

CASA DELLA PACE

March 24th – 27th 2022

Silent Retreat

Awareness

“Questioner: You are saying things that seem true, that sound true, but I'm not there yet. Can you put it differently? Can you push me out of my trap?”

Krishnamurti: Nobody can push you out of your trap - no guru, no drug, no mantra, nobody, including myself - nobody, especially myself. All that you have to do is to be aware from the beginning to the end, not become inattentive in the middle of it. This new quality of awareness is attention, and in this attention there is no frontier made by the "me". This attention is the highest form of virtue, therefore it is love. It is supreme intelligence, and there cannot be attention if you are not sensitive to the structure and the nature of these man-made traps.”

” (J.Krishnamurti, The Urgency of Change, chapter 1)

During this retreat we will explore what is meant by awareness. It is a well-known word, its meaning seems clear, but exploring what is indicated in us by the word can reveal new possibilities. Krishnamurti speaks of it in a surprising way: it is the highest form of virtue, it is supreme intelligence, he says. We will explore this not only conceptually but also concretely as the days unfold slowly and quietly.

With calm and attention, we will approach these statements, what they indicate, exploring their implications, without asserting new or old dogmas, without seeking conclusions, but rather freely examining, within ourselves and through sharing, that 'bottom of the soul' where in silence lives what is human in essence, and is, therefore, spirit.

The retreat is organised in such a way as to provide a very simple dimension, where no non-essential activity is proposed. The days are spent in complete silence apart from the meditative dialogues in the morning and evening. These dialogues are meant to think together, free from pressures of any kind; they will deepen the theme of awareness and living starting with short readings by J. Krishnamurti.

The programme of the days, in addition to the dialogues and the sharing of meals, includes moments of silence and walks in nature.

The retreat begins with dinner on Thursday 24 March and ends with lunch on Sunday 27. The total cost is 210 euros.

The facilitator of the retreat is Santi Borgni. For twenty years he has been offering and facilitating retreats inspired by J. Krishnamurti based on dialogue and silence.

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