

Men's Solstice Retreat:

Dark of the Year, Return of the Light



About the Retreat

Smritiratna writes: "We begin this retreat around the time of the Winter Solstice, which we shall be celebrating, as of old, the following evening. This is the darkest time of the year, when the short days begin to increase again, the night drawing back as the daylight returns.

We live at a dark time in human history too, with multiple dangers looming. At such a time it is natural to feel gloomy. Yet at just such a time we can rekindle our faith in humanity and the human potential for Enlightenment. This retreat is an opportunity to gather and rediscover that faith in meditation, shared communication and ritual."

Is there anything special I need to bring?

Bring loose, comfortable clothes for meditation. We suggest bringing a full set of waterproofs (jacket and trousers) and walking boots so you can explore the beautiful surroundings whatever the Scottish weather - often cold and wet at this time of year.

What can I 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 a day, each lasting up to 40 minutes. Each day there'll also be one or two short explanatory talks and the day will end with Buddhist devotional practice - puja or mantra.

There will be long periods of silence on the retreat so we can attend more fully to immediate experience. Several days will be without conversation except for teachings and 1:1 practice reviews.

The retreat runs across 25th December but we'll not be celebrating Christmas as such.

About the retreat team

Smritiratna has meditated regularly for over forty years and led nearly 200 retreats. He will be joined by an experienced team. Retreatants will receive regular meditation mentoring through 1:1 practice reviews.