



# Knowing the Mind of the Buddha

## About the Retreat

Gautama became Buddha by awakening to a radically different way of perceiving himself and the world, attaining a perspective that freed him from the pain that comes from the unenlightened mind's faulty assumptions about who we are and how peace can be found.

On this retreat we'll explore how both shamatha and vipashyana practices can help us to see as the Buddha did — to know the mind of the Buddha.

In terms of shamatha we'll explore how we can allow the mind to settle into dhyana, and will come to see how this helps insight to arise not simply through the development of concentration, but through perceiving ourselves more and more in terms of the insubstantial and ever-changing qualities of energy, pleasure and joy.

We'll explore insight practice through direct observation of the three lakshanas in our experience.

This will be a very meditative retreat. There will be brief guidance before meditations, and only a few guided meditations. There will be a daily talk, drawing on those parts of the scriptures that are generally believed to be the most ancient, and see what clues they give about how the Buddha saw things.

## Is there anything special I need to bring?

Bring loose clothing to meditate in. If you have a favourite meditation bench, bring it along.

## What can you expect from the programme?

The retreat day will start at 6.30 am with a rising bell and there will be a double period of meditation at 7.00 am. Mid-morning and afternoon there will be further meditation sessions, which will include some teaching input. The evening will involve meditation, chanting and ritual.

After the first full day, the retreat will be in silence, allowing us to connect more deeply with our experience.

## About the retreat leader

The retreat will be guided by Bodhipaksa, who has been teaching meditation full-time for many years, and who has led many workshops and courses on dhyana and insight. He founded the [Wildmind Buddhist Meditation](http://www.wildmind.com) website in 2001. He is a [published author](#), and his most recent book is "[I Can't Believe It's Not Buddha!](#)", published by Parallax Press.