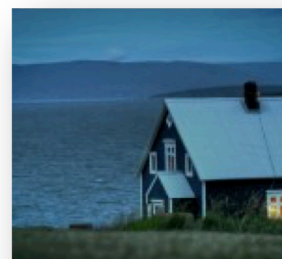


Silenceland

or the first experience of silence group

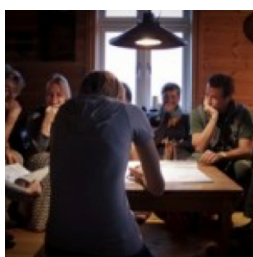
My journey to silence group has started almost 10 years ago, since I've seen photos from the silence workshop, which has just ended then. I told to myself - one day I will be there. So, it took me 10 years and I was sailing into a small, all-across "walkable" Hrisey island in Iceland.



I was thirsty of silence inside me, but I have never experienced silence of this kind in my life. Recently I was noticing how intuitively I was giving preference to silence instead of music, sounds, noise and it became clear to me that I was ready to shut up for longer than just couple of hours.

Silent people

Externally the days of silence were luxuriously simple - a real joy to read, cook, play music, draw, walk, swim, write together with...silent people. Such a feline style of life - to be and to do what your heart desires. And... it was amazing how clear my heart was communicating it's desires.



Inner journey through silence was dynamic. Usually my "time for myself" is full of self-criticism - it's not difficult for me to find reasons to be discontent about certain aspects of myself and make promises for improvement. But this time I made only one promise -not to promise anything to myself. To my big surprise I entered silence overwhelmed by tranquility, which was taking care of me. A fabulous, refreshing, relaxing and sensual feeling...

Emotional tsunamis

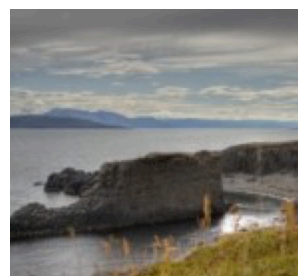
Tranquility was not my companion all the time - there were huge tsunamis of strong emotions and memories from the past. I felt they did not serve to destroy anything, contrarily - they were surfacing everything what needed to be accepted.

Silence gave me many presents - experiences that could hardly be put into words. Maybe they could be called like the feeling of fulfillment or completeness. How do you name it?

Just sitting on the edge of the cliff, facing the ocean and sensing that it's not only the strong wind crossing your chest, but the most real feeling of happiness.

Be here and now

I feel so grateful for another present - there were several moments when I have managed to separate from yesterday and from tomorrow. Just be here and now. And these moments were full of stunning outbursts of vitality and energy. I could not stop questioning "Where is THIS from?"



It was not easy to come back, firstly because I did not want to. It's not easy to step out of luxury, isn't? So strange. Recently I have been experiencing silence as overpowering. Now I call it a luxury. There is something new under my sun.

Monika

After Silence workshop in Iceland, 2012