

## Solo Banana Retreat – Day 1 (Driving to)

Got to Provincial Park around 3 45 / 4 pm. Unpacked and set up the tent and tarp by 6 pm and had a banana.

Felt very relaxed today started with a 30 min sit this morning just looking outside of the window. Didn't do yoga or anything else, just focused on being mindful throughout the whole day, the drive and during the set up.

Went to the bathroom and on the walk there, focused on being as conscious as possible. Some other campers were at their spots, but I didn't say anything, as passed by just kept staying present.

After that went to pack the bag with a blanket, bananas, and other items and headed over to the dunes to do a sit. Decided to go to the dunes right next to me, rather than through the forest today because it was already 6 30 pm.



### Sit #1 - 2 hrs

*The sun was out and wasn't too chilly but eventually had to take out a blanket.*

*During the sit felt peaceful and was back in this alive silence. Hard to explain but it's like a silent noise, like vibration, like energy or some kind of field. It's like the beingness of life expands, awareness spreads and I become the experience rather than an experiencer.*

*Still random thoughts would come in here and there but very sparsely, was able to just ignore them by not giving any attention to the mind and just kept basking in the empty alive space. Had sometimes eyes closed and sometimes open and just observed and kept reminding that this is life and is the only moment that's real. The mind wanted to eat or go back or be somewhere else, but kept just staying alert.*

*Listened to an Osho talk as was driving to the retreat and he said to just ignore the mind and that once again reminded me how to get present again. It's funny that we forget things or because it's no longer a new insight, so it just fades away somewhere. Also he mentioned that the mind constantly questions and can't get answers with those questions and instead floods out the heart from feeling the answer. Most questions asked by the mind are irrelevant it just asks and then asks more and more. Every question turns into more questions.*

*One thing that came up during the sit was a realization on a communication system like on and off or Morse code. Basically realized how communication started. Using certain amount of ons and offs 1 11 111 and making them represent something like a code. Not really sure why this came in but was pretty cool.*

**End of sit.**



Came back after the sit and started the fire, ate 4 more bananas and started journaling this entry. Feel kind of that this is a distraction needing to journal, but at the same time it's a good reminder of what was experienced cause seem to instantly forget things.

Actually, just got reminded that Osho also talked about that it's a blessing that we can have the mechanism of forgetting because since we are all experiencing every life ever experienced since we are God, then there needs to be a way to block out all past experiences or there would be no way possible to live. He talked about a 9 year old girl (Enlightenment 8 talk) and how she remembered her old family and she went to see Osho and he knew the family and so he played a trick by grabbing many people and making her pick them out from a bunch of others, she did with no problem and was really basically living like they were still her family. She had new parents though in this life so eventually they had to get a hypnotist create a block in her from remembering because it was causing her not to be able to focus on this life. She didnt know if she should go with the old family or new one. It took 10 sessions with the hypnotist (reminds me of professor x with Jean how he controls her cause she is too powerful and doesn't know how to control her own power).



Sit #2 - 30 min (Fire)

*Just sat around the fire just allowing the moment to be how it is and focused on being as alert as possible.*

End of sit.



Eventually, decided to go to the top of the dunes overlooking the forest and stayed there for about 15 to 20 minutes just staring at the moon and stars in the dark.

After that packed up all the things for the night into the car and tent and shot a recap video for the night. Did a sit in the tent before going to sleep.



Sit #3 - 30 min (Tent)

*During this sit just felt like was able stay in that empty silent space for long periods of time without too many thoughts coming up. Felt peaceful and enjoyed the moment.*

End of sit.

