



# The Taste of Silence: How I Came to Be at Home with Myself

*Bieke Vandekerckhove*

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At nineteen Bieke Vandekerckhove fell ill. The diagnosis was devastating: the fatal motor neuron disease ALS. Life expectancy: two to five years. So what did she do with the paltry bit of life that was left?

By force of circumstance she was led to Saint Lioba Convent in Egmond-Binnen. There she learned Benedictine spirituality and to pray the psalms, which influenced her life for good. Three years later she learned that her illness had gone into remission but that it could flare up again at any time. She has been living with ALS for twenty years now. She is married and has two assistants to help her as necessary.

Ten years ago she found the silence of Zen. This encounter also proved decisive. *The Taste of Silence* reflects what she experienced, saw, and tasted in the stillness of life: “Benedictine spirituality and Zen Buddhism became the two lungs through which I breathe.”

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A lot of people always spent all their free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different

you can read a book. It is really fun to suit your needs. If you enjoy the book that you just read you can spend all day every day to reading a reserve. The book *The Taste of Silence: How I Came to Be at Home with Myself* it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the e-book. You can more very easily to read this book from a smart phone. The price is not too costly but this book possesses high quality.

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