



Animist Dharma

Exploring Buddhist animism

About the retreat

Can we practice the Dharma in a way that deepens our sense of aliveness and connection with the living earth?

On this retreat we will be exploring what it is to be human, and what it is to be animist. We will go back to practices taught by the Buddha, whose teaching reflects the animistic culture of ancient India, such as meditating on the six elements and the six sense spheres, to overcome the modern separation of the ego from nature, and to rediscover the background hum of life in every moment of experience in our bodies and out in the world.

Dhanakosa is an excellent venue for this kind of retreat, with its combination of elemental grandeur and good conditions for meditation indoors and outside.

This retreat is for people who already practice with the Triratna Buddhist Community and have a basic grasp of the mindfulness of breathing and the metta bhavana, and basic Buddhist principles, as taught in Triratna.

What can you expect from the programme?

This retreat will have an emphasis on meditation and ritual, and with significant periods of silence. There will be workshops and discussion opportunities to help us explore the theme and clarify our experience. You can expect significant parts of the programme activities to take place outdoors each day – whatever the weather!.

Is there anything I need to bring?

Please bring with you warm and waterproof clothing. We recommend waterproof trousers as well as a waterproof jacket. And a warm hat!

About the retreat team

Dhivan, Nayaka and Vandika have been leading retreats together for some years. Recently their retreats have turned to the theme of Buddhism and animism, and to how Buddhist practice in the contemporary world can reconnect us with the living world as part of the path to awakening.