

Dependent Arising – study and practice

The Buddha's teaching of conditionality or dependent arising offers a way to think about the causes and conditions for suffering in our experience, and about the causes and conditions for the path to liberation. This retreat will combine study of the Buddha's teachings on conditionality with discussion and meditation to make it all real.

About the retreat

The Buddha famously told his disciple Ananda that, "This dependent arising is deep and profound. It is from not understanding and penetrating this dharma that people have become like a tangle of string covered in mould and matted like grass, unable to escape from samsara." In this retreat, we will explore this important teaching of the Buddha through study, group discussion and meditation, and engage in the untangling of our hearts and minds.

This retreat is suitable for Order members, mitras and friends who are familiar with meditation and the Dharma. Reading Dhivan's book *This Being, That Becomes: the Buddha's teaching on conditionality*, would be ideal preparation. The study and discussion will be an opportunity to think about the meaning of dependent arising in our own experience, and in meditation to explore its implications further. There will also be ritual and bodywork to exercise body and heart as well the mind.

The programme for the retreat

Each day will begin with a rising bell at 6.30, followed by a double meditation, so the day begins with spacious silence. After breakfast there will be study and group discussion, and possibly some meditation, before lunch. The afternoons will be free for resting and walking. There will be more meditation before dinner, and in the evening some ritual and meditation. There will be periods of silence on retreat, including whole days (apart from dharma discussion). The teaching team hope to offer meditation reviews.

The retreat team

Dhivan is the author of *This Being, That Becomes: the Buddha's teaching on conditionality*, Windhorse Publications, 2011. He lives in Bristol and teaches philosophy for the Open University. He is working on another book on the Buddha's teaching of dependent arising. He will be supported on the retreat team by Nayaka and Vandika.