

Casa della Pace

A Self-exploration Retreat through Silence and Meditative Dialogues

September 9th - 15th 2019

Leisure implies a mind which is not occupied. It is only then that there is a state of learning... We are so occupied with our livelihood that it takes all the energy of the mechanism of thought, so that we are exhausted at the end of the day and need to be stimulated... Human beings have created a society which demands all their time, all their energies, all their life. There is no leisure to learn and so their life becomes mechanical, almost meaningless. So we must be very clear in the understanding of the word leisure - a time, a period, when the mind is not occupied with anything whatsoever. It is the time of observation. It is only the unoccupied mind which can observe. A free observation is the movement of learning. This frees the mind from being mechanical.

- J. Krishnamurti in *Letters to the Schools*

Introduction: This retreat offers a space of silence, a calm environment, serenity and closeness to nature, where it is possible to meet depth and beauty in perception of things and clarity in the vision of life; it offers a ground and not an aim to be reached. A pause from words, from intellectual or mental exercises, from reading and from all activities that take us away from the present moment. Certain periods of the day will be used for reflection and dialogue, sharing, our inquiries, experiences and questions. Much of the time will be dedicated to observation of nature around us and of the inner flow of thoughts, emotions and sensations. This becomes, during the retreat, our natural activity. A six-day retreat gives us the necessary time, space and leisure to reflect, to meditate and to rest deeply with oneself, it provides the necessary space to remain with real questions of one's life and therefore inquire more intimately.

In few words, the proposal is to live mostly in silence, with periods where we are alone and others where we are together, sitting, eating and walking in silence and about two hours daily of dialogues and reflections. We will be avoiding mobile phones, computers and reading. During our dialogues, we would be open to take up any existential question from any of the participants and work together as friends and co-travelers.

Logistics: The retreat will start with dinner on Monday, September 9th; it will end with lunch on Sunday, September 15th. The total cost will be 400 Euros. Single rooms will be available depending on number of participants and personal needs. Meals are vegetarian only with prevalence of local and organic foods

Location: Casa Della Pace is located in northern Umbria, in central Italy, immersed in woods and hills, far from human settlements.

Facilitators: Mukesh Gupta and Santi Borgni are going to facilitate this retreat. Mukesh comes from Varanasi, India where he is the coordinator of the Krishnamurti Study and Retreat Center. He has been engaging with the teachings of J. Krishnamurti, Buddha and other teachers for more than two decades and conducting residential retreats, study programs and dialogues in India, Europe and Israel. Santi has been proposing dialogues and silent retreats for more than fifteen years in Casa della Pace, inspired by the work of J. Krishnamurti. Dialogues will be translated from English into Italian and vice versa.

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