

Moon Days of Silence

(And Qi Gong training - see end of sheet for info)

The moon days are the full, new and half moon days according to the Buddhist way of calculating these dates. These dates will be the same as or one day different from the astronomical moon days that appear on most calendars. As long as I am in town on a moon day, I will host a day of silence in my home. So this could potentially happen once a week. I am open to considering a volunteer host for those days when I am out of town. Please contact me if you are interested in hosting. Hosts would have to be present for the entire day.

The Day of Silence will run from 10 am until 5 pm. You are welcome to come for the entire time or for part of the day. The day will consist of alternating sitting and walking meditation with a silent lunch in the middle and an opportunity to share for the last 15 minutes of the day. I have decided to not have a schedule. This means each person can decide what is best for them at the moment.....to sit or to walk. As Ajahn Brahm says, there will be Noble Silence i.e. no bells silence!

Some people may wish to sit for 2-3 hours to develop the conditions to enter a jhana state. Those who wish to sit for shorter amounts of time please feel free to do walking meditation, inside or outside. If inside, please do so quietly, downstairs, so as not to disturb those who are sitting.

For sitting meditations, the regular meditation room upstairs can be used. Also, the downstairs sunroom is a very nice place to sit. When you arrive, please just walk in. Don't ring the bell, unless I've forgotten to unlock the door!

If you stay for lunch, please bring a packed lunch that does not require the use of the microwave (too noisy). You are welcome to use the stove to heat up items and to boil the kettle. Lunch will be eaten mindfully and in silence. Since I've eliminated a schedule, we may or may not be eating together.

There will no instructions given on these days. So please attend the Tuesday evening meditations to receive sitting and walking instructions.

If you have any further questions, please contact me. 403-678-2034.

Qi Gong Training

Whenever there is a Moon Day of Silence, I am offering to teach Shamanistic Qi Gong before breakfast, from 7am - 9am. If you would like to join me, please let me know so I expect you. If you are planning to stay for the meditation, feel free to bring your breakfast to cook/eat here.

Metta,

Mary Dumka