



Love as a Way of Life:

Exploring the Brahma Viharas

About the retreat

Imagine being able to meet the world with love, no matter what life throws at us. To actually live with the intention of love towards everything, be it joy, sorrow, or the whole mix in the show of life.

The Brahma Viharas are a set of meditation practices that invite us to engage with this territory of love in the most optimistic and hopeful way and give us clear guidance on how to cultivate not only love, but also compassion, joy and equanimity.

Giving very practical instructions on how to work with love in all aspects of life, from what to do when we encounter suffering, to how to deal with success and joy, they also point out how we can live in a way that is less bound up with our ego-driven motives and instead go beyond likes and dislikes by dwelling in equanimity, making possible a freedom of heart we could only dream of before.

The retreat will unfold organically over the week, with teaching input and plenty of time spent meditating, and there will be a lot of silence too. We will work with embodiment in our meditation practice and what it actually means to experience ourselves as humans, cultivating a curious and interested attention to being alive which then allows us to deeply engage with the Brahma Viharas and to open to wisdom and insight.

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.
- You may like to bring a notebook for the teaching sessions.

What can you expect from the programme?

You can expect an intensive meditation retreat, with 5-7 hours of sitting meditation each day. The teaching style is interactive and there will be groups on the first and last full days, and we will build up to several days of full silence as a support to deepening the meditation.

You'll be hearing Dharma teaching, sharing with others about practice, having individual meditation reviews with team members, and you'll be in beautiful and supportive conditions for taking your meditation deeper.

Advayasiddhi is a meditation and Dharma teacher living in Denmark. She loves meditation and loves sharing its deeply transformative powers on retreats. She met the Dharma under the Bodhi Tree in 1997 and has since then dedicated her life to explore how to wake up in the lives we have here and now.

For the past 15 years she has been leading retreats in various places around UK and Europe, using a friendly and down-to-earth teaching style. She has a particular link with Vajraloka Retreat Centre, where she teaches regularly and since 2020 also has been involved with a number of Triratna online retreats and activities. She was ordained into the Triratna Buddhist Order in 2007.