



StillPoint Silent Retreats

A Sacred Silent Space Within Which The Soul Unites With Its Source

Silence (our meditation) is the transcendent Presence of God within creation and within our selves. Pure Knowledge (the talks on spirituality) is the container in which we can hold the Silence as we go about our daily life. It is a magnificent experience, that taste of Bliss, but like milking the cow, without a container to bring the Bliss back to your home in the outer world, the milking is wasted. That's why the "Silent Retreat" is based on ancient eastern and western monastic models that have proven themselves for millennia. We like to say that on the spiritual journey, that like a bird, we are propelled forward and are balanced by two wings: the **inner experience (Silence)** and the **intellectual framework (Pure Knowledge)** to incorporate that experience into the rest of our lives.

People from time to time say that they want to just meditate in Silence for the entire weekend. That, I know, is pure Bliss, but it is a much deeper balance that we strive for. Pure Knowledge can be both a blessing and a source of purification. Pure knowledge can, does and will challenge dearly held beliefs and opinions about the nature of man, God, Life and Love, e.g. are we really in control, and love is much greater than affection. "Unstressing" is the effect of removing obstacles to our spiritual realization and can be experienced physically, mentally and emotionally. It can be somewhat uncomfortable¹, but it is necessary to make room for the Light. As the darkness and ignorance depart, Pure Knowledge takes its place. Inner Silence cannot give an outer structure and the outer structure, Pure Knowledge, cannot give the Inner Silence. Like all aspects in duality, it takes the seeming "opposites" to make a whole. They work together like male and female to produce New Life, as well as Realization within us and the world around us.

¹ One of the best and funniest examples of unstressing is that of a cat throwing up a fur ball. Lots of gyrations and noise and then whup, whup, whup, whuuup – and up comes a big obstacle to the cat's digestion.

The retreats have evolved a great deal over the last twenty years. The Silence is deeper and the Teachings are richer. In fact, it has taken us all of this time to get to the true understanding of Love because that understanding needs a solid foundation of Silence to be meaningful and useful in day-to-day life. Spirituality's true test is: "Is it practical? Does this experience or teaching make a difference in my life?" No, it's not that we are slow, but we have to carefully nurture and cultivate the fields to be ready for harvest.

The "Atmosphere" of the Silent retreat is very powerful. In the Transcendent Silence, space and time are different. **The attentive mind succumbs to the depths and fullness of the Soul.** There can be *simultaneously*, great purification, illumination and Divine Communion. The body can be exhausted, aggravated and not even present. The mind and emotions can be irritable, confused and dissolved into *profound forgetting, deep understanding and unbounded Bliss.* God has a different plan for each of us at the retreats. And at different times and in different ways, we will experience His Presence as Purification, Illumination and Union.

I am not the Teacher, rather a communicator, a tutor. All great Truth has already been given to us. We simply put it in a format that people of the 21st century can more easily relate to, using audio, visual, and scientific metaphors. Many of us have our own Teacher, yet all True Teachers are our teachers, insofar as we teach mystical spirituality, which is the basic foundational truth of all True Teachers' spirituality and religion. And the three primary understandings of mysticism are the exact same in Judaism, Christianity, Sufi Islam, Hinduism, Buddhism and Taoism.

"There is only One."

"The Kingdom of Heaven (Ultimate Reality) is within and it is the state in which all desire is fulfilled bringing man to his highest potential."

And "Love God first (become One with Him) and, as this Love is revealed in our being, we express it to others." These are the essential teachings of all the great masters of consciousness.²

² Consciousness is the degree to which the Silence – Divinity flows through us.

What is different between the Jew, the Christian, the Sufi and the Hindu is not the core teaching but the differences of time, culture, language, and the points of reference from which the teachings are transmitted. The core of all True Religion is the exact same.

Today we have an incredibly strong core group whose Silence, Love and Commitment, form the magnificent container in which the various Saints and sages of all traditions join us at each retreat in the Witnessing of Him in, through, and as all things. This seeing “all as Him” is the true meaning of Loving God and Giving our life to God. This is the realization of the Self, the one Being from which all creation emerges.

Thank you for being Him - as you!

The staff and I are deeply honored to both bring you these retreats and to participate with you in His Divine Loving Plan.

May He give you exactly what you need this retreat.

My Love and His Peace,

Jerry