



The Heart in Awakening - Online

About the Retreat

Dhanakosa is partnering with Viveka to transition an October in-person retreat she was leading to a virtual retreat. Dhanakosa is inspired to stretch to hold a retreat space for meaningful spiritual practice and connection in the conditions of a global pandemic preventing larger groups at the retreat centre.

This retreat, as a collaboration between friends Viveka and Pasadini, is an opportunity to practice connection and the capacity to abide with the vast possibilities of the human heart, appreciating the heart as essential to awakening. We imagine this as a space supportive of healing and well-being in the midst of the messiness of this world. We will evoke the symbolism of the Medicine Buddha form of Padmasambhava, Urgyen Menla.

As a dharma teacher and community builder, Viveka's teaching explores bridging insights arising from meditation to practice of inter-personal and collective group and eco-system liberation. She describes this as "co-creating cultures to pause and pivot towards liberation together." This includes curiosity about:

- How are we waking up to the relational and what is calling for attention?
- How can we joyfully imagine and manifest liberating sangha culture? What are we wishing to learn?
- How can we manifest unconditional love and welcoming (for ourselves, other beings, our world)? How is this necessarily an embodied, feeling stance?
- How can we deeply listen, with open hearts, to ways members of our community are hurting? How can this give rise to collective healing and learning?
- How might we access wise sensitivity and kindness for our particular embodiment and the knowing our body holds (being aware of trauma and informed by healing)?
- What are we learning about authentic emotional positivity that allows for a full range of emotional experience in oneself and others?

What can you expect from the programme?

The retreat offers an integrated program and you are invited to attend as supports what you are most needing at the moment. The times are given as UK GMT:

- Daily 0700-0900: an invitation to join morning meditations via zoom from the Dhanakosa shrine room;
- Daily 1600-1800: teaching and meditation with Viveka. Meditations will explore the open dimension of being and the effulgence of embodied experience co-arising as a method of resting "nakedly" in reality as it is (a pure awareness or open mindfulness approach), explicitly inclusive of the heart and sensitivity;
- Sat, Mon, Wed 1900-2000: the opportunity to participate in or witness three "curiosity and inquiry circles" facilitated by Viveka;
- Daily 2015-2100: End of day ritual and chanting practices to inspire and uplift us held in the Dhanakosa shrine room to support your on-line retreat.