

## Friday evening reflections

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This being the fifth full day of the retreat, maybe there's a unique way of feeling simple.

After all, these days of sitting, simple and nothing is needed.

This is it as you go to bed, as you stay up, content with this, whatever it might be, not looking beyond it, not looking ahead of it, letting something about this simplicity touch you softly, and may you go to sleep with the soft touch of your presence and care, and may you sleep well deeply.

Thank you.