



# Turning the Heart towards Freedom

## About the Retreat

Where do we turn when we come up against difficulties in life?

In the space of this retreat, we will be learning about the preliminary practices of reflection on what are called the 4 mind turning verses. The subjects of these four reflections can bring us into a direct relationship with: the deeply precious opportunity afforded by our human life; the truth of death and impermanence; karma, or the fact that our actions have consequences for ourselves and others; and the many disadvantages of this conditioned, dissatisfactory, worldly existence.

All of these might be called 'the facts of life' from the Buddhist perspective. They are wake-up calls, jolts to our complacency, articulations of the troubling voice of reality as it impacts on our immediate experience. As we go through them we are saying to ourselves, "Remember, reflect, wake up to the truth, turn your heart towards freedom!"

We'll explore these reflections with guided meditations, short talks and discussions. No previous experience of meditation or Buddhism is assumed, so this retreat is suitable for complete beginners as well as being a good refresher for people with some experience.

## What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell, followed by meditation at 7.00am. Meditation sessions will begin with some guidance and normally last for around 30 minutes.

After breakfast there will be a relaxed morning programme including short talks, reflection exercises, more meditation and opportunity for discussion. Afternoons will normally be free time with meditation before the evening meal.

In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting.

## About the retreat team

**Pasadini** enjoys encouraging others to discover their confidence and to trust in their intuition in meditation and Buddhist practice. They live in Glasgow and have been practicing Buddhist meditation since 2000 and regularly lead retreats at Dhanakosa.

**Amoghavira** has been teaching at Dhanakosa for 30 years. He is a keen photographer and loves camping out on remote Scottish hillsides, decent coffee and a good fantasy novel. He has recently been teaching himself how to recognise all the different bird calls around Dhanakosa.