

# Going Deeper – The Fire of Awakening

**Sitting deeply with our experience is the fire of transformation and awakening**

## **About the retreat**

The 3 lakshanas (Impermanence, Unsatisfactoriness and Insubstantiality) are a fundamental expression of the Buddha's vision of Reality. In this teaching, the Buddha is pointing to the transformative effect of acknowledging, allowing, and opening to the ways in which we experience these 3 aspects of our lives and gives us practical advice on how to stay firmly on the path of practice and awakening.

This retreat will explore this teaching with talks, discussion, reflection and meditation - exploring ways to awaken to the truth of reality, right here, right now. We will also incorporate ritual and devotion to aid in the transformation in the fires of our experience.

## **What can you expect from the programme?**

Typically the day starts at 6.30am with a rising bell and a double meditation before breakfast. There will be 2 - 3 hours in the morning before lunch for teaching, meditation and reflection. After lunch there will be free time, followed by another session before dinner. In the evening there will be a mixture of talks, discussion groups, meditation reviews and Buddhist ritual, including mantras and puja.

On this retreat we will be exploring meditation and Buddhism more deeply. There will be a refresher of the basic practices and instruction to support going deeper!

Meditations will be longer than on introductory retreats, normally 40 minute sessions built up with double meditations and walking meditation. We will be introducing Buddhist ritual through the seven-fold puja (which will be introduced during the retreat) and will be placing the meditation teaching more firmly in the context of the Buddhist tradition.

There will be periods of silence most days, with at least 2 days completely in silence.

## **About the retreat team**

**Amoghavira** has been teaching at Dhanakosa for many years. He loves the great outdoors and bringing the heart benefits of nature awareness to the retreats he teaches on.

**Balajit** was for many years one of main teachers at Vajraloka Retreat Centre. His teaching places particular emphasis on how developing a felt connection with the ground and body awareness, support the deepening of meditation and mindfulness.