
(415) 256-8830

### Taxi Services

#### **From Petaluma:**

**Petaluma Green Taxi**  
(707) 769-8294

**A-1 Taxi**  
(707) 763-3393

#### **From Novato:**

**Novato Taxi**  
(415) 898-8484

### Car Service

**Pure Luxury**  
(707) 775-2920

## Directions

### Southbound from Sonoma County

#### **US-101 southbound from Petaluma, Santa Rosa, and points north:**

- Traveling South on US-101, take the San Antonio Road/Silveira Ranch Road Exit 467.
- Turn **RIGHT** onto San Antonio Road at the stop sign at the top of the exit ramp.
- Follow the San Antonio Frontage Road for approximately 2 miles. Turn **LEFT** at the “EarthRise / Institute of Noetic Sciences” sign.
- After turning onto our property, drive ½ mile on the flat road (Burdell Drive).
- Follow the road left and drive another ½ mile up the hill (there are signs at the bottom of the hill pointing left to “EarthRise Retreat Center”).
- At the top of the hill, look for the check-in signs for your group. Parking is to the right.

### Northbound from San Francisco or the San Francisco International Airport

#### **US-101 northbound from San Francisco and points south:**

- Traveling North on US-101, take the San Antonio/Silveira Ranch Road Exit 467.
- From this exit turn left and continue on to the San Antonio Frontage Road for approximately 2 miles. Turn **LEFT** at the “EarthRise / Institute of Noetic Sciences” sign.
- After turning onto our property, drive ½ mile on the flat road (Burdell Drive).
- Follow the road left and drive another ½ mile up the hill (there are signs at the bottom of the hill pointing left to “EarthRise Retreat Center”).
- At the top of the hill, look for the check-in signs for your group. Parking is to the right.

### From the East Bay/Oakland Airport

- Get on I-880 North, then merge on to I-80 East/I-580 West. Continue on to I-880 East.
- Merge onto I-580 and cross the Richmond Bridge (this route has tolls).
- Merge onto US-101 North.
- **Once you're on US-101 North you'll be joining northbound traffic from San Francisco. Please see the northbound directions above for the final part of your journey.**

## The Land at EarthRise

There is abundant archaeological evidence that local indigenous people, the Coast Miwok, lived along San Antonio Creek, which runs through the heart of EarthRise. The native people were stewards of ecological harmony on the land and their spiritual energy still resonates from the rolling hills of this 194-acre property.

EarthRise at IONS was created to provide a space for groups to study consciousness in a setting that cultivates deep personal and collective transformation. Since 2000, IONS has hosted thousands of mind-body explorers who come to study with internationally acclaimed educators, scientists, philosophers, health practitioners, life and business coaches, artists, and spiritual masters. With a desirable location just 45 minutes north of San Francisco, EarthRise attracts visitors from all over the world and has become one of northern California's premier transformative event center locations.



## IONS Discovery Lab (IDL)

The Institute of Noetic Sciences aims to discover how we can better access our sense of interconnectedness – accelerating the creation of a more just and sustainable human presence on this planet. Over 45 years of research tells us that when people recognize that we are one, they take better care of themselves, each other, and the planet.



Because of this, we are thrilled to announce the IONS Discovery Lab (IDL) which turns our EarthRise campus into a living laboratory where our 5,000 annual workshop participants are invited to partner with us. Together we will focus the lens of science on transformational practices to discover how our sense of interconnectedness, extended human capacities, and transformation, innovation, and well-being relate to each other. Perhaps we will even reveal clues to our extended capacities and unlock under-recognized aspects of our human potential.

Our vision is that this strategic alignment of our science team, our experiential programs department, and our EarthRise transformational learning campus will greatly accelerate humanity's potential to apply noetics in their lives.

Participants come to the IONS Discovery Lab in-person or online and complete a 15-20 minute online survey with questionnaires and experimental computer tasks before and after their transformational experience or workshop. In-person participants also complete a two minute brainwave and heart-rate recording.

### Will You Join Us?

Please go to [noetic.org/earthrise/IDL](https://noetic.org/earthrise/IDL) to learn about how you can participate in IDL as a workshop leader or individual.



Like the Framingham Heart Study that made medicine-changing discoveries in heart disease, or the Human Genome Project that illuminated the building blocks of being human, the IONS Discovery Lab will change our understanding of our human potential and the nature of reality.

## The Origins of IONS



Seeing our beautiful blue and green planet in the vast darkness of space on his return trip from walking on the Moon, Apollo 14 Astronaut Dr. Edgar Mitchell had a profound awareness of the interconnection of the cosmos and all life on Earth. In his own words, “On the return trip home, gazing through 240,000 miles of space toward the stars and the planet from which I had come, I suddenly experienced the universe as intelligent, loving, harmonious. My view of our planet was a glimpse of divinity. We went to the moon as technicians; we

returned as humanitarians.” In honor of Dr. Edgar Mitchell, his historic trip to the moon, his view of Earth rising in space, and his epiphany about the interconnectedness of the universe, this home of the Institute of Noetic Sciences where you find yourself now is named **EarthRise**.

