



March 7–12, 2010 Sunday–Friday

Beyond Chatter: Meditation Unhindered by Internal Talk

Soryu Forall

One of the most common hindrances to deep meditation is the interruption of concentration by internal chatter. Many practitioners find that even after years of sitting, this inner talk remains a distraction. In this program, we will use clearly defined techniques to explore chatter, subdue it, use it, and eventually befriend it. We will

- Transform internal talk from an obstruction to a support
- Learn to turn our attention away from the activity inside our heads in order to more fully enjoy nature, food, music, and the company of others
- Explore how to pick up internal talk and use it at any time, or put it down to receive the simple joy of being alive.

When we do this, our days become more enjoyable, internal conflict disappears, and tension dissolves. The exploration, transcendence, and ultimate befriending of mental chatter is a full path to enlightenment. Far from being a problem, chatter is a miracle: an accessible path from suffering to happiness. This retreat will accelerate our progress on that path.



Soryu Forall left home as a teen to enter a Zen monastery in Japan and was blessed to train under Shodo Harada Roshi for four years. He was ordained during this time, then continued his training at Sariputta Boudh Vihar, an Ambedkar monastery in South India, Hemis Gompa, a Tibetan Kagyud monastery in the far north of India, and Xue Feng Si, an ancient Ch'an monastery in eastern China. He has also had the honor of participating in several Lakota ceremonies. He works closely with Shinzen Young, helping him to develop and teach methods of mindfulness for the benefit of all life. <http://soryuforall.budsa.org/>.

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exploring the yoga of life.