

# From Awareness to Wisdom

## About the retreat

This is an intensive meditation retreat with the emphasis on the natural awareness that we can learn to sustain in each moment, from waking to sleeping, and through the different activities of the day. We will be drawing on the Satipatthana Sutta, the Buddha's primary teaching on Mindfulness. We are learning to watch our minds and to learn what will support continuity of awareness.

An experimental and playful attitude is encouraged to explore - among other things: the relationship between mindfulness and wisdom; how to cultivate a mind that can distinguish between concepts and 'reality'; and to recognise the quality of mindfulness whether it is cultivated or uncontrived.

There will be regular input, some led meditations and the opportunity to talk about your meditation practice with the team. During the evening sessions there will be some simple Buddhist ritual.

The retreat is suitable for people with at least 1 year of regular meditation practice and who have attended at least one full week's retreat before.

## Is there anything special I need to bring?

Loose 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 full day, and come out of silence on the last full day.

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

## About the retreat team

Vajradevi has been meditating since 1985 and leading retreats since 2002. She has a long-standing passion for mindfulness teachings as a path to insight. To this end she has explored the teaching of early Buddhism: participating on retreats in the US and Burma; studying with Joseph Goldstein and Sayadaw U Tejaniya. Her new 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 other experienced meditation teachers.