



Facing the Demons - Dharma for Troubled Times

About this retreat.

In his 1979 talk on Padmasambhava, Sangharakshita said "we mustn't think of 'demons' as mythological.... You're living in a world of demons": economic; social; political. In our troubled, complex world it is hard to recognise and face these 'demons'.

This retreat will explore some of the demons of our age and time, both inner and outer.

Through meditation, ritual, talks and group work we hope to face and transform them, going forward with renewed energy, strength and inspiration.

What can I expect from this retreat?

We will have a varied and engaging programme! We hope to make the most of Dhanakosa's beautiful setting with outdoor activity at times.

We will set ourselves up with a double meditation before breakfast.

The mornings could see talks or workshops with time to reflect or discussions.

The afternoons will have time for resting or walking and a second discussion opportunity or group work.

We will have daily rituals and silence overnight.

About the team.

Parami is a very experienced retreat leader and is known in Triratna worldwide. Parami and Khemasuri are practiced in integrating 'the work that reconnects' into a Dharmic setting.

Ratnadeva and Khemasuri have led retreats for Buddhafield and Ratnadeva explores the common ground between the Dharma and druidism. They all share a deep love of meditation, myth and ritual and see Buddhism as uniquely relevant in the modern world.

Please bring a pair of scissors and a small painting brush if you can.

You will need these for an activity on the retreat.