



# Earth, Life and Dharma

Led by Dhivan

On this study and practice retreat we will study the Dharma closely to explore our relationship with the earth, our home, and ask what it means to be life become aware of itself. Then, in meditation and ritual, indoors and outside, we will invite an intimate and transforming encounter with life and nature.

## About this retreat

The idea of a study and practice retreat is that we engage in group study of the Buddha's teachings, the Dharma, and then take our understanding deeper into our lives through meditation practice. In this study and practice retreat we will take up fundamental themes from the Dharma, such as dependent arising and non-self, in order to explore in new ways our relationship with planet earth, our only home. We will go on to ask big questions, such as, what does it mean to be life become aware of itself?

Then, in seated and walking meditation, both indoors and outside, we will take up traditional Buddhist meditation practices, such as mindfulness of the breath and contemplation of the elements. While these are usually practised for the sake of individual liberation, we will invite an intimate and transforming encounter with life and nature for the sake of all beings. There will also be ritual and poetry to nourish the heart.

This retreat will be suitable for regulars, for those with some previous experience of Buddhism, meditation and retreat. It will involve Dharma study, group discussion and personal meditation practice. There will be an emphasis on living together in community but there will also be periods of being together in silence, for the sake of deepening awareness.

## Is there anything special I need to bring?

On this retreat we will be doing some walking meditation and ritual outdoors. Please bring walking boots, warm clothes and waterproofs, as well as comfortable loose clothes for being indoors.

## The programme

The day will begin with optional physical exercise, before meditations at 7am and 8am. There will be morning periods of Dharma study and explorations, and afternoon periods of meditation and walking. Evening activities will include ritual and meditation. Shared meals will be vegan.

There will be periods of silence on retreat, starting from silence overnight, and culminating in a period of two or three days of silence, apart from Dharma discussion.