

# THE SILENT TREATMENT

**Lose weight, get focus, explode creativity, and wake up fresh.**

I survived a 10-Day Silent Meditation Retreat. No talking, reading, writing, no eye contact, no nada. 10 Days. This is what happened. Note the GIFTS.

## 4am

You won't believe it now, but you'll be waking up @ 4 with ease. The first days are harder. One trick? You'll go to sleep @ 9.

Meditation from 4 to 7.

GIFT: It's even earlier than the bird who gets the worm. HINT: you're not the worm.



## 7am

Breakfast of fruits and veggies, grains and (non)dairy.

Have a walk in nature. Be silent. Listen to what is coming into your ears. Quiet. It can be deafening.

Meditate two more times for an hour each with a walking break.

GIFT: Your thoughts and ideas will explode. Capture the best of them.



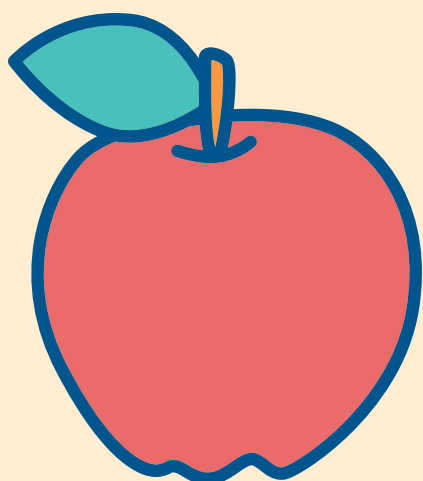
## 1pm

You think you'll want to eat as much as you can the first few days. Go ahead.

But as the days progress, you'll find you'll need--and even want--less and less.

GIFT: Half your day seems over. Oh wait, it is over. The rest is cake.

(No, there's no cake. Apples @ 4, but no cake. Yeah, sorry.)



## 4pm

They called it dinner. I called it an apple.

Your body has less work to do digesting food, it's available for your mind.

Another meditation or two and it's time for a lecture ... on meditation.

GIFT: Your body adapts to less food, feels lighter, even sprightly. A lecture in the evening sinks into your subconscious overnight and your morning is again bursting with creativity.

## 9pm

It might seem like you're a toddler going to bed so early, but remember, you got up at 4. No reading, no talking. Plan your dreams. Enjoy the darkness. GIFT: with little food to digest, your body can rest, heal, and dream gloriously.