

Simply Being 2024

Led by Tejananda

About the retreat

In essence, 'simply being' evokes effortlessly resting in the flow of embodied presence. Presence is this 'timeless moment', where there is no observer nor observed, no subject or object. It is undivided wholeness and is always, unconditionally 'here'. Yet, we remain ignorant of it owing to the deep conditioning of our self-narratives. Nevertheless, it is what we are and we can never depart from it.

Presence is ungraspable by the mind. It is not any-thing, so it can only be evoked by terms like 'suchness', 'just this' or 'no-mind'. It knows itself directly as being completely open, spontaneously self-illuminating, energetically alive and intimately, compassionately 'here', as all experience. These are all qualities of the five wisdoms (jñāna – undivided knowing) which we'll explore, along with the Buddhas who imaginably embody them.

Discovering and resting here-now in presence, there is a lightness of touch and being. Our self-stories, conditionings and painful emotions begin to lose traction and can increasingly be seen and known directly as like phantoms, illusions or dreams – without any true substance. With this, we enter into the wholeness which is our birthright.

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 18 and 22 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.

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.

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.