

# INNER SILENCE & TRANSFORMATION



## Deep Meditative Retreats in Swiss Alps

26 September - 1 October 2023

&

14 - 19 November 2023

Riversong - 1880 Les Plans-sur-Bex -  
route de Pont-de-Nant 8 - Switzerland

[www.riversong.ch](http://www.riversong.ch)

“In the light of silence, all problems are dissolved.” - J. Krishnamurti

The brain loses its sensitivity and vitality through constant noise and chattering. The source of most of our problems in work, life and relationships is a noisy mind which mechanically lives and reacts from its past baggage. Habitual reactivity of the mind causes great mental and emotional suffering. Can the mind withdraw from its automatic reactions and pause? Can it be peaceful and quiet without force and control? Can the mind learn to have a deep rest and leisure? Can the mind stop struggling to become something all the time and rest in now? Can we enjoy the beauty of anonymity, nothingness and aloneness - which is not isolation? How inner silence can be a foundation for right action, relationship, deep intelligence and creativity? How silence is connected with inner freedom, joy, love and healing? This retreat is an invitation to uncover and awaken that timeless source of wisdom inside us through deep inner silence. We are going to explore existentially the great importance of inner silence in our daily living.

### RETREAT OFFERS:

- A restful break, a pause for the mind, body and heart that is essential as a foundation for deep learning and transformation. It will provide the condition for creating, all along our journey together, a meditative state of mind essential for a serious inner enquiry.
- The intention is not to fill our minds with intellectual knowledge but to awaken the profound source of being within, so that we get inspired to live our everyday life from the wellspring of inner stillness.
- Inspiring live talks and Meditations
- Exercises in a one-to-one setting and small group exchanges.



## FOR WHOM?

For those willing to go deeper into the journey of self-discovery and transformation. For anyone who sees the importance of living from a higher level of presence. It offers a safe, serious and caring space to discover ourselves, meet our deep essence and look at our whole life in a fresh, creative way, whether you are a lay person, a mindfulness practitioner, a coach, a therapist, an artist, a teacher, a professional from any field, a leader or simply a student of life.

## ABOUT FACILITATOR



MUKESH GUPTA is a worldwide frequently invited speaker and traveling teacher for meditative and transformative retreats, workshops and seminars. He has been on this transformative journey for more than two decades and is deeply inspired by J. Krishnamurti, Buddha and non-dual teachings. He has offered over two hundred talks, retreats and seminars. During his long experience of working with students, teachers and professionals from all over the globe, Mukesh developed a unique "Meditative & Transformative Self-Inquiry" approach which is primarily based on the exploration of existential questions from a still, non-reactive mind and compassionate attentive presence. He is the founder of the School for Self-Inquiry. [www.schoolforselfinquiry.org](http://www.schoolforselfinquiry.org)

## VENUE & LOGISTICS

Riversong is nestled in a small beautiful village in the Alps of Switzerland, about two hours from Geneva International airport. The retreat begins on Tuesday and the arrival time is from 4 pm and departure is on Sunday after lunch.

Per day cost for the retreat including the whole stay, all the vegetarian meals and the whole course (salt-mineral baths not included):

ChFr 160 per night (24 hours) per person in a single room

ChFr 125 (24 hours) per person in a shared room

It is possible to join for a shorter period of the retreat. 10% discount if you register for the entire retreat. For booking your place please contact Bernard:

[info@riversong.ch](mailto:info@riversong.ch) Tel.: +41 - 24 524 15 40 & 79 607 80 65

[info@schoolforselfinquiry.org](mailto:info@schoolforselfinquiry.org)

## HOW TO REACH

The nearest airport is Geneva and the main train station is Bex. From Geneva airport there are frequent trains to Bex. From Bex you need to take a bus to Les Plans-sur-Bex, Le Chamois. The timetable and tickets for both train and bus can be checked and booked at: <https://www.sbb.ch/en/>