



**Take advantage of extra hours on campus !  
Extend your retreat to the max !**

*In the quiet we open to the peace that is all around us and in our hearts.*

Days in the silence allow us to receive peace and quiet. Silence is our opportunity to go deeply in meditation, the present moment. The simplicity of just being touches the sacred inside of us. These are precious days free from our daily story and all that we are doing. In the quiet we open to this inner place of love and beauty that is always present but mostly covered up by busy-ness. Silence allows everyone the opportunity to stay with their own thoughts, their inner experience.

The gift of silence is having nothing to do, nothing to say, having time to enjoy solitude, gentleness, and a quiet mind.

*The vastness of our inner being is the landscape of our heart.*

A few days of simple peace and we feel new again, more in touch with our essence. The silence is the doorway into our own spirituality, truth, wisdom.

When we are not busy talking, our mind takes a rest. Our heart becomes more available. The silence outside helps us to find the still place inside. This is our silent retreat, the vast quietude of the heart. A few days of simple peace and we feel new again, more in touch with our essence. A silent retreat cultivates inner silence. It is an opportunity to train our awareness to be more heartfully present in every part of daily life. The quiet found in the heart is an ongoing gift for your own peace of mind and one you will carry with you to all your relationships.

*A retreat is a time to practice beingness.*

As we open to silence we become aware of effortless being. Opening to silence is the path of non-doing or softening the mind and allowing it to rest in the spiritual heart. Here we have come home, where there is nothing to do and everything to receive.

- Our daily program of silence, meditation and non-doing will include the inner steps that guide the active mind to rest in the heart.
- Everyone is welcome. We are open to guests of all backgrounds. Whether we are a beginner or meditating for years, we are all beginners when we come to the present moment. A silent retreat is non-dogmatic.
- Our retreats are considered residential retreats. This means all retreat activities will occur on the exquisite 45-acre grounds of the Pacifica Campus. Oak tree forests, meditation gardens and beautiful walks in nature abound.
- Campus administration will greet you and provide you with your onsite lodging. Pacifica also offers delicious daily meals by Seasons Catering. Silent Stay Meditation Center will offer our program in the Barrett Hall Sanctuary.

## FIRST DAY:

**You can arrive on campus as early as 8:30 am.** There is a health check in at the Admin building. Put your phone back in your car after the health check. **We highly recommend arriving by 1:00 or 2:00 pm to become oriented to the beauty of the land, meditation spaces, the flow of accommodations, unpack, and settle into your retreat.** Arrival latest by 3:00 pm as everyone attends 4:00 pm Orientation. It takes time to check in as other guests are also arriving.

3:00 pm Barrett Hall Sanctuary opens for silent sitting and meditation

4:00 pm Orientation

5:30 pm Dinner

7:00 pm Evening Meditation

## EACH FULL DAY:

7:30 – 8:30 Breakfast in Silence

8:30 Silent Sitting in Sanctuary 30 minutes

9am Morning Meditation in Sanctuary 40 minutes

10:00 Non-Doing Period\*

12:00 Lunch in Silence

3:00 pm **Heartfulness** insight meditation; cultivating effortless being in Sanctuary 60 minutes

4-5:30 pm Non-doing Period\*

5:30 pm Dinner in Silence

7:00 pm Evening Meditation in Sanctuary 40 minutes



**\*A Non-Doing period may include:** Non-doing is the ancient daoist practice of wu wei. During your non-doing periods you rest awareness in; reflection, walking meditation, the present moment, contemplation, journaling, sitting meditating, guilt free nap, being with nature, listening to silence, being present without the need for entertainment, being gentle with yourself, bathing in the softness of your heart & retreat experience.

**LAST DAY:** Ends after morning meditation 10:00 am plus time for questions for answers (as desired) to 10:45. 11:00 am check out of your room. Last meal served is breakfast. **However you are allowed on campus until 5pm.**