



- ◆ *places – review: Baden-Baden – city of silence*
- ◆ *non-action art – preview: Berlin. Potsdamer Platz*
- ◆ *new project: Chicago – Altgeld Gardens*
- ◆ *the messenger*

August - a month of travel for me - begun with the first city meditation of the non-action for quietude series. A good start for things yet to come.

places – review

Baden-Baden presents itself as a serene place full of life even though this might read as a contradiction. A pedestrian city. Some people say it might be too quiet, as still as a cemetery. That might be so, however, this stillness is of a very comforting kind. Whoever is looking for some inner peace is likely to find it there, and, in turn, leave some of their potential unrest for the place to process. Baden-Baden is indeed a spa, for the soul as well as for your body. There is something else to gain in the city which in essence is closely linked to inner peace. If you would like to have a look follow me to *Sophienstrasse* – Sophia's street. The street gave me a sign: wisdom (lat. sophia). Sometimes the name is the thing.

non-action art – preview

Potsdamer Platz in Berlin has been – historically and presently – quite a noisy and vivid center of Berlin, this city of numerous centers in its many boroughs and neighborhoods. Connecting former Western and Eastern parts of the previously divided Berlin it embraces a wide variety of architectural, functional and historical contradictions. In 2006 it was in the focus of our attention before and presented itself, among other things, as a true center that unites the full diversity of Berlin to one consistent whole.

Meditation: Sunday, 06 September, 3:00 – 4:30 pm

followed by 30 minutes for sharing and feedback

meeting point: at the light signal clock tower

Please sign up in advance by email. Participation is free. Donations welcome.

non-action for quietude – meditations in public places: every first Sunday of the month. For time and place, please check the newsletter or the website www.silkeschilling.com/news.

new project – Chicago, Altgeld Gardens

The plan to this project originates in a dream last year October. Follow your dreams, it says, so I will spend a couple of days in this South of Chicago neighborhood and see what there is to see.

the messenger

Newsletters are supposed to tell the news; the messenger does a few more things such as connect people, and get messages across – perhaps between different planes. Synonyms: carrier pigeon, go-between, herald, hermes, Mercury, prophet...and more. This newsletter will be a *messenger*.

All the best for now
Silke

ps: If you do not wish to receive further news please do not hesitate and send a short email; I will take you off the list. If, on the other hand, you would like to forward the messenger to your interested friends please feel free to do so.

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Times Square Contemplation Project

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