

Kindness, Compassion, Rejoicing & Serenity



About the Retreat

Smritiratna writes: *"We live, it seems, in increasingly troubled times. Yet if we fall prey to fear, hatred, blame and conflict, things only get worse. Somehow we need the resources to find our feet, rise up and meet the challenges we face with courage and confidence, with strength and dignity, with creativity and compassion, with wisdom and the harmonising speech that builds concord and co-operation."*

Seeking resources? Well, the Buddhist tradition has much to offer. It offers mindfulness and the practices of consciously appreciating what we love and trust. It offers meditations to work skillfully with our emotional states, so as to move beyond fear into courage, beyond hatred into compassion, beyond habitual old views into insightful new perspectives.

This retreat makes such practices readily available within a supportive daily programme which includes meditation, mindfulness, daily discourses and imaginal practices such as mantra, puja and inspirational poetry."

Is there anything special I need to bring?

Bring a full set of waterproofs (jacket and trousers) and boots so you can roam about in the beautiful surroundings whatever the Scottish weather - often very cold and often wet at this time of year. Also bring whatever you need for comfortable meditation – loose, stretchy clothes for example.

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell then a meditation at 7.00. There'll be up to six meditation sittings each day lasting about 40 minutes. Each day there'll also be one or two fairly short explanatory talks and each evening will end with Buddhist devotional practice - usually mantra, sometimes puja.

There will be long periods of silence on the retreat so we can attend more fully to immediate experience. Saturday night until Thursday afternoon will be without conversation except for teachings and regular 1:1 practice reviews. The retreat finishes on Friday morning.

About the retreat team

Smritiratna has meditated regularly for nearly four decades and led nearly 200 retreats.

Śraddhādhārani joined the Triratna Buddhist Order in 2013 and is widely appreciated as a particularly heartfelt teacher.