



Doorways to the Deep

An intensive meditation retreat led by Singhashri and Balajit

About the retreat

If we dive deep enough into the sea, we reach a depth where the body is no longer buoyant enough to float nor heavy enough to sink. We remain suspended, hanging in deep blue space, able to move in any direction without the least bit of friction.

This place is called the doorway to the deep and it promises to open us to our true nature, our deepest potential when freed from afflictive mental states that bind us to suffering, by either taking us back to the surface or pulling us under. From this place we discover a more creative response to life, full of awareness, love and transformation.

This retreat is suitable for those who have a regular meditation practice and who regularly attend retreats. You will also need to be comfortable with extended periods of sitting meditation and periods spent in silence.

Is there anything special I need to bring?

Loose, comfortable clothes for meditation.

Warm, waterproof clothes and walking shoes for exploring the landscape around Dhanakosa.

What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first full day, and come out of silence on the last full day. During silent time there will be opportunities for short meditation reviews with someone on the team.

The retreat day starts at 7.00am with meditation. You can expect about 5 – 6 hours a day in the shrine room, a lot of which will be sitting practice but also include interactive teachings and evening puja.