

Exploring Buddhist Animism

About the retreat

Early Buddhism emerged from the animistic culture of iron-age India, shaking off the chains of superstition and belief in magic. But have we come too far from those sensitive, resonant connections with nature into a disenchanted world? On this retreat we will engage with themes from the early Buddhist tradition through study, reflection, meditation, and ritual, rediscovering our place in the unfolding interconnectedness of all life. And engage with the question of whether a more animistic approach to life may help us not only live more meaningfully but help us build a better world.

Study and discussion will form an important part of this retreat, but we will also take our reflections strongly into our meditation practice and into an encounter with the lifeful elemental world of nature around us.

Is there anything special I need to bring?

Please bring warm clothes, waterproofs and sturdy footwear as we will be spending some time outdoors during the course of this retreat.

What can you expect from the programme?

We will start each day with a double meditation before breakfast to ground us in meditation practice; then have periods of study, discussion, activities (some outdoors) and reflection during the day, with further period of meditation before the evening meal. We will end the day with ritual and more meditation.

There will be periods of silence each day to support deepening of reflection and meditation. These may extend to full days in the middle period of the retreat

About the retreat team

The retreat will be led by Dhivan and Nayaka.