

# Simply Being

Led by Tejananda

## About the retreat

'Simply being' points to the aliveness and awakens that we can recognise at any moment. It's an openness to full presence, our full being - in body, senses and awareness. It points to being what we really are, beyond conceptual fabrication. In recognising and opening to the steady and spacious aspects of experience here and now, we may glimpse a timeless awareness - emptiness that is inseparable from loving, compassionate energy.

We'll explore all this through sitting meditation, experiential 'lookings' and by discovering our own direct experience as awareness, simplicity, intimacy and aliveness. These qualities are gateways to the five 'undivided knowings' (jnanas) which are the essence of the mandala of the five Buddhas. This offers a very practical 'map' of our immediate experience, pointing to what has been here all along, unnoticed - simply being.

This retreat is suitable for people with at least six months regular meditation practice and who have attended at least one full weeks retreat before.

## Is there anything special I need to bring?

Loose clothing for meditation.

## What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first full day and come out of silence on the last full day

The retreat day starts at 6.30am with meditation. You can expect about 5 – 6 hours a day in the shrine room, mostly in sitting practice (broken into 40 minute periods) but also including some interactive teachings and evening puja. There will be opportunities for meditation reviews and personal yoga practice.

## About the retreat team

Tejananda has been part of the resident / teaching team at Vajraloka retreat centre in Wales since 1995 and became chairman of the centre in 2001. In meditation and Dharma practice he is particularly inspired by the formless meditations of the Tibetan Mahamudra and Dzogchen traditions. He has written a book introducing the fundamentals of Buddhism 'The Buddhist Path to Awakening' and taught meditation and Dharma in many parts of the UK, Europe and the USA.

Tejananda will be supported on this retreat by other experienced meditation teachers.