



# Reflection Journal

## The Three-Fold Path Retreat

April 26–27, 2025



# Introduction

This is your space. Let these pages hold what arises — your insights, your questions, your stillness. There is no right way to reflect. Simply write what feels sincere. Let your pen move in silence.





1. What brings me to this retreat?  
(What longing or curiosity brought you here?)
  
2. What question am I carrying?  
(If there is a spiritual or personal question alive in you, write it here. Don't force it. Let it come.)
  
3. What does “I AM” mean to me — not as a concept, but as a felt truth?
  
4. In what moments do I feel most simple and still?
  
5. What am I ready to see clearly — without resistance?



“Stillness is not the absence of activity. It is the  
absence of resistance.”  
— Sri Ashish



“Right Understanding is not knowledge. It is the  
dissolution of the knower.”  
— Sri Ashish



“Right Practice is not about effort or control; it  
is the quiet resting in awareness, allowing truth  
to reveal itself.”  
— Sri Ashish



# Looking Ahead

1. As the retreat concludes, what will you carry forward?
2. What feels different, clear, or real in you now?
3. How might you honor this remembrance in the simple flow of your life?



Thank you for your presence.

This journal is yours — take it into your life. Let it hold your silence, your return, your becoming still again.

The NDP Foundation