

Rodney Marsh -Meditator in Residence June 2025

"What did you go out to the desert to see?" Matthew 11:7

It had been a long-held ambition of mine to take a desert meditation retreat. So, in July 2022 I retreated to the Helena and Aurora Ranges (Bungalbin) 100 km northeast of Southern Cross. This beautiful area is a small pristine portion of the Great Western Woodlands - a vast semi-desert area of woodland, shrublands and mallee. At Bungalbin I could not, and did not, share any human contact for nearly a week.

I have often desired to repeat and deepen my own journey into the fullness of emptiness in the desert, and I am immensely grateful, therefore, to have the opportunity to be Meditator in Residence at Campfire in the Heart during June this year.

During my stay at Campfire I will be leading two three day silent retreats modelled on the retreats offered at <u>Bonnevaux</u> - the WCCM Meditation Retreat Centre in France. Their <u>deep silent</u> <u>meditation retreats</u> "provide a rare opportunity to benefit from the sustained silence and stillness of meditation over an extended period...these retreats offer a unique opportunity to join with



Bungalbin

other practitioners and go to a deeper and simpler place – together in solitude into the 'great silence'."

My meditation practice is in the Christian tradition, however each of us is free to follow their own way, we meet in the shared silence and stillness, one heart and mind.

A Campfire Deep Silent Meditation Retreat is for you if:

- you have previous meditation experience
- are in need of rest and replenishment
- · interested in deepening or reconnecting with your practice in a silent setting
- inspired by spending time reconnecting with nature

You are invited to join a small group (upto 5 of us)

- *I love it tree* Theme: Nature and Meditation
 Friday 13th June @5pm Sunday 15th @2pm (or Monday 16th @2pm if you are able)
- Silence and Me' Theme: Meditation as Embodied Prayer Monday 23rd June 2 pm – Wednesday 25th 5pm (or Thursday 26th 5pm if you can)

We have a special introductory price as this is the first time we are offering these retreats, \$300 for 2 nights, inclusive all meals and accommodation in a single room, or \$450 for 3 nights.

About the Deep Silent Retreat experience:

- After an introduction on Sunday evening we will enter into silence. Each morning there will be regular periods of meditation, times of contemplative walking concluding with evening prayer together.
- During a silent meditation retreat, we'll find that our mind begins to slow down, to calm down, to become more clear and we begin to discover the natural state of the mind.
- During the silent meditation retreat, we will give up all use of digital communication a digital fast.
- The most important element of an intensive retreat is silence. Firstly, the silence as the mind begins to settle down, becomes more clear and more manageable and secondly, the silence of the heart emerges a silence beyond thoughts, beyond imagination.
- The intensive silent meditation retreat is also inviting us to enter more fully and simply into a direct experience that we have been entering in our practice of meditation for some time already.
- An extended silence, especially in community, is both challenging and healing. Daily opportunity will be given for a 15 minute reflection with me on your journey into silence, if you wish.
- Participants are asked to read "<u>What to expect from a silent meditation retreat</u>" before attending an deep silent retreat or designing your own retreat.

Frontispiece Blurb

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Two retreats are offered: June15 -18 *I Love it Tree* and June 22-25 *Silence and Me*.