Founded in 1973 by Edgar Mitchell, the **Institute of Noetic Sciences** is a non-profit organization exploring the frontiers of consciousness. As a trained Navy pilot and aeronautical engineer, he recognized that bringing modern science together with direct experience is the key to humans reaching higher potentials and living in better harmony with one another and the planet. Now with the largest interdisciplinary scientific team in the world focusing on the frontiers of consciousness research, IONS is to inner space what the Apollo program was to outer space.

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We invite you to join our organization and get involved as we continue to actualize Dr. Edgar Mitchell’s vision of deep exploration of consciousness, self, and, society. You can sign up at [www.noetic.org](http://www.noetic.org).

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**The word “noetic”** comes from the ancient Greek *nous*, for which there is no exact equivalent in English. It refers to “inner knowing,” a kind of intuitive consciousness that provides direct and immediate access to knowledge beyond what is available to our normal senses and power of reason.



## Explore With Us On a Journey of Discovery!

Tap into the interconnectedness that EarthRise evokes by visiting these iconic IONS landmarks, snapping pictures and sharing with your friends, co-workers, and family on social media.



### The Labyrinth

This land has been blessed with a labyrinth created by our friends at Veriditas, an international organization founded by Dr. Lauren Artress. The labyrinth is a walking meditation which has a single circuitous path that winds its way into the center. Walking the labyrinth reduces stress, quiets the mind, grounds the body, and opens the heart.

There is no right way or wrong way to walk the labyrinth. Veriditas suggests that there are three stages of walking the sacred path:

releasing on the way in, receiving in the center, and returning on the way out. Symbolically, you are maintaining what you received in the center as you re-enter the world.

We invite you to experience this sacred structure, located up the gravel road above the Community Center. Please be mindful of others as you walk this path and find your own way to experience it.

**#IONSlabyrinth**

### Guardian Rock

Sitting high above EarthRise, Guardian Rock looks over the campus as if to protect and nurture our guests in their own personal transformative journey. This magnificent wonder of nature is a short hike up the gravel road from the Community Center. Follow the Guardian Rock trail marker on the EarthRise map — it will be worth the journey! Once there, don't forget to snap a picture of yourself amid the inspiring vista to share with your friends!

**#GuardianRock**





### **The Garden**

Come visit our permaculture garden and enjoy the fruit trees, vegetable beds, and fragrant flowers! Quietly relax under the arbor and allow the garden to come to life. Witness bees, butterflies, birds, and lizards surface as you sip your tea or meditate. Herbs and edible flowers from the garden add seasonal flair to meals served at EarthRise.

**#IONSgarden**

### **Founder's Contemplation Rock**

As you make your way from the lodging toward the Community Center, pause for a few moments at IONS founder Edgar Mitchell's Contemplation Rock. When Dr. Mitchell stayed at EarthRise, he would always take a small respite at this spot, often meditating or simply soaking in the natural beauty surrounding him. Take a moment to step into his shoes at this spot and imagine the profound experience that inspired him to create this retreat.

**#FoundersRock**





## President's Chair

As you enter the Community Center, you'll notice an unusual chair to your right. This beautiful chair was hand-carved from a tree trunk by IONS past president Winston "Wink" Franklin to honor Willis Harmon, who was the head and heart of IONS in its formative years. IONS' founder, astronaut Edgar Mitchell, invited Willis Harmon to join the Institute of Noetic Sciences in 1973, the year it was founded. Willis went on to serve as its president from 1978 until his death in 1997, when Wink stepped up to continue his vision. Have a seat and feel the spirits of these amazing visionaries flow through you!

**#PresidentsChair**

## Donor Wall

On March 18, 2018, the Institute of Noetic Sciences hosted a Founders Day to honor and celebrate the luminaries who have been a fundamental support and catalyst for the work of IONS in the world. To commemorate and honor those who have guided the way and supported IONS, a new donor wall was revealed in the Community Center. And in true noetic style, the artist who our team contacted to create the donor wall, unbeknownst to us, had been a long-time follower of IONS' work! Artist Christina Amri created a compelling visual expression of the IONS mission that communicates to all who see it the heart and spirit of the IONS community.

**#IONSdonorwall**



## Connect on Social Media



follow us on  
**Facebook**

[facebook.com/EarthRiseRetreatCenter](https://facebook.com/EarthRiseRetreatCenter)  
[facebook.com/NoeticSciences/](https://facebook.com/NoeticSciences/)



follow us on  
**Twitter**

[@EarthRiseIONS](https://twitter.com/EarthRiseIONS)  
[@IONSONline](https://twitter.com/IONSONline)



subscribe on  
**YouTube**

[youtube.com/user/thenoeticsciences](https://youtube.com/user/thenoeticsciences)



follow us on  
**LinkedIn**

[linkedin.com/company/earthrise-retreat-center-at-the-institute-of-noetic-sciences/](https://linkedin.com/company/earthrise-retreat-center-at-the-institute-of-noetic-sciences/)

[linkedin.com/company/institute-of-noetic-sciences/](https://linkedin.com/company/institute-of-noetic-sciences/)



