

# Can the mind be ever silent?

## An Intensive Week of Self-inquiry and Meditative Dialogues (In English and French)

26 October - 1st November 2020 at Beaumont la Ferrière, France



*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 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.*

*J.Krishnamurti Letters To The Schools*

### **Introduction :**

**Can the mind be ever in silence? Can its never-ending chattering ever stop? Is it a compulsive disorder of the mind? Whatever one does to stop the chattering of the mind it continues with greater force. Suppressing and forcing the mind in another direction is putting a lid on a burning problem of our daily life. As soon as an activity in which I keep myself busy is over, I am again faced with a deep sense of emptiness or void. Why do I become so addictive to keeping myself busy all the time - even when it may not be necessary at all? When there is no space, no leisure, no silence inside, fear, anxiety, stress, burn-out, pursuit of pleasure at any cost and self-centredness attitude become the dominant factors of our daily life. The problems of relationships, aggression, violence, suffering and psychosomatic diseases are connected with this deep restlessness of the mind.**

**In this retreat we are going to explore some of the most fundamental questions of our daily existence. :**

- \* Can the mind be ever peaceful and quiet?**
- \* Can the mind learn to have a deep rest and leisure?**
- \* Can we live together in peace without conflict?**
- \* Is there a creative way of living with lightness, freedom and joy in the heart?**
- \* Can the mind stop struggling to become something all the time and rest in *being*?**
- \* Is there a possibility of flowering of love, kindness and compassion in our daily life?**

In this week-long retreat, set in a quiet beautiful French village, we are going to explore as friends and co-travellers such fundamental questions of our day to day life in a relaxed, meditative and affectionate atmosphere. The daily schedule will include short introductory talks, meditative dialogues, silent observation and listening, long walks in nature and meditation. The primary intention is that our entire

day becomes a meditative process by taking a complete break and allow our minds and hearts to deeply rest, breathe, rejuvenate and open up for the unknown...

**Facilitator:** Mukesh has been exploring the fundamental questions of life as well as the teachings of J. Krishnamurti for more than two and a half decades. He is an international speaker and regularly facilitates self-enquiry retreats, workshops and dialogues in India, Europe, Israel, US, Canada and wherever he is invited. He has conducted over hundred retreats and seminars in different parts of the world during the past one decade. He sees that a deep non-authoritarian meditative process of self-inquiry, based on love, listening and looking from a silent state of mind and heart, is essential to establish peace, harmony and compassion in one's daily existence and society. His website : <https://schoolforselfinquiry.simdif.com>

**Day Schedule** (with flexibility on daily basis, according to the need and the dynamics of the group) :

- 8.30: Breakfast
- 9.30 to 12.30 : Introductory talks, silent sitting and dialogue/inquiry session
- 13.00 to 15.00 : Lunch in silence and rest/free time
- 15 to 16: Video
- 16.30 to 17.30 : Walk in nature
- 18 to 19.30 : Meditative dialogue
- 19.45 : Dinner

We will take the utmost care to observe the current imposed sanitary precautions



**Venue :** Centre Beaumont-ACK, , Le Bourg, 58700, Beaumont -la-Ferrière, France

**Arrival:** First meeting and introduction on Monday, 26 October after dinner

**Departure :** Sunday 1st November, after lunch

**Charges for the seminar :**

**Accommodation :** 6 days at 25€ = 150€ to be paid before 20 October to : Association Champ de la Fontaine, 58700

Beaumont-la Ferrière , codes IBAN : FR 76 1480 6580 0070 0688 4213 426 - BIC : AGRIFRPP848 with the mention : "Pour Luc, séjour Mukesh".

**Meals (breakfast, lunch and dinner) per day:** 30€ to be paid cash on the spot to the cook.

**For Mukesh's expenses (travels, meals and accommodation) :** 15€ per day to be paid cash on the spot to Luc

**A box for donations will be placed in the house if anyone feels inclined to support the work of Mukesh.**

(Seats are limited, particularly on account of the sanitary situation, and registration will be done on "first-cum-first-served" basis.)

**For details and reservation contact:** Luc Vanderwinkel,

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*I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds..."*

*- J. Krishnamurti*

