

Guidelines for Silent Meditation Retreat at CSE

“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 unless instructed to do so.
5. Leave cell phones at home if possible. Do not bring any electronic devices or food to the Center.
6. Commuters: do not use a cell phone, computer, radio, etc. *(except for morning and evening online sessions)*
7. 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 silence in the temple, meditation gardens, and all sitting areas, being considerate of others who are meditating.
8. Do not wear perfumes, fragrant soaps, lotions, aftershave, or anything else with an invasive scent.
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. 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 (unless noted otherwise). *Please be seated and ready 5 minutes before each session.*
**Those staying overnight will attend morning and evening meditation sessions in Grace Meditation Hall.*

Thursday

9:00 am Arrival & Check-in
9:55 Opening Session
12:15 pm Lunch (provided)
1:30 Afternoon Session (includes outdoor walking)
4:00 Travel Home & Dinner
6:30 Evening Meditation (ONLINE)*

Friday

6:30 am Morning Meditation (ONLINE)*
8:00 Breakfast & Travel to CSE (on your own)
10:00 Morning Session
12:15 pm Lunch (provided)
1:30 Afternoon Session (includes outdoor walking)
4:00 Travel Home & Dinner
6:30 Evening Meditation (ONLINE)*

Saturday

6:30 am Morning Meditation (ONLINE)*
8:00 Breakfast & Travel to CSE (on your own)
10:00 Morning Session
12:15 pm Lunch (provided)
1:30 pm Closing Session
3:30 Retreat Concludes

NOTES

- Some sessions will include time for meditating in the Gardens, Krishna chapel, Dakshinamurti temple, outdoor Shiva temple, and walking the Labyrinth or Radiant Path.
- Afternoon sessions will include walking Tai Chi in silence.
- The afternoon session includes time for extended sitting in the temple, walking meditation in the gardens, or tea break.