

LAURA (30s-50s): Ok, Silent retreat day one. So far I got up at 6:30 to sit for an hour. It doesn't really make any sense to me. I could have stayed asleep, I don't talk in my sleep. I don't think snoring counts. This is going to be good for me. Nobody can get in touch with me at all for 10 days. And even if I wanted too I can't get in touch with them. This is great. This is great. This is great! I am getting so in touch with my inner sense ofof.... Get me out of here! I am going crazy! Silence. They don't really mean total silence, come on. That's only for the hard cores right..... I can check my email, surely without talking. They let me read, why can't they let me read my email? I have so much to do. I am going to get fired. Hell, I'm in HR, everyone is going to get fired. That's what I should have done, I should have laid everyone off for two weeks, and then gone on this retreat, then nothing would have happened when I was gone. Why do I hate missing things? I am going to come back from these 10 days a changed woman. I will have everything in perspective. I will be at peace...peace..... I will have so much fucking work to do. Voice mail. Surely I can check voicemail, that's just listening. What if I just listen and not do anything about it. I am sure they would let me write a letter, so ... a tweet? I could send the office cryptic tweets. I had to leave my phone in the car. When can I sneak out to my car? Mmmmm Quiet...Focus on the now...think of nothing....my car isn't really that far away; I could indicate I was going for a walk. I wouldn't be lying... I can't say I am going for a walk...to get my phone. It's day one... be strong. Only 5 more hours till fruit and tea time. Mmmmm fruit.