

Going Deeper – The Fire of Awakening

Sitting deeply with our experience is the fire of transformation and awakening

About the retreat

The 3 lakshanas (Impermanence, Unsatisfactoriness and Insubstantiality) are a fundamental expression of the Buddha's vision of Reality. In this teaching, the Buddha is pointing to the transformative effect of acknowledging, allowing, and opening to the ways in which we experience these 3 aspects of our lives and gives us practical advice on how to stay firmly on the path of practice and awakening.

This retreat will explore this teaching with talks, discussion, reflection and meditation - exploring ways to awaken to the truth of reality, right here, right now. We will also incorporate ritual and devotion to aid in the transformation in the fires of our experience.

What can you expect from the programme?

Typically the day starts at 6.30am with a rising bell and a double meditation before breakfast. There will be 2 - 3 hours in the morning before lunch for teaching, meditation and reflection. In the afternoon there will be free time. There will be a session before dinner, and in the evening there will be a mixture of talks, discussion groups, meditation reviews, and Buddhist ritual including mantras and the seven-fold puja.

On this retreat we will be exploring meditation and Buddhism more deeply. There will be a refresher of the basic practices and instruction to support going deeper!

Meditations will be longer than on introductory retreats, normally 40 minute sessions built up with double meditations and walking meditation. We will be introducing Buddhist ritual through the seven-fold puja (which will be introduced during the retreat) and will be placing the meditation teaching more firmly in the context of the Buddhist tradition.

There will be periods of silence most days, with at least 2 days completely in silence.

About the retreat team

These retreats are normally led by members of our teaching team, and each retreat will have a main meditation teacher as well as two supporting teachers.

This retreat will be lead by Amoghavira.