

# Uncontrived Mindfulness & the Unreliable Witness

Led by Vajradevi



## About the retreat

Central to our dharma life is a simple yet profound distinction; between our direct experience mediated through the senses, and the thoughts and ideas we have about those experiences. We are usually unaware that the concepts we base our sense of self on and navigate our world by, are frequently flawed in a deep and on-going way. We look through the distorted lens of our own views and assumptions, making us an unreliable witness to our own inner experience.

On the retreat we'll cultivate Awareness and Right View, to become mindful of, and curious about, what is *actually* happening in our minds. Using the framework of the 5 skandhas to go to the heart of what we take to be 'true' we can come to see the process of construction and fabrication that is happening moment by moment. Relying on the dharma and our own direct experience wisdom perfumes deep knowing and the unreliable witness is seen for what it is. Each moment brings the possibility of release from clinging and therefore from suffering.

The retreat will mainly be in silence with input each day.

## 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.

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 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.