

The Naked Voice

Guidance for your Silent Retreat

The focus of this two day retreat is to become inwardly calm and to really enjoy being alone with yourself. You are encouraged to spend this retreat on your own, however, please ensure that if you are accompanied by a friend, that you agree not to speak from the beginning to the end. If it is valuable for you at the beginning of the day and at the end before sleeping, take half an hour to sound the 'Aum'. If you don't have a drone instrument, you may consider using the drone 'Eternal A' CD.

It is okay to make a journal of the experience, but I advise you not to read books, answer the telephone or attend to any daily administrative business (if you are at home). Make sure that you have all provisions on board before you begin and kindly stay at base apart from going on nourishing walks if that is possible, or any other healing exercise such as practising Masashi's movements.

Ask yourself at the beginning of the day, "How effortless can I be today?" and at the end of the day "How effortless was my day?" Don't judge what happened, just accept and re-affirm your commitment to witnessing your self without judgement.

Meditation on the breath is also an invaluable means of centering down.

Please let Tim Chalice the office know when your silent retreat dates are, so we can be thinking of you and supporting you from afar.

Love and light
Chloe

Founder: Chloë Goodchild

The Naked Voice: The Old Co-op, 38 Chelsea Rd, Bristol BS5 6AF
t: 0117 9548006 e: now@thenakedvoice.com www.thenakedvoice.com