



THE LIFE OF OBJECTS 2022

Wabi-sabi and animism

Fall in love with life again.

When we realise how much the world we live in is influenced by mind, we also discover that we can choose to live in a world where everything is alive.

A Retreat on the Art of Perception

When we realise that what we experience is not the 'thing out there' but our own perception, our relationship with things is suddenly changed. The teapot and the bowl are no longer objects separate from us, but alive and intimately connected to us, even a part of us.

*"Picking violets by the side of the road,
I forgot my begging bowl.
How sad you must be, my poor little bowl."*
— RYOKAN

Go from consuming too much to cherishing everything.

This retreat is appropriate for people with an established meditation practice within the Triratna Buddhist Community and basic familiarity with the mindfulness of breathing and the metta bhavana will be assumed, as will some experience of puja and Buddhist ritual.

Is there anything special I need to bring?

Loose comfortable clothing to meditate in. Outdoor clothes for rain and sunshine.

What can you expect from the programme?

A meditation and reflection retreat with teachings on Dharma, wabi-sabi and animism. All brought to life with poetry, film and an exploration of the world of things that is all around us.

The days will be mostly in silence with one or two days of complete silence except for teaching sessions, where there will be space for questions and a little discussion.

About the retreat team

Vajradarshini has been teaching within Triratna for over 20 years and brings a creative angle to dharmic themes.