

# Renunciation and simplicity

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Retreats offer a sacred space, protected and removed from the world, intended to allow participants to quiet the mind and open the heart. Some of the most beneficial and rewarding experiences of spiritual life come from attending meditation retreat during which there are periods of silence. The safety and container of a retreat help participants learn to embody patience, steadiness, loving kindness, generosity, and wisdom. Out of this grows the insight, compassion, and freedom that are natural to the heart.

When attending the retreat we ask that you arrive with a spirit of renunciation and simplicity. To foster this spirit of simplicity and letting go, we ask retreatants to undertake the following traditional practices:

1. Noble Silence - In fostering an atmosphere of contemplation, retreatants will commit to the general practice of Noble Silence for extended periods during the retreat. There will be some talking during the group discussions and individual sessions with the teacher.
2. Taking Any Residence - Traditionally in a meditation retreat setting, one takes whatever room is offered. We ask participants to take the accommodation assigned and practice mindfulness with whatever situation they find themselves in.
3. Taking the Food that is Offered - Well-balanced meals are lovingly prepared. Except for serious medical needs, the retreat practice is to take the food that is offered.

By coming to a retreat, you join in undertaking these practices of renunciation and simplicity. We deeply value the benefits of meditation and retreat, and we are happy to share them with you.

We thank you for your participation and your sincerity.