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Vipassana Meditation and the Sound of Silence: 10 Days at a Meditation Retreat

Sheila Gibson

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I'm a woman of Christian faith, challenged to learn about and experience Vipassana meditation in a time of marital distress and personal disarray. The journey was amazing, and helped me to discover some profound strengths in the days of silence and sitting. In this book I review the experience from the philosophy of the course to the details of daily routine. I've also newly updated the final chapter, reflecting the decisions my husband and I came to in the year since we attended the retreat.

This book will be helpful to anyone thinking about attending a Vipassana retreat, and will give insight to what to expect: what was hard and what was not; the benefits and challenges of spending nine days in voluntary silence; and a summary of the experience, especially from the perspective of a practicing Christian.

It was an amazing event, rich beyond what I expected, and so much of the philosophy of living aligned with my values and Christian beliefs. Meditation is a good discipline to bring to my daily routine, and has helped me build a stronger faith because I have learned to give regular time to quietness each day. Meditation isn't a magic formula to make life perfect, but rather a tool to help us understand: this too shall pass.

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