



# Padmasambhava and the Heart of Awakening

## About the Retreat

This retreat is appropriate for people with an established meditation practice within the Triratna Buddhist Community. The retreat will draw on the inspiration of Padmasambhava, Tantric Guru, who was invited to Tibet to transform the deeper, more unruly forces of the mind. Through meditation, silence and ritual we will explore the 'Heart of Awakening' practice which he taught.

Padmasambhava is seen to be both a historical and mythic figure within Buddhism. He was a renowned Yogi, Dharma Teacher, Shaman, and Healer.

On the basis of mindfulness and metta, and with the support of silence and ritual, we will explore the practice of 'just sitting' where we open to direct experience and the heart of awareness.

## Is there anything special I need to bring?

Loose clothing to meditate in.

## What can you expect from the programme?

The retreat day will start at 6.30am with a rising bell and there will be a double period of meditation at 7.00am. Mid-morning and afternoon there will be further meditation sessions, which will include some teaching input. The evening will involve meditation, chanting and rituals with Padmasambhava.

The retreat will be in silence from the second full day to the last full day (except for teaching sessions). There will be an opportunity to discuss your meditation practice with the retreat team 1-to-1.

## About the retreat team

Long standing friends, Srisambhava and Vimalacitta bring a mutual commitment to an integrated and inclusive approach to 'practice'. Alongside a shared love of meditation, myth and ritual, Vimalacitta brings a depth of experience as a mindfulness trainer, and Srisambhava as a Focusing practitioner. This will be their fourth year of offering a meditation retreat at Dhanakosa with the guiding hand and heart of Padmasambhava.