



Metta - Reality Expressed

Embodying the Awakened Mind

About the retreat

Rooting our exploration in the well-known Karanīya Mettā Sutta, we'll embark on an exploration of mettā for "oneself," mettā for "others," and mettā as an expression of reality itself.

Pratītyasamutpāda teaches that reality is relational. If this is so, what are the consequences for our relationship with our minds and bodies, our values and ideals, as well as our shadows and shortcomings? What does this mean for our interpersonal relationships, our social networks, and our institutions? And how might mettā be perceived or expressed from a fully awakened consciousness?

Prepare to go deeper into one of the oldest Buddhist texts, looking at the heart of Buddhist thought, metaphysics, and meditation practice. We'll explore through body, heart and mind.

The retreat will include talks on the Buddha's philosophy, groups for reflection and enquiry into our understanding and experience, meditation to deepen the practice, and movement sessions to further explore and embody awakened perspectives on reality.

This retreat is part of our Going Deeper programme. These retreats are suitable for anyone who has already done an introductory retreat or who has been attending their local Triratna centre and wants to take things deeper.

What can I expect from the programme?

Wisdom (*prajñā*) is traditionally developed through three sequential stages: **listening (or studying), reflecting (or contemplating), and meditating (or embodying)**. This progression takes knowledge from an external concept to a direct, lived experience.

Our program is design to reflect those stages. A typical programme for the day will be as follows:

6:30 Rising Bell

7:00 Gentle Movement & Meditation – Two sessions

8:45 Breakfast

10:30 Morning Talk and Exploration

1pm Lunch

4:30 Afternoon Reflection and Embodiment Session

6pm Dinner

7:30 Evening Ritual and Celebration

About the retreat team

Both Sanghadhara and Amalasiddhi began their Buddhist lives in Triratna as teens in Mexico City, Both ordained in their 20's, they now live in the UK running different Buddhist informed cafes and cultural hubs in the north of England.

Amalasiddhi is a well-known Buddhist speaker and meditation teacher. He has recently have certified as a yoga teacher and is a contact improvisation practitioner. His love for meditation and embodied practice will lead us well in exploring the Dharma.

Sanghadhara is the lover of friendship and community per excellence. A natural organiser and visionary for great projects that build community. In his teens he was involved in setting up the Toluca Buddhist Group in Mexico which has now flourished into a well established Buddhist centre. In the UK he has been a key player and pioneer for various projects including young people's groups and events, revitalising the men's community above the Manchester Buddhist Centre and most recently setting up Hinterland - a sober bar and community hub in central Manchester. With a background in performing arts, a restless creativity, passion for deep thinking and philosophy as well as a playful open heart Sanghadhara is the ideal retreat host.

Candradhi (she/they) draws on Buddhist meditation, somatic movement and ecological awareness as ways of deepening and enlivening relationship to self, other and world through an embodied and heart-led practice. She teaches a mindfulness-based hatha yoga, informed by years of personal movement exploration, including dance, qi gong and clinical somatics.