

ARYAVARTA SOCIETY



News: Reflections on a most challenging year

Taking time off for a Retreat, for rest, meditation, and renewal of the spiritual life in a place that provides an atmosphere of intimacy, quietude, peacefulness and simplicity is needed now more than ever.

Psychological studies have shown that periods of solitude and self reflection have a markedly positive impact on mental and physical health. In the East and in our European culture there is the traditional custom of a pause from daily life, a Retreat, Sabbatical or Pilgrimage.

But today Retreat means more than a spiritual quest.

This is not just a custom or a life style choice.

Today the need is existential; we need time to de-stress, recover our balance, reconnect with our Inner Self and remember the Purpose of our lives. And now with the pandemic, more of us need to remember how to separate from the world and be comfortable in self isolation, ready to receive the unexpected gifts which accompany hardship and uncertainty- the Benediction of time and the Bestowal of the beauty of Simplicity.

*The Benediction of Time and the
Bestowal of the Beauty of Simplicity.*