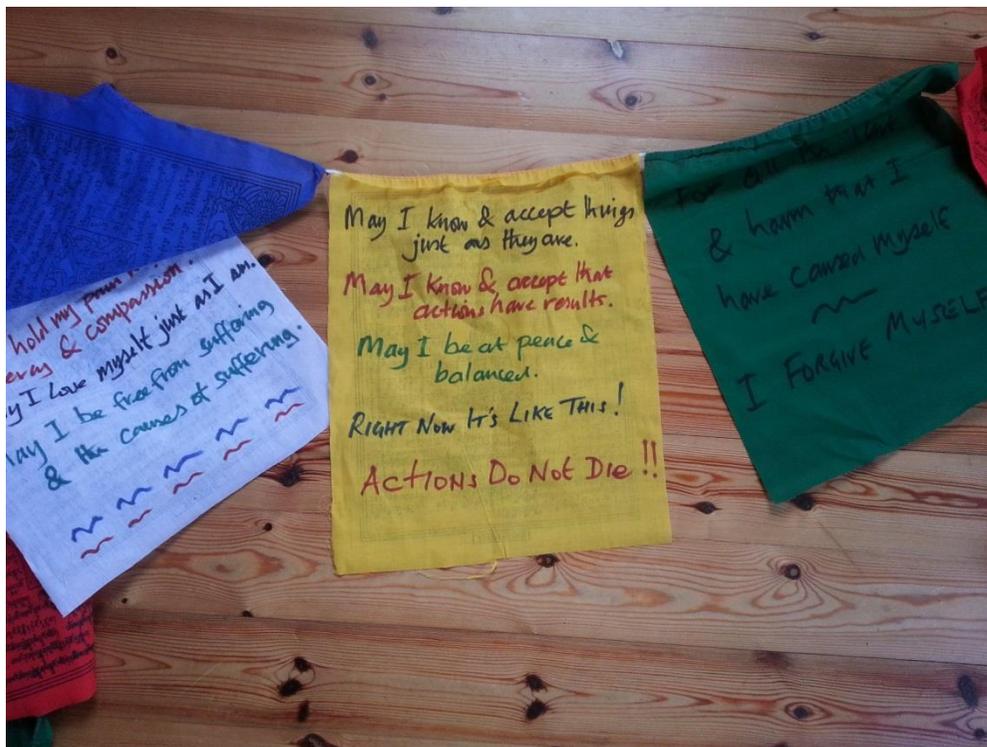


# HUNGRY GHOST RETREAT

## PART TWO



## ‘EVERYDAY NIRVANA’

5-DAY RECOVERY RETREAT

WED 13 MAY UNTIL SUNDAY 17 MAY, 2015

*Sunyata Buddhist Centre, Co-Clare, Ireland*

## A Buddhist Oriented Approach : The Path of Recovery

There are many paths to and of recovery. Some are short term interventions, some are lifetime commitments. Here, is an approach to Buddhist recovery that is based on the following multidimensional practices.

**Truth, Truthfulness and Commitment (*Sajja*)** : pain is inevitable - suffering is optional. The truth of the way things really are; and our commitment to change.

**Generosity (*Dana*)** : the antidote to the selfishness of the 'addict self'. A generosity of heart and mind expressed in our thoughts, in our words and in our actions. Generosity gives rise to ethical living, to kindness, to the ability to forgive and to fellowship; and it supports our meditation practice.

**Harmlessness (*Sīla*)** : the aspiration to live fearlessly and skilfully in harmony with the Five Precepts; using these great gifts to prevent relapse and to reduce the harm in our own life and within our communities.

**Loving-kindness (*Mettā*)** : the regular practice of loving-kindness meditation to lift our self-esteem and promote our well-being, and the well-being of all those around us. We can in time expand our practice to include Compassion, Joy-Gladness and Equanimity.

**Forgiveness (*Khama*)** : the regular practice of forgiveness meditation to skilfully examine and let go of the past; healing our present and embracing our future - whatever it may hold.

