



# Guidelines for Participation

To support the depth, sincerity, and clarity of the retreat space, we offer the following guidelines:

## 1. Digital Detox

Phones must be turned off or switched to airplane mode for the duration of the retreat. This helps protect the shared silence and encourages deeper inner connection.

## 2. Observing Silence

Designated silent periods will be observed. Please refrain from unnecessary talking, especially between sessions and during meals, unless otherwise guided.

## 3. Come As You Are

There is no need to perform, perfect, or prepare. Just bring your sincerity. You are not expected to be anyone other than who you are.

## 4. Speak from Direct Experience

When participating in group reflections or dialogues, we encourage you to speak from what is true and alive for you in the moment — not from theory, memory, or conceptual knowledge.

## 5. Respect the Space

Move gently. Dress comfortably. Be mindful of shared environments. Help hold the quiet and contemplative atmosphere.

## 6. Journal Privately

Use your reflection journal to explore what arises within you. Journaling is encouraged during designated times, but we request that note-taking be avoided during Satsang's unless clearly invited.

## 7. Let Questions Arise Naturally

Allow questions to come from stillness, not from habit. If a question feels alive, hold it gently. When the time is right, it may find its voice or dissolve on its own.

These guidelines are not rules - they are invitations. Each one exists to protect the simplicity and sacredness of your own direct insight.

Thank you for honoring this space.