

Simply Being 2016

Led by Tejananda

About the retreat

'You don't have to justify your existence by doing things which are useful'
- Sangharakshita

We're very attached to the notion that our lives 'should' be useful, purposeful and meaningful. Yet ultimately these are just figments of the human mind. On one level these notions are fine – they are part of what defines us as human beings rather than just your average monkey. But our deep emotional *beliefs* about who we are and what we 'ought' to be cause trouble – dukkha, suffering, pain, stress.

The 'mandala of uselessness' is simply being: *being what we really are*, inseparable from nature itself which is undivided and ungraspable. It's also pointed to by the five *jnanas* or 'undivided-awarenesses' which make up the *dharmadhatu-mandala* – a useful 'map' which we will be exploring in our immediate experience. It all points us back to 'just this' – what is here already, unnoticed: simply being.

This retreat is suitable for people with at least six months regular meditation practice and who have attended at least one full weeks retreat before. You can expect there to be between 20 and 26 retreatants on this retreats

Is there anything special I need to bring?

Loose clothing for meditation.

What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first full day, and come out of silence on the last full day.

The retreat day starts at 6.30am with meditation. You can expect about 5 – 6 hours a day in the shrine room, mostly in sitting practice (broken into 40 minute periods) but also including some interactive teachings and evening puja. There will also be opportunities for meditation reviews and personal yoga practice.

About the retreat team

Tejananda has been part of the resident / teaching team at Vajraloka retreat centre in Wales since 1995 and became chairman of the centre in 2001. In meditation and Dharma practice he is particularly inspired by the formless meditations of the Tibetan Mahamudra and Dzogchen traditions. He has written a book introducing the fundamentals of Buddhism 'The Buddhist Path to Awakening' and taught meditation and Dharma in many parts of the UK, Europe and the USA.

Tejananda will be supported on this retreat by other experienced meditation teachers.