

DAILY PROGRAM

Desert Creek House is a community based place where each one takes co-responsibility for the functioning and upkeep of the place (meals, cleaning, etc.).

At Desert Creek House we try to follow a daily strict regular program, because it seems to be the only way to keep a minimum of discipline for regular contemplation.

People who stay at Desert Creek House are kindly invited to join into these times of regular prayer or silent meditation, but everybody remains of course free to participate or not.

People who would like to discover the richness of silence are welcome even if they have no previous practice. No skills are required.

Participation of all helps each one to deepen spiritual life.

To be honest, the following schedule serves more as an inspiring guide than a rigid constraint in our daily practice.

We apply it with flexibility, according to our state of mind and available energy, trying to find the right balance between discipline and adaptability.

Winter time May - July	Summer 1 Aug - Sept	Summer DST Oct-March	Summer 3 April	Activity
Morning				
06.30	06.00			Get Up
06.50	06.20			Yoga / exercises
07.20	06.50			Text reading and silent meditation
08.00	07.30			Breakfast and cleaning up
09.00	08.30			Work: garden, land, construction, maintenance
12.00 or 12.30	12.00 or 12.30			Lunch preparation (1 person)
13.00	13.00			Lunch and cleaning up
Afternoon				
13.45	13.45			Reading / Siesta
14.30	14.30			Work continuation or personal study
16.00	16.30			Personal study
17.00 or 17.30	18.00 or 18.30			Evening meal preparation (1 person)
18.00	19.00			Evening meditation
Evening				
18.30	19.30			Evening meal and cleaning up
19.30	20.30			Evening free
22.00	22.00			Evening chant and bedtime