Informational Slideshow Outline

Slide 3	Transcendental value: Solitude and Self-Reflection ● Attended his first retreat at a Benedictine Hermitage in Big Sur, CA after a fire destroyed his California home ● Has gone to more than 100 retreats at the monastery ● Appreciates the quiet time and being alone → reminds him of what he really loves and what he should be doing with his life ● Being alone and in quiet has taught him to be better with people ● "I find it wholesome to be alone the greater part of the time. To be in company, even with the best, is soon wearisome and dissipating. I love to be alone. I never found the companion that was so companionable as solitude." (Thoreau, *Walden*) ○ Solitude ≠ loneliness ○ Personifies solitude as a friend; Thoreau sees it as an enriching experience ○ Iyer has embraced solitude and also seen the benefits of it in his own life when he says, "But essentially, every time I go there, I remember what I really love, whom I really love. And I also remember what I should be doing with my life."

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