

The Three Bodies of Belonging

With Singhashri and Balajit

About the retreat

This retreat draws inspiration from the Mahayana Trikaya (“three body”) teaching that points to who we actually are via three simultaneous dimensions of reality:

- Nirmanakaya: coming home to presence within this body, this world
- Sambhogakaya: befriending the dynamic flow of feeling and energy, and the relational dimension of being
- Dharmakaya: opening to the luminous, boundless dimension of awakened being

We will delve into poetic themes of “coming home” and “belonging” as an emotionally engaging and relational approach to insight that allows:

- Respect and appreciation of core human needs – belonging, safety and dignity
- Holding of the tension between our ideals and our current (often messy) experience
- Healing the illusion of separation and the habits of dualism
- Learning to feel sensations of belonging at the levels of self, community, place, world and to express compassionately responsive activity
- Deepening of mindfulness and metta as practices capable of helping us see the true nature of reality

This retreat will include guided and unguided meditations, mindful enquiry, 1:1 practice reviews, teacher input, large and small group exercises and discussions, movement (somatics), chanting and ritual.

If friendship in community is the whole of the spiritual life, here’s your chance to go deeper in your own practice in the supportive company of others.

“The Dharmakaya is... the embodiment, or the perfection of mind. Mind meaning here the deepest part of oneself, because it is with that deepest part of oneself...that one realises the ultimate. So Dharmakaya corresponds to mind, what in us is mind, in a Buddha is Dharmakaya.

In the same way Sambhogakaya corresponds to speech, what, in us is speech or communication, or communication principle, in a Buddha is Sambhogakaya. So in his Sambhogakaya form, in his ideal form, his archetypal form, he communicates with others on the same spiritual level, communicates with other Buddhas and with highly advanced Bodhisattvas.

And then Nirmanakaya corresponds with – it literally means ‘body of transformation’ – ...what is Nirmanakaya in a Buddha in us is physical body. Our physical body determines where we are. The fact that we have a physical body means that we exist at a certain point in space and a certain point in time...”

Sangharakshita, Seminar on the Songs of Milarepa

Is there anything special I need to bring?

- Loose, comfortable clothes for meditation and gentle movement.
- Warm, waterproof clothes and walking shoes for exploring the landscape around Dhanakosa.

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. During silent time there will be opportunities for short meditation reviews with someone on the team.

The retreat day starts at 7.00am with meditation. You can expect about 5 – 6 hours a day in the shrine room, a lot of which will be sitting practice and also include interactive teachings and evening puja/ritual.

About the retreat team

Singhashri (she/her or they/them) is a queer, Latinx-American dharma teacher and writer. They teach mindfulness and compassion as means to awakening to love, beauty, and truth and have committed their life to supporting collective liberation for all and the joy and freedom found there. They teach at various retreat and urban centres across the UK, Europe, and the USA, and they support a number of projects aimed at creating greater diversity and inclusion within Buddhist sanghas and the secular mindfulness field. Find out more on their website [here](#).

Balajit (he/him) has been leading retreats and events across the UK for around 17 years. For several years he lived and worked at [Vajraloka Retreat Centre](#) in North Wales.

He is currently based in Birmingham, where he mixes Buddhist teaching responsibilities with work as a trauma therapist. He has studied and practised the newly emerging psycho-biological approaches to trauma work-and is qualified in Somatic Experiencing, NARM therapy and SHEN Therapy.

In the past few years, Balajit has been exploring the intersection of trauma, the human nervous system and the ancient teachings of the Buddha. Buddhist practice presents a opportunity to work through and release the forces that keep our hearts closed. His teaching focuses on the core teachings of the Buddha as outlined in the ancient texts. He particularly emphasises the importance of body awareness and embodiment, both in meditation and in everyday life. So that insights and shifts impact actual behaviour of body, speech and mind, rather than just being understood as ideas and concepts.