



ENTERING INTO RETREAT

I become aware of the me I am bringing into this retreat where I am at this point in my *life*?

Am I coming into this retreat with worries and concerns?

Am I in a good space?

Am I tired or refreshed and full of life?

What do I hope for from this retreat?

It is good to start a retreat very slowly. Going into retreat is a change, of tempo, a slowing down. Don't be surprised if your tiredness catches up with you and you feel tired and sleepy and you fall asleep when you try to meditate; that is normal and is the body reacting to this change of tempo and a release from the stress of daily life.

Don't expect too much of yourself

- For the first day give yourself an easy timetable; including two or three periods of meditation: these could be quite short.
- Include periods of rest.
- Get plenty of exercise.
- Deliberately slow down; spend more time on everything you do.
- Relax; quite consciously, take longer breaths, walk more slowly, do things more gently, stillness takes a little time. Simply wait. Meanwhile....

Become aware of everything around you:

- the sounds
- the patterns of light
- the feel of things, their roughness and smoothness
- the scents and aromas carried through the air~ warmth and coolness
- Take trouble to notice even the taste and texture of your food.
- Feel and smell the flowers the leaves and the countryside.
- Through the beauty of creation you will become more aware of the spiritual side of yourself.

Ask for your senses to be opened, open them wide, that you may learn to listen to what is deepest.

BIBLE - SCRIPTURE TEXTS

At the most, choose ONE to reflect on and pray about until tomorrow.

Luke 18:1-8 A parable about the need to pray continually and not lose heart.

Luke 11:1-13 Ask and you will receive, seek and you will find.

Psalms 138 (139) Thank you for the wonder of my being.

Isaiah 55:1-11 Listen and your soul will live.

Isaiah 49:1-16 I was thinking, 'I have toiled in vain, I have exhausted myself for nothing.'