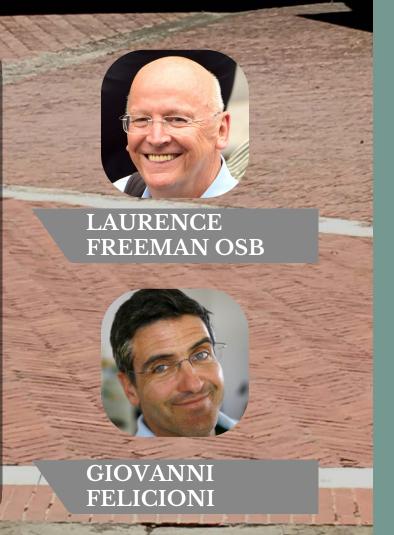




## LED BY...

Like a swimming pool that becomes progressively deeper, silence moves us from a natural psychological necessity to a transformative union with God in which our self-consciousness bursts its banks. There are levels of silence. A thirst for silence characterises our unsilent culture of over-stimulation and continuous mental talk- show chatter. In a post-truth world where we believe less and less. silence performs a healing and restorative role - it restores meaning to words and ritual and reassures us that truth is really real. Not least of its power is that In silence we meet each other again.



## MONTE OLIVETO MAGGIORE

Mother house of Laurence Freeman's monastic family, this entrancing, sacred site spans time and space. Our annual international meditation retreat has been held here for 30 years and leads its participants into a deeper and more peaceful place from which to continue their life's work and journey. The day is made of times of meditation. yoga, teaching, worship, solitude and sharing. The surrounding countryside invites long afternoon walks and one of the monks, with whom we end each day with night prayer, guides us around the famous frescoes of the life of St.Benedict.

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