

GUIDE LINES FOR THE INTO THE SILENCE, STILLNESS AND TRANSPARENCY WORKSHOP

SILENCE WORKSHOP: GENERAL GUIDE LINES

The following guidelines are designed to assist you to go as deeply or as high as you can into your own process. These *general guide lines* apply both when you are inside and outside meditation sessions. They can help you to release yourself from your reliance on external supports and to remove many your ways of distracting yourself from your own deeper processes. These guidelines support the primary orientation of the workshop. How *successful* you and others are depends on your adhering to them, so we ask that you respect and follow them for everyone's sake.

1. At all times, concentrate on entering your own process, on living what you are experiencing.
2. Everyone is to maintain the silence with the exception of *the talk sessions* each day (and the exceptions given in the Meditation Guidelines on the separate sheet). The silence starts on the first day and finishes on the last. This means 24 hours a day, too, except on the first and last days, and for the final meditation session each afternoon.
3. Avoid social contact with others as much as possible. This means no talking, no non-verbal communication, minimal eye contact etc. At meals and perhaps in other situations you may need to signal others at times; but keep this to a minimum. Only use physical signals and make them brief.
4. Avoid physical contact with others. Couples will sleep separately in different rooms. (This was suggested by previous couples who found it too difficult to keep the rules when they were together alone.)
5. Everyone needs to remember that the aim is inner attentiveness. This is promoted by the silence and reduced external interaction throughout the six days. Whispering in your rooms or anywhere else is outside the guide lines and disruptive to others.
6. No contact is allowed with the staff. To communicate with them, you need to do it through Ken or Elizabeth. Except in an emergency, only do this at *the talk sessions*. At night, you may approach David or Mark if you have an emergency.
7. No incoming or outgoing telephone calls, or other means of communication with the world outside the workshop are allowed. This includes mobile phone calls to family, to work colleagues or to any other people (even during walks around or off the property). Mobile phones will be collected at the beginning of the workshop and returned at the end.

8. If anyone outside the workshop needs you to deal with an emergency, get your them to contact Trigonos on 44 (0)1286 882388. Telephone calls and messages left on this number will only be taken or cleared between 8.00am and 6.00pm daily. Mobile phones do not work reliably in this areas as it is fairly remote. The staff will pass a message to Ken or Elizabeth and they will pass them on to you immediately they get them. (If you haven't already made this arrangement for emergency contact, you need to do so before the beginning of the second session on the first morning.)
9. You can use the last session of each afternoon to ask questions and to raise issues related to administration and your meditative practice. Save everything you wish to discuss until then.
10. Ken and Elizabeth will monitor what is going on, and if you need urgently to talk about something, then approach them. If this is outside *the talk sessions*, then make sure it is important, because you will be disturbing of their processes and the process of the whole group. So only do this if you realistically cannot wait for *the talk session*. At the same time, please use common sense as you make your decision, we don't want anyone put at risk in any way.
11. Most instructions will be written on the white board. When he rings the bell, look at the white board for what to do next.
12. Each session will begin and end with a bell. This is to free you to stay in your own process without keeping track of the time.

SILENCE WORKSHOP: MEDITATION SESSION GUIDE LINES

The *general guide lines* also apply to your meditation times. Remember that the goal is for you to experience your process continually so you can go more and more deeply into you. Specific guidelines for meditation are as follows:

1. You are expected to participate in all sessions by attending physically. Punctuality is important, so arrive with enough time to sit in readiness before the starting time.
2. Stay with your own process throughout what you do.
3. Use any apparent distractions to take you further into you.
4. You can sit, stand, move your body *on the spot*, or move around the room. Ensure that whatever you do leaves others free to continue with their process. During the sessions inside the building, stay in the meditation room. At least one session a day involves meditating outside, so you will have the opportunity to go outside.
5. Always stay upright in some way as you meditate. Lying down is not helpful. The purpose of the meditation sessions is to face experiences, not to sleep or doze your way through them.
6. If you have been stationary for a considerable time, move yourself deliberately. If you have been moving a lot, stay still for a while.
7. Do your best to stay silent. This is a matter of judgement, however, because there are times when you may need to make sound. The way to do it is to allow your experience to build in silence without your suppressing what you are experiencing, then when it reaches a peak, if it needs to come out as sound, it will do so naturally.
8. Ken and Elizabeth may indicate that you need to move, not move, make sound, keep quiet, or something else. When he does, follow his suggestions. What they say is designed to help you go more deeply into you.
9. The meditative theme for the next day will be discussed during the last session of the afternoon. You will be given written instructions then for the next day. These themes are designed to give you an underlying orientation in what you do during the following day. They are not designed to restrict you. Use them as a springboard in what you do, something from which you take off.
10. Keep notes in your notebooks: your meditative experiences, insights, changes you have observed, questions – anything that is of interest to you. It is recommended that you use your notebooks every day.