



Uncontrived Mindfulness – from Awareness to Insight

Led by Vajradevi

About the retreat

Mindfulness can transform our lives. The magic of the present moment experienced through our senses can deepen the colours of a beautiful sunset sky or heighten the quality of a magnificent concert. It can enrich and enliven our experience bringing a second-by-second joyfulness. But if that is *all* it does, we have missed out on the vast potential inherent in awareness; that is, as a key to wisdom.

Using the framework of the Satipatthana Sutta - the Buddha's primary teaching on Mindfulness - to cultivate awareness and right view – we will learn to watch our mind, through knowing whatever is happening through all six senses.

We will look at the role of receptivity in mindfulness and the 'wise' or 'unwise' attention we bring to every aspect of our experience. We will be looking at how continuity of mindfulness can touch and transform our experience through simple presence and intelligent awareness, developing both steadiness of mind and heart and insight into the nature of all things.

The retreat will mainly be in silence with teaching input each day, and meditation reviews every other day.

Is there anything special I need to bring?

Loose, comfortable clothing for meditation.

What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first or second full day and come out of silence on the last full day.

There will be formal practice periods of sitting and walking and also informal periods where we can be mindful out for a walk, sitting looking at the view or eating a meal.

About the retreat team

Vajradevi has been meditating since 1985, and leading retreats since 2002. She has a longstanding passion for mindfulness teachings as a path to insight and to this end has explored the teaching of early Buddhism, participating on retreats in the US and Burma, studying with Joseph Goldstein and Sayadaw U Tejaniya. Her book, '[Uncontrived Mindfulness: ending suffering through attention, curiosity and wisdom](#)', was published in March 2021 by Windhorse Publications.

Vajradevi will be supported on this retreat by Amoghavira and Gunasiddhi, both very experienced Order Members.