



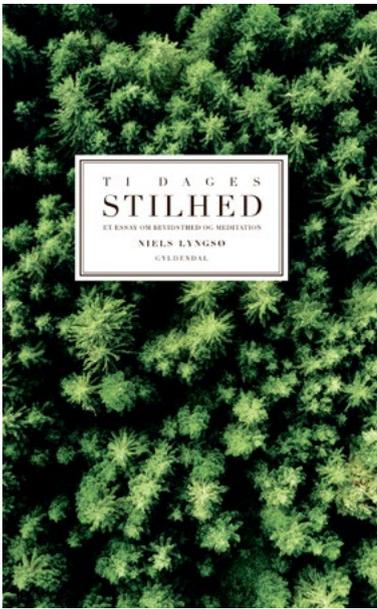
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# / Niels Lyngsø

## Ti dages stilhed

Deeply sceptical and decidedly unspiritual, Niels Lyngsø embarks on a silent retreat somewhere in the Swedish countryside to learn the art of ancient Buddhist meditation. Self-reproach, anxiety, insecurity, and ruthless self-criticism. Lyngsø was stuck in a self-destructive cycle. For a time, self-medicating with alcohol and pot seemed to keep his emotional crisis at bay. A few years earlier, a friend had recommended that he try meditation, pointing him in the direction of online Buddhist guides. Lyngsø's next novel lead him from AI to neuroscience to philosophy of the mind. A surprising connection seemed to emerge between the twenty-five century-old teachings of Siddhārtha Gautama and Lyngsø's research. Equal parts curious and desperate, Lyngsø signs up for the Swedish Buddhists' silent retreat.

NIELS LYNGSØ (b. 1968) is a Danish author, poet and translator of Marcel Proust, Gilles Deleuze and Michel Houellebecq, amongst others. His 2015 novel, *My Unknown Brother*, about the need to form communities at both a human and cosmic level, was called "a splendid enlightenment project, a Rubik's cube in novel form, a psychological mystery and an existential exploration." (*Weekendavisen*). In his latest novel-length essay, Lyngsø seeks out silence at a Buddhist retreat in Sweden, where he experiences ecstasy, release, rapture ... words that, despite their lack of clinical precision, make you want to try it for yourself.



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