The Practice of Noble Silence

The practice of noble silence is encouraged: after the retreat begins on the first day per the teacher's instruction and until it ends on the last day. Please support the silence in the cabins, in the meditation hall, and during your yogi job as well.

In the silence, we are freed the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.

By observing outer silence and renouncing our usual habits of conversation, we provide a support for the cultivation of a deep inner silence. A silent environment encourages each participant to engage the immediacy of his or her experience in the present moment on deeper and more subtle levels than is normally possible.

Occasionally matters arise that need to be addressed through appropriate and skillful communication. Essential communication is done through notes on the message board in meditation hall. The retreat manager and teacher are committed to supporting your practice and will gladly respond to your needs with action and/or a note back. To support the integrity of your own retreat experience, however, we will ask that you keep notes to a minimum. Please address notes only to the retreat manager or the teacher, respecting the deep silence of the other participants.

There are a few exceptions to the silence. Verbal communication may be required to do your yogi job. There will be daily Dharma talks and meditation instructions offered by the teacher(s), as well as opportunities to engage verbally during Q&A periods and during private practice discussions with the teacher(s).