

The Beautiful Mind

Led by Vajradevi

About the retreat

Awareness and Wisdom are both qualities of the mind that is beautiful, clear seeing and free. These and other qualities of the 'kalyana', or 'ethically lovely' mind will be explored on this meditation retreat through the lens of the Satipatthana Sutta, the Buddha's teaching on Mindfulness, and the five Spiritual Faculties. We will explore the experience of receptive and open awareness, to cultivate both beauty and truth, while allowing the whole range of our experience to be known.

There will be regular input, some led meditations and the opportunity to talk about your meditation practice with the team. During the evening sessions there will be some simple Buddhist ritual.

The retreat is suitable for people with at least 1 year of regular meditation practice and who have attended at least one full weeks retreat before. There will be between 20-26 retreatants on this retreat.

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.

There will be formal practice periods of sitting and walking, and also informal periods where we can be mindful whilst out for a walk, or sitting looking at the view or eating lunch.

About the retreat team

Vajradevi has been meditating since 1985, and leading retreats since 2002. She has a long standing passion for mindfulness teachings as a path to insight and to this end has explored the teaching of early Buddhism, participating on retreats in the US and Burma, studying with Joseph Goldstein and Sayadaw U Tejaniya. Her new book, 'Uncontrived Mindfulness: ending suffering through attention, curiosity and wisdom', was published in March 2021 by Windhorse Publications.

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