

What happens on a silent meditation retreat?

On retreat we immerse ourselves in silence and simplicity so that we can come closer to life. This allows a clearer, more intimate relationship with our experience and ourselves. We may start noticing the ways and patterns through which we distance ourselves from our direct experience. By observing these gently, and resting into our hearts, we can find our own way of letting go and of letting life unfold naturally.

Silence and the simplicity of our daily rhythm support this process by allowing our mind and heart to become more still and quiet. Letting go of needing to think or plan how to care for our body or engage our mind, allows us to settle into the moment and notice what is present right now.

The following guidelines will help nourish silence within each of us as well as between us;

Speaking only with teachers during one-to-one or group meetings and teachings, or with managers if any emergency arises. Using the notice board for other matters.

Supporting the silence of the hall by coming on time to meditations and staying till the end.

Also being aware of the sounds we make in and near the hall. If shoes, doors, cushions, water bottles, etc, can be handled with awareness and quietness. Please turn off beeping watches or cell phones.

If it feels appropriate experiment with reducing eye contact with others.

Letting go of the need to read or write about our own or other people's experience. Rather opening ourselves to what is right now.

Enjoying the freshness of moments of relative inner silence, such as any time we find ourselves right here in the present moment.