

Silence

To find out what is really going on in our experience, we need to turn off our “personas” and be quiet for a while: no need to please, defend, confirm, get confirmation, seduce, flee, or attack.

Retreats provide an opportunity to relax into deep silence--to rest into the vastness of being, without the need to be somebody.

Enter the silence by:

- * Speaking only with teachers (during interviews and teachings), or with managers (if a practical need arises).
- * Turning off and packing away all cameras and cell phones.
- * Being especially aware of the sounds we make in and near the meditation hall - shoes, doors, cushions, water bottles, etc., can be handled with awareness and quietness.
- * Letting go of reading and writing. Rather we can read this moment, and let life write in this heart.
- * Eliminating physical contact with others during the retreat.
- * Experimenting, if one wishes, with reducing eye contact with others (except during teacher interviews).
- * Enjoying the freshness of moments of relative inner silence.
- * Appreciating how silence allows us to experience the beauty of simple things, as well as an intimacy with oneself and others that is often inaccessible when we speak.

