

Desert Creek House

Intensive meditation program

You can join us in a day of intense silence. In order to know each other a little, and to feel more at ease on Saturday, we meet already on Friday evening and share a meal together before going into silence and having our first meditation.

The sitting meditations last between 30 and 60 min, with 5 min. walking meditation between two sessions. Those who are used to longer sittings may stay seated for two continuous periods. Those who want to skip a sitting need to let us know beforehand.

Saturday at 11-12am there is a period of *lectio divina* of a text from various traditions. We read it and then share a few impressions. In a spirit of silence there is no discussion but only an offering of a few insights.

We remain in silence from the Friday evening after the meal to the Sunday morning before breakfast. Silence is not an interdiction to speak; it is rather a space of inner freedom when one does not need to relate to the other. We share our meals in silence too, except the first evening meal and the last breakfast.

Every participant brings his/her sheets and his/her cushion or bench for sitting, as well as some food for sharing.

**Please ring us (Yves and Ursula de Morsier - 02 6492 8498) before coming, in order to enrol and to organise the practical details (transport and food).
We will be happy to share this time of silence with you.**

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Timetable of the meditation program: see at the back

Timetable of the meditation program

SM = sitting meditation / WM = walking meditation

Time	Activity
Friday	
17.00	Introduction to meditation (position, breathing, exercises, etc), only for the ones who wish it. (please tell us beforehand if you want to take part in this introduction)
18.00	Welcome for all participants
18.30	Evening meal - meeting each other - sharing
19.30	Cleaning up after meal
20.00	Beginning of silence
20.00	Meditation (1 x 50 min. SM)
20.50	Piece of music / Evening Call
Saturday	
06.00	Get up
06.30	Meditation (2 x 40 min. SM with 5 min. WM)
07.55	Reading of the day
08.15	Breakfast
08.45	Cleaning up after breakfast
09.30	Sitting meditation (1 x 30 min. SM)
10.00	Walking meditation on the veranda, around the house (1 x 30 min. WM)
10.30	Coffee
11.00	Reading of a sacred text / "Meditative" sharing
12.00	Meditation (1 x 10 min. SM)
12.30	Lunch
13.00	Cleaning up after lunch
14.30	Possibility to have a short exchange with Ursula or Yves about your practice in meditation. (Please ask Ursula or Yves before lunch)
15.00	Meditation (1 x 50 min. SM)
15.50	Coffee
16.30	Sitting meditation (1 x 30 min. SM)
17.00	Walking meditation on the veranda, around the house (1 x 30 min. WM)
18.30	Evening meal
19.00	Cleaning up after meal
20.00	Meditation (1 x 50 min. SM)
20.50	Piece of music / Evening Call
Sunday	
06.00	Get up
06.30	Meditation (2 x 40 min. SM with 5 min. WM)
07.55	Reading of the day
08.00	End of silence
08.00	Breakfast and sharing
08.45	Cleaning up after breakfast
09.00	Farewell
09.00	Possibility to stay longer and give a hand for the maintenance of the place (repair, cleaning, garden, etc)