

# INTO SILENCE, STILLNESS AND TRANSPARENCY

## 2017 GENERAL GUIDELINES

The following guidelines are designed to assist you to align as fully as you can with your process – and your inner core. These *general guidelines* apply when you are engaged in sessions both inside and outside the building. They can help you to release yourself from your reliance on external supports and to remove many of your ways of distracting yourself from your deeper processes. The guidelines aim to help you to keep the primary orientation of the workshop. Your and others' *success* depends on your adhering to them, so we ask that you respect and follow these guidelines for everyone's sake.

1. At all times, concentrate on entering your process, and on living what you are experiencing.
2. Talking is only acceptable during the *talk-sessions* at the end of each afternoon and during the *chanting sessions* each evening.
3. With the exceptions just mentioned above, "the silence" starts on the first day, and continues for 24 hours a day until it finishes on the last day. The first and last days are exceptions due to the necessity to brief everyone on the first and debrief them on the last. *Obviously, if there is an emergency you will need to talk!*
4. Avoid social contact with others. This means no talking, no non-verbal communication, minimal eye contact, etc. At meals and perhaps at other times you may need to signal to others, but keep this to a minimum. Only use physical signals and make them brief.
5. Avoid physical contact with others. Couples will sleep separately. (Previous couples who found it too difficult to keep the rules when sharing a bedroom suggested this restriction.)
6. Everyone needs to remember that the aim is inner attentiveness. The silence and the reduced external interaction throughout the seven days promote this attentiveness. Whispering in your rooms or anywhere else is outside the guidelines and disruptive to others. Please note this: if you interact with others, except in emergencies, you are interfering with both your own and other people's process.
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, SMS messages, or emails to family, work colleagues or any other people (even during walks around or off the property). We will collect all mobile phones, and all other electronic devices at the beginning of the workshop and return yours to you at the end.
8. If anyone outside the workshop needs you to deal with an emergency, get them to contact you: **In Australia** using the Manawa telephone number: *Ringing from inside Australia:* 0413 046 785. *Ringing from outside Australia:* + 61 413 046 785. **In UK** using the Trigonos Office telephone number: *Ringing from inside UK:* 01286 882388 *Ringing from outside UK* +44 1286 882388
9. You can use the last session of each afternoon to ask questions about administrative issues or your meditative practice. Save everything you wish to discuss until then.
10. Also, the leader 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 the issue is important,

because you will be disturbing their processes and the process of the whole group. To repeat: 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 to be put at risk in any way.*

11. Each session will begin and end with ringing a bell or sounding a gong. This will free you to stay in your process without your having to keep track of the time.
12. We will write most instructions on the white board. When the bell rings / the gong sounds, look at the whiteboard for what to do next.
13. Savour, relish, enjoy, and delight in the process!