

Prepare yourself for the Silence Retreat in BALI

When we make room for silence we make room for ourselves ... Silence invites the unknown, the untamed, the wild, the shy, the unfathomable – that which rarely has a chance to surface with us.
(Gunilla Norris, Sharing Silence)



**This retreat is strictly a tech-free offering.
You'll be asked to hand in all devices for safekeeping.**

Final Preparations

When you have just a few days left before your retreat, it's time to begin the final retreat preparations:



The solitude that really counts is the solitude of heart; it is an inner quality or attitude that does not depend on physical isolation... It seems more important than ever to stress that solitude is one of the human capacities that can exist, be maintained and developed in the centre of a big city, in the middle of a large crowd and in the context of a very active and productive life. (Henri Nouwen)

Get clothes and accessories

What should you bring for a Silence Retreat?

Life on the retreat is quite simple, so your packing list can be short. Be sure to bring enough comfortable clothing for the three days, and pack **cozy flip-flops** that are easy to slip on and off.

Since Yogis Garden is in the mountains, don't forget to bring a **jacket and scarf** for the cooler early mornings and evenings.

Beyond clothes and basic hygiene items, you won't need much else. A **watch or alarm clock** is helpful, as while there are clocks in the meditation center, none are in your room. Having your own will make it easier to keep track of time. You're welcome to bring any other personal items that might add to your comfort, but there's no need to overpack.



Prepare for digital detox

You don't want to spend your 3 days of Silence thinking what you should be doing in the outside world. Try to finish any necessary errands and make sure you won't be needed during the course. **Let other people know that you're out of reach for a while.** You want to keep leave as few things as possible hanging.



Don't leave your arrangements for the last minute: start going through your to-do list a few weeks before the start of the course. Keep your calendar almost empty for the last 1-2 days before the retreat, so you have a chance to relax before the course. You may also need the extra time for any surprising tasks and the retreat preparations that might arise.

Go to sleep earlier

The wake-up gong of the Silence retreat rings at 6:15 am. Don't worry too much about it – you'll probably adjust to the schedule in a few days. But if you want to make your first days of the retreat easier, make sure you don't go to sleep and wake up too late on the last days before the course.



It's time to set your mind right.

Stop worrying



Relax. The retreat might be challenging, but it's not completely unbearable. You don't need to worry too much about it.

Commit

A good journey begins with knowing where we are and being willing to go somewhere else. (Richard Rohr)

Check the course dates of your meditation retreat and set a tentative date when you'd like to participate. Having a clear deadline will keep you motivated when you're preparing for a Silence Retreat.

Practicing the basics of meditation can make your retreat much easier. That's why the next tips deal with different aspects of meditation.





Learn the meditation techniques that we will follow during the course

For the first day, you follow your breath. Later you will switch to a body scan technique. If you have the chance, get familiar with both of these techniques before your first silent meditation retreat.

During the breathing exercise, you focus your attention on your nose and the area above your upper lip. Any meditation experience will help you with your course, but to make things easier, you might want to try the technique that we will be practising during the retreat.

Practice sitting meditation

The daily schedule of the 3 days Silence Retreat includes 6 hours of group meditation. The meditation sessions usually last between 60 - 90 minutes. It's very beneficial to get used to longer meditation sittings. Start with shorter meditation sessions (10-20 minutes) and lengthen your practice until you can sit for 30-60 minutes.

If you're afraid that the pain might be too intense, you don't need to worry. You are allowed to move on most of the meditation sessions of the retreat. You can also sit on any position you want and use extra cushions and pillows to help you out. And if you absolutely can't sit on the cushions, you can request a chair to sit on.



Learn not to blame yourself

This might be the most important advice for a Silent retreat. If your mind wanders during the meditation, just gently bring it back. Don't compare your meditation to others and think that you're inferior. You are good enough at your current level.

Observing your mind in a non-judgmental way is one of the key concepts of nearly all meditation techniques. Still, I've heard of many people who've had a hard time during their retreat because they've kept blaming themselves. You can't completely stop your self-blame, but just a little gentleness can go a long way.



See you Soon

May you all experience this ultimate truth. May all people be free from misery. May they enjoy real peace, real harmony, real happiness.

MAY ALL BEINGS BE HAPPY

