



Dhanakosa Online Lite:

Spring rain on still waters – reflecting on the five skandhas

Sat 13th – Thur 18th March 2021

Led by Nayaka and Moksadhi

About the retreat

This is a low time commitment online retreat from Dhanakosa to help us discover how we can use the five skandhas as a reflection scheme in everyday life. It will take a practical and accessible look at this traditional list, reflection on which is said to lead to awakening.

The Five Skandhas (rupa/form, vedana/feeling tone, samjna/perception, samskara/"volition" and Vijnana/ consciousness) are a traditional way of breaking down experience and it is said to include the whole of that experience; the whole "person". It appears in the Pali Canon right back at the first turning of the wheel of the dharma. It is also a central theme in the Heart Sutra and is found in Vajrayana and esoteric Buddhism. Yet, its presentation is often somewhat inaccessible. Nayaka has spent many years exploring how this scheme can be used both in meditation and in daily life reflection in ways that not only enriches our Dharma practice, but our lives generally.

This retreat is for regular meditators who have some regular contact with the triratna Buddhist community. Basic familiarity with Buddhist principals and practice, as well as experience of meditation will be assumed.

What can you expect from the programme?

The retreat will have two sessions a day:

- 10 – 11.30am for a short presentation on the days topic and a led reflection, and then;
- 7.30-8.45pm in which we will explore the days topic together and have the opportunity to meditate as a retreat group.

The morning session will be recorded and made accessible soon after so people unable to attend will be able to catch up and still participate in the evening discussion. There will also be opportunity for one to one reviews with the retreat team.

The retreat will use the [zoom meeting platform](#) for presentations and group activities, and we will use [Discord](#) for sharing our experience during the retreat to help create connection between group members. The retreat will run from 7.30pm the evening of Saturday 13th March to the end of the morning session on Thursday 18th of March.

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.