



# LIVING PRESENCE

## Focusing and Meditation

*“If you can live in your body and not reject any of it, then you will be guided in discovery of your own wisdom and Nature’s wisdom, guided into this vast, awesome field of spacious Presence” (Ed McMahon, Founder of Bio-Spiritual Focusing)*

Combining meditation with the process of ‘Focusing’, this retreat explores a way of living from an embodied sense of Presence.

In the 1960’s Eugene Gendlin coined the term ‘Focusing’ to give expression to an innate way of being, along with a practice to re-ignite this natural process. In essence, the process of Focusing offers a way of compassionately listening to our lived experience. Through the timeless, sacred act of listening, we give space for the body’s wisdom to be known and creative new life to unfold.

Guidance in the Focusing process will be offered. As it can be amazingly supportive to have another person ‘companioning us’, we will also be practicing Focusing in pairs. Exploring how Focusing can enrich our Dharma practice will be a key element of the week.

The retreat day starts with meditation at 7.30. To support our retreat journey there will be periods of silence, slowly building up to 3 full days. During the evening there will be the opportunity to engage in ritual emerging from our collective process.

### **About the retreat team:**

Amoghavira has been teaching meditation at Dhanakosa for 25 years

Maitrivira is an experienced Focusing practitioner and loves sharing his experience of focusing and meditation on retreats.

Srisambhava, who lives by the sea in West Wales, is a long-standing practitioner of both Buddhist meditation and Focusing. In relation to Focusing, she writes: “My personal journey has given me a deep appreciation for the ‘soul retrieval’ dimension of this practice; along with a faithful Lodestone to touch when I get lost amidst the ‘worldly winds’!”.