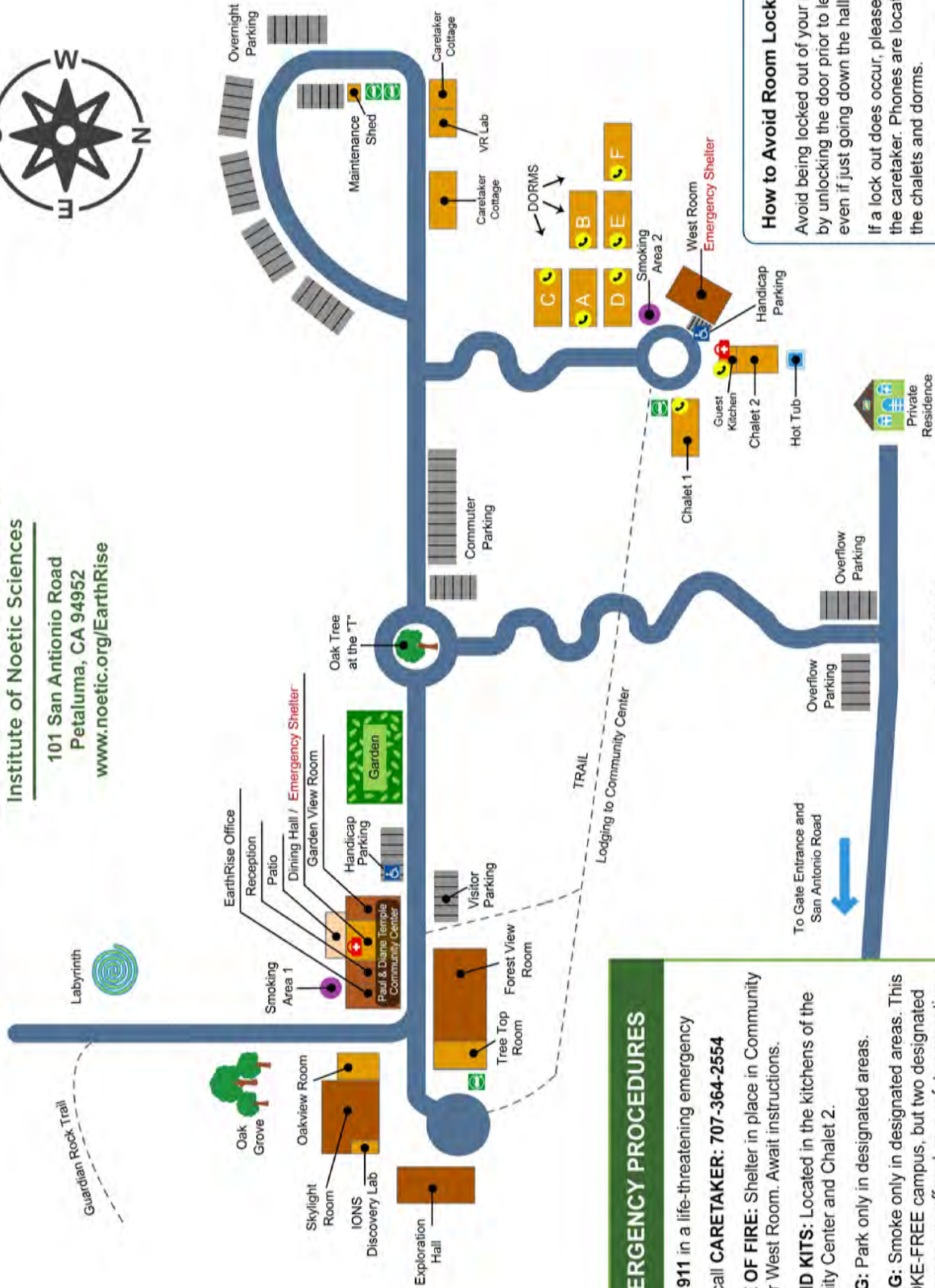
follow us on  
**Instagram**

[#earthriseretreatcenter](https://www.instagram.com/earthriseretreatcenter)  
[#IONSONline](https://www.instagram.com/IONSONline)

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## EMERGENCY PROCEDURES

1. CALL 911 in a life-threatening emergency
  2. Then call **CARETAKER: 707-364-2554**
- IN CASE OF FIRE:** Shelter in place in Community Center or West Room. Await instructions.
- FIRST AID KITS:** Located in the kitchens of the Community Center and Chalet 2.
- PARKING:** Park only in designated areas.
- SMOKING:** Smoke only in designated areas. This is a **SMOKE-FREE** campus, but two designated smoking areas are offered as a safety precaution for those who choose to smoke. Please be respectful of non-smoking guests.

## How to Avoid Room Lock Outs

Avoid being locked out of your room by unlocking the door prior to leaving, even if just going down the hall.

If a lock out does occur, please call the caretaker. Phones are located in the chalets and dorms.

**CARETAKER PHONE:**  
**707-364-2554**

MAP NOT TO SCALE

First Aid Kit Campus Phones Electric Vehicle Charging Station