



The Green Buddha:

Appreciative Mindfulness in Troubled Times

About the Retreat

Smritiratna writes: "We live, it seems, in increasingly troubled times. Yet if we fall prey to fear, hatred, blame and conflict, things only get worse. Somehow we need the resources to find our feet, rise up and meet the challenges we face with courage and confidence, with strength and dignity, with creativity and compassion, with wisdom and the harmonising speech that builds concord and co-operation.

Seeking resources, well the Buddhist tradition has much to offer. It offers mindfulness and the practices of consciously appreciating what we love and trust. It offers meditations to work skilfully with our emotional states, so as to move beyond fear into courage, beyond hatred into compassion, beyond habitual old views into insightful new perspectives. This retreat makes such practices readily available within a supportive daily programme which includes meditation, mindfulness, daily discourses and imaginal practices such as mantra, puja and inspirational poetry.

'The Green Buddha' refers both to the historical Buddha who spent most of his time living with appreciative awareness in the forests of ancient India ... and to the archetypal Buddha 'Amoghasiddhi' - 'Green Buddha of the North'. Of the five buddhas depicted in the Buddha Mandala, Amoghasiddhi stands especially for: harmony and concord within ... harmony and concord without. This is not the superficial harmony that compromises truth. It is the hard-won harmony that courageously faces conflict - *both inner and outer* - searching for the deeper truths that show a way to lasting resolution."

Is there anything special I need to bring?

Bring a full set of waterproofs (jacket and trousers) and boots so you can roam about in the beautiful surroundings whatever the Scottish weather - often very cold and often wet at this time of year. So bring plenty of layers and thermal underwear would be a useful extra. Also bring whatever you need for comfortable meditation - loose stretchy clothes for example.

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell then a meditation at 7.00. There'll be up to six meditation sittings each day lasting about 40 minutes. Each day there'll also be one or two fairly short explanatory talks and each evening will end with Buddhist devotional practice - usually mantra, sometimes puja.

There will be long **periods of silence** on the retreat so we can attend more fully to immediate experience. Saturday night until Thursday afternoon will be without conversation except for teachings and regular 1:1 practice reviews. Then we leave on the next day, Friday.

About the retreat team

Smritiratna has meditated regularly for nearly four decades and led nearly 200 retreats.

Śraddhādhārani joined the Triratna Buddhist Order in 2013 and was soon widely appreciated as a particularly heartfelt teacher.