



# Going Deeper - Elemental awakening

## About the retreat

The six elements (earth, water, fire, air, space and consciousness) provide a comprehensive and rich scheme for reflection that allows us to gently open ourselves up to the simple flow of phenomena that we call ourselves and our world. On this retreat we will approach this reflection through the sensual immediacy of our experience of the natural environment and the landscape, as well as drawing on traditional Buddhist teachings. We will also engage with traditional and creative ritual to enrich and enliven our reflection practice helping us connect ever more deeply with the truth of the Dharma. The traditional Triratna approach to integration and positive emotion will provide a solid and supportive foundation to our reflection and exploration of the six elements.

## Is there anything special I need to bring

Please bring warm clothes, outdoor footwear and waterproofs as we will be doing some retreat sessions outdoors and sometimes in the wider grounds. Please also bring a notebook.

If you are coming by car and have a camping chair, you might like to bring that too!

## What can I expect from the retreat programme?

The retreat day will start with a double meditation before breakfast in the morning (most meditation sessions will be about 40 minutes). After breakfast there will be a combination of short talks, guided exercises and time for reflection and exploration of the elements in an unstructured way. Ritual activities may be embedded into the day or in the evenings. It is planned to have an outdoor focus for reflection. There will be periods of silence most days and it is hoped to have a longer period of silence lasting two to three days during the central part of the retreat. There will also be one-to-one reviews to help support you individually.

## About the team

Nayaka and Siddhimala both live and work at Dhanakosa and share a lifelong love of the natural world which has and continues to enrich their practice. And, they look forward to an opportunity to share some of that with you!