

Simply Being 2025

Led by Tejananda

About the retreat

Simply Being

In essence, 'simply being' evokes the effortless flow of embodied presence. Presence is this 'timeless moment', where there is no observer nor observed, no subject or object. It 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.

The mind cannot grasp presence - it is our mind-identification which covers it up. It is not any-thing, so it can only be evoked by terms like 'suchness', 'just this' or 'no-mind'. Yet, it is utterly simple and direct, vibrantly awake and alive, and intimately, always, here.

Discovering and resting in presence, there is a lightness of touch and being. Over time, 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 wake up to the freedom 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 20 and 26 retreatants on this retreats

Is there anything special I need to bring?

Loose, comfortable 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.