



Everything Matters

Compassion and Emptiness in Everyday Life 2020

About the Retreat

Everywhere we look we are being shown reality. The truths of Buddhism are hidden in the objects around us and woven into our experience of being human. This retreat is about the 'stuff' of life, of humanness, of the world in us and around us. Navigating the mystery of human existence we need fundamental Dharma teachings to guide us. We'll use the twin tools of awareness and kindness to find our way out of the claustrophobic maze of self-referential views that limit us and into the clear light of day.

Our time together will be spent mostly in silence, listening to the dharma, meditating and reflecting. Poetry, movies, music and art will help illuminate the themes of compassion and emptiness.

This retreat is appropriate for people with an established meditation practice within the Triratna Buddhist Community, and basic familiarity with the mindfulness of breathing and the metta bhavana will be assumed, as will some experience of puja and Buddhist ritual.

Is there anything special I need to bring?

Loose comfortable clothing to meditate in. Outdoor clothes for rain and sunshine.

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. The morning and afternoon sessions will be a combination of teaching input, reflection and meditation. In the evenings there will be time for simple rituals, and enjoying images, music, poetry and film.

The days will be mostly in silence with one or two days of complete silence except for teaching sessions, where there will be space for questions and a little discussion.

About the retreat team

Vajradarshini has been teaching within Triratna for over 20 years and brings a creative angle to dharmic themes. On this retreat, she'll be working with her friend Pasadini who lives in Glasgow and strong links with Dhanakosa Retreat centre.