**Meditation & Mindfulness (*Sati*)** : the practice of meditation of body, feelings and mind; and the cultivation of mindfulness to support & protect our recovery.

**Admirable Friends & Fellowship (*Kalyāna-mittatā*)** : we may join a support group or start our own. "Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the spiritual life."

It is important to note that we do not have to be 'a Buddhist' to cultivate any of these qualities; or to adapt or adopt any of the principles discussed, and meditation practices explored.

Recovering people of all faiths or none are welcome on this retreat.

## What to expect 'on retreat' at Sunyata Centre

This mindful recovery retreat is offered as an opportunity to expand and follow on from the wholly Buddhist approach to recovery presented in the Hungry Ghost - Part 1 retreat. This retreat will further develop the practices of **self-love, self-compassion, self-appreciation, self-balance** (i.e. the *Brahma Viharas*) and **self-forgiveness** in recovery.

In effect this retreat will have **less talking** and **more walking!**

For the period of the retreat, everyone is required to commit to the Five Precepts – the ethical training guidelines that are focused on developing personal harmless conduct (*Sīla*).

- To refrain from intentionally harming any living being including ourselves.
- To refrain from stealing or taking what is not freely offered.
- To refrain from sexual and sensual misconduct.
- To refrain from false speech (including idle gossip, harsh and divisive speech).
- To refrain from taking substances which disturb the balance of the mind.

Sunyata do not offer single rooms. Retreatants are housed in two dormitories and in a nearby cottage. It is also possible to stay offsite in a local B&B and commute to and from the retreat from there. Please see the **Sunyata Buddhist Centre** website for more details. All food provided will be vegetarian (please let us know if you have any other special dietary requirements). Coffee will **not** be served during the retreat and you are asked to respect this requirement.

Participants will be encouraged to switch-off or minimise their use of telephones and the internet throughout the period of the retreat.

Each day will start with a wake-up bell at 06:00. We will meet in the meditation hall at 06:25 for a morning reading and a 30-minute period of meditation. Throughout each day there will be talks and discussions; and most importantly plenty of opportunity to practice sitting, walking and standing meditation.

The community will be silent from 21:30 until 09:00 each day including a silent breakfast. There will be one completely silent day during the week.

There will be an opportunity each evening for a volunteer to lead a Buddhist-oriented '**Sit-and-Share**' recovery meeting (see [www.5th-precept.org](http://www.5th-precept.org) for more details).

## The Brahma Viharas : Self-love, self-compassion, self-appreciation, self-balance and self-forgiveness...      Everyday Nirvana, every day!

Our retreat will include a focused, systematic, retrospective and progressive investigation of self-views - through the traditional practices of the **Brahma Viharas** and **Forgiveness** – supporting the letting-go of hatred and ill-will for ourselves and others. We will learn to incline our minds towards kindness... there is no finer mindfulness!



Each retreatant will be given a personal set of Tibetan Prayer Flags. One side of each flag is decorated with wood block prints of auspicious mantras, syllables and prayers - the other side is blank.

\* As we progress through our retreat, we will write the names - *starting with our own* - of all the many people that we want to send the blessings of the **Brahma Viharas** to on our personal prayer-flags. We may also write our own personal prayers and wishes.

\* We will also write the names - *starting with our own* - of the people from whom we might want to ask for **Forgiveness**.

\* And lastly, we will write the names - *starting with our own name* - of all of the people that we may wish to Forgive.

The retreat's teacher will be Vince Cullen; an ex-alcoholic who has been associated with the **Wat Thamkrabok** monastery in Thailand and Buddhist-oriented drug and alcohol recovery since 1998. Vince is a charter member of the **Buddhist Recovery Network**.

Fee:      Standard rate €230 per person (**excluding optional** Teacher Dana-Donation)

For more details about the content and costs of this retreat (including the online booking form) please visit the Sunyata Buddhist Centre website : **[www.SunyataCentre.org](http://www.SunyataCentre.org)**