



The Green Buddha Online:

Appreciative Mindfulness in Troubled Times

10.30am Sat 23rd – 5.30pm Thurs 28th January 2021

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, 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 Tara being the female manifestation) who represents the courageous, healing and harmonising aspect of Buddhahood, the extraordinary power in humanity (potentially Enlightened humanity) for building co-operation and community.

What can you expect from the programme?

There will be a light programme each day. This is to allow folk to participate even if they have a few other responsibilities to fulfil. Meanwhile those with completely free time can supplement the Zoom programme with extra meditation and reflection on their own.

Meditations will be up to 40 minutes long. The first class of the day will run from 8 to 9am including welcome and introduction. There'll be another teaching and meditation period 4-5.30pm and in the evening 7.30-9pm something more imaginal like mantra or devotional verses. At 10.30am the day's theme will be expounded with an explanatory talk then discussion in small groups. This is the main teaching session lasting two hours but with breaks and meditation so it's not tiring.

Day by day we'll be following the "Four Levels of Awareness", a systematic mindfulness course from appreciation of nature, body, feelings, emotions, thoughts and other people, to contemplation of non-dual reality. This course is practice-based, with a minimum of theory. It is a tried and tested way to tap into our full potential, opening heart and mind so as to gradually become as strong and creative as we can be.

The online retreat will run on the zoom meeting platform. This works in most web browsers, and you can also get free apps for all major mobile platforms too. You don't need to pay for an account to take part. We will send a link to the zoom meeting room a few days before the retreat.

We will open up the zoom room 10 minutes before each session starts so you have time to settle in, make sure your technology is working and say hello before each session starts.

Saturday

- Session 1: 10:30 – 12.30
- Session 2: 4.00 – 5.30pm
- Session 3: 7:30 - 9pm

Sunday to Wednesday

- Session 1: 8.00 – 9.00am
- Session 2: 10:30 – 12.30
- Session 3: 4.00 – 5.30pm
- Session 4: 7:30 - 9pm

Thursday

- Session 1: 8.00 – 9.00am
- Session 2: 10:30 – 12.30
- Session 3: 4.00 – 5.30pm

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.