

Guidelines for CSE Silent Meditation Retreat

“To dwell in silence is to drink from the holy well to be renewed by the living water of spirit.”

1. Practice meditation every moment throughout the retreat. Maintain your meditative focus during eating, bathing, and coming to and from sessions. Let your mind be utterly present with the activity of the moment. Be aware of your environment, the elements, and your breath. Smile to your Self.
2. Maintain silence throughout the retreat, except in emergencies.
3. Keep your attention and energy focused within, on yourself and your own process. Stay connected to your Self. Do not look around to connect with others. When passing others, you may nod in acknowledgment or greeting as is natural.
4. Do not read or write, except for journaling during contemplative sessions.
5. Do not use a cell phone, iPad, laptop, radio, etc. (*except for the morning and evening online sessions*)
6. Be seated and ready to begin meditation a minimum of five minutes before the scheduled session begins. Following each formal sitting, you may sit longer if you choose. Maintain quiet in the temple, meditation gardens, and all sitting areas, being considerate of others who are meditating.
7. Do not wear perfumes, fragrant soaps, lotions, aftershave, or anything else with an invasive scent.
8. Leave cell phones at home if possible. Do not bring any electronic devices or food to the Center.
9. Do not do anything that attracts attention to yourself or interferes with anyone else’s practice.
10. Attend all sessions.
11. Wear comfortable, stable shoes for outdoor walking meditation. Wear shoes that are easy to take on and off, as shoes will be off in all buildings – including the temple. Wear clean socks.
12. Eat moderately... keeping your attention turned inward.
13. Smile!

NOTE: All sessions are held in the Temple – please be seated and ready 5 minutes before each session

Thursday

9:00 AM Arrival & Check-in
9:55 Opening Session
11:30 Lunch
1:00 PM Afternoon Session & Walking Meditation
3:30 Travel home for dinner & Evening Session
*5:00 Dinner**
6:30 Online Evening Session*

Friday

6:30 AM Online Morning Meditation*
*7:30 Breakfast**
10:00 Morning Session
11:30 Lunch
1:00 PM Afternoon Session & Walking Meditation
3:30 Travel home for dinner & Evening Session
*5:00 Dinner**
6:30 Online Evening Session*

Saturday

6:30 AM Online Morning Meditation*
*7:30 Breakfast**
10:00 Morning Session
11:30 Lunch
1:00 PM Closing Session
3:30 Retreat Concludes

NOTES

- Morning sessions will include time for meditating in the Gardens, Wisdom chapel, Grace meditation hall, and walking the Labyrinth or Radiant Path.
- Afternoon sessions will include walking meditation under the Oak Tree.
- We may have incense on the main altar. If you are sensitive to the fragrance of incense, sit near the door for better ventilation.

**In-person for Overnight Guests. Evening Sessions in Temple. Morning Meditation in Grace Meditation Hall.*