

An invitation from the Urban Retreat Team

Dear Friend,

Re-imagine the Ordinary

Going away on retreat can be transformative, but so can taking a week staying at home in our ordinary lives and letting that become extraordinary by 're-imagining' it.

The 'mountain cave' of the heart-mind, the inner world of practice is always there with us in potential, we just need to learn how to create the conditions to access it. An urban retreat supports us to do just that.

As a band of would-be Dharma-farmers we come together on the first day to lay our plans - what do we want to let go of to create more headspace for practice? What supports do we want to introduce to help us stay focused on upgrading our practice for a week?

The urban retreat formula is tried and tested. And above all it's simple. We have what we need right here - our own mind, with its capacity to transform our experience. Practicing alongside others who share that faith and understanding we can co-create a powerful set of conditions.

We might see it as imagining a virtual monastery into being. Or maybe for you it's a training school for would be sorcerers or a band of faithful, heroic friends setting out on a quest together to change the world, one breath, one step at a time.

We all have myths and stories we're living out and which inspire us. Do we know what ours is? Dare we live it a tiny bit more, right now, right here?

No need to wait for the perfect day to day to come, when we go to the perfect place which will give us the perfect conditions. That day is today. That place is now. We can create the conditions to change our lives - and the world - right here and now.

Taking as inspiration the 11th century Tibetan yogi Milarepa, who really knew there was no time to lose, we'd like to share our own inspirations, what's worked for us and to introduce a set of practical tools and resources.

Milarepa was renowned for his determination to transform his heart-mind from the unskilful, painful and destructive state it fell into in his youth. He succeeded gloriously and has been known and loved for over 900 years for his songs of awakening which have inspired thousands of people to wake up and change their lives - one view, one action, one meditation at a time.

Join him - and us - 16-23 January 2021. Register for your place now by emailing satyalila@bristol-buddhist-centre.org and we'll send more info.

Yours in our Sangha

Cait, Esme, Hannah, Kamalavajra & Satyalila
xxx