

Vajradhara Gonpa: Shamatha-Vipashyana Retreat 2018

The following is the retreat schedule and information. You can register any-time from 2-5 pm on the first afternoon of the retreat. Please contact Nikki Keefe the retreat Coordinator for any inquires at logistics@si.org.au

DAY 0

14.00 – 17.00	Registration
18.00 – 19.00	Dinner
19.00 – 20.00	Dharma talk
20.00 – 21.00	Sitting
21.00	Winding down and rest

DAY 1 - DAY 9

05.30	Wake up gong
06.00 – 8.00	1 st Session
08.00 – 9.30	Breakfast
09.30 – 12.00	2 nd Session
12.00 – 12.30	Yoga
12.30 – 14.00	Lunch
14.00 – 15.00	Individual Dharma study hour
15.00 – 17.00	3 rd Session
17.00 – 18.00	Free time
18.00 – 19.00	Dinner
19.00 – 20.00	Dharma talk
20.00 – 21.00	4 th Session
21.00	Winding down and rest

DAY 10

Schedule as during the earlier days, finish after 10.30 meditation and conclusion after lunch @12.30. This will give you the opportunity to pack up and clean your room.

ABOUT THE RETREAT

The focus of the retreat is continual meditation, interspersed with periods for personal study and interview with the instructor. As you can see, the schedule and format of the program is quite manageable. During the retreat everyone will be assigned one interview with the instructor, as well as periods where you can have impromptu meetings with him.

The format is retreat which means that there are boundaries, and the physical ones are the location where everyone commits to stay for the duration of the

retreat, unless there is some unexpected serious reason to leave. Everyone also shares the boundary of speech – silence. Silence is very helpful; otherwise a small space like this would become a space of great, interesting, and probably extensive discussion. We will save that for after the retreat. The boundary of the mind is the common commitment to the vision of the workability of the mind, and the discipline of continual mindfulness during meditation and post-meditation.

Sessions will consist of 20 minutes sitting, 10 minutes walking, and 20 minutes sitting again; then a tea-break in silence and then another 50 minute session as above. The second morning session will include a slightly longer tea break, and also a time for mindful relaxing or yoga at the end.

The atmosphere should be one of commitment to mindfulness, with a relaxed appreciation for the world as it is, not as we think it ought to be. It might rain, it might storm, it might be sweet and sunny, but whatever comes, good or bad, happy or sad, we allow thoughts to go on their way, like an imprint of a bird in the sky.

Couples are welcome, but it is suggested that during the stay they should live separately. Friends can share dorm rooms, but the idea is to create the necessary simplicity in a situation of silence. This is merely a suggestion, and individuals may do as they wish.

Practitioners of Sadhana, Dharma Das, or Dharma Gar may designate one session to their practice, which they can do in their room. The overall inspiration of the retreat is the vision of the unified intention of all vehicles, and there is no Buddhist vehicle where the practice of mindfulness is not the core, and vipashyana not the objective. Hence there should be no concept of separation in terms of the vision and practice that everyone is sharing.

There is no need for apprehension about the retreat. It is for ordinary persons, but of course it requires a commitment to the project of sitting meditation, and as such it suited for anyone practicing meditation, regardless of whichever level or variety of meditation they are doing. Jakob will see to it that everyone is alright with the practice, as well as be available if needed for anything related to practice. He will also give the instructions for the practice in the evenings.

LOGISTICS

HEALTH: Living ARC request they are aware if anyone has any significant medical condition. Please note on your registration form if you have any medical conditions e.g. Asthma, Epilepsy, Diabetes and allergies. Ticks are prevalent in the area - if you know you have a significant allergy, bring an EpiPen and any required medication.

TRANSPORT

Only 4WD and AWD vehicles are able to get up the hill.

Car parking will be available at the bottom of the hill and transport provided up and down the hill if you don't have a 4WD or AWD. If you require car pooling or can provide, please contact Kris 0410061280 (SMS preferable).

Transport for those flying. The closest airports are Gold Coast and Ballina. A shuttle bus pick up will be available for those flying.

If you are flying please try to get a morning flight that arrives at least by 1pm, and a late afternoon flight back otherwise we can't guarantee pick up or drop off. Shuttle bus time and cost is to be confirmed. Please note it is at least 2 hours from the local airports to VDG.

Once you have booked your flight please email or SMS your details to Kris Anderson 0410061280, or email brisbane@si.org.au.

MEALS: 3 vegetarian meals will be provided. Dairy and gluten free will be available (please indicate on rego form). Every effort will be made to accommodate allergies but if you have very specific requirements we encourage you to bring your own.

ACCOMODATION:

Be advised that accommodation is beautiful but simple and basic in a lovely bush setting. Dormitory (female/male segregated as previously) and camping are provided. Please indicate your preference when registering. There may be a limited number of single/ double rooms available. If you have a preference of who you would like to share with, please state on the rego form. Be advised that room preferences are not guaranteed. 'First in best dressed'. There are also shower and toilet facilities in the camping area.

Linen; If you are camping you are required to bring your own tent, camping mat, all bed linen, including sheets, doona/sleeping bag, pillows and towel. All local participants driving are requested to bring their own bed linen, doona and pillow. A selection will be available for those flying. Please indicate on the rego form if you require bedding

WHAT TO BRING:

In addition to the items mentioned under accommodation, please bring:

- Toiletries, a torch, sunscreen, hat, insect repellent or any required medication, natural soaps/shampoo as the grey water is used on the gardens. Water bottle for filling with filtered water in the dining room.
- The weather can be unpredictable in the Northern Rivers at this time of year. It could be very hot or cool, and possibly wet so bring appropriate clothing for all weather conditions. Eg: umbrella/raincoat and rain shoes.
- It is recommended that you bring a **meditation shawl**. Some cushions are provided as well as a few chairs. It is recommended that if you are driving please bring your own cushions.

IMPORTANT:

It is policy at this venue that during the retreat participants take care of cleaning the space they use (including showers and toilets) and wash their dishes after meals. Karma yoga duties can be chosen on arrival.

DIRECTIONS:

Vajradhara Gonpa, Collins Creek Road, Kyogle NSW 2471

From Kyogle, take the right hand road at the petrol station, Fawcetts Plain Rd, continue up this road, take a left hand turn at Tims lane (very small, look closely for it), then first right onto Collins Creek Road. Continue on this road following signs to Vajradhara Gonpa, you will pass through 2 gates, please close after passing through. Drive across a creek and car parking will be indicated on the left. There will be a pick up from the bottom of the hill if you do not have a 4WD or AWD.