

Meditation Retreat: An Introduction to Tantra

Conquering fear, discovering the freedom to love and explore...

21 - 29 April 2017 at Maitreya House, Herefordshire HR2 0HP



This week-long retreat in rural Herefordshire will be an opportunity for you to delve into the Buddhist tantric tradition with Tantra Masters Doug Duncan and Catherine Pawasarat.

Tantra is a weaving of a clear mind and a blissful heart and the image often used to portray the metaphor of these dualities of consciousness is the dance of male / female in union.

It is a method for exploring the relationship between our inner mental workings and our outer contact with the everyday world.

We will learn how our fears can be harnessed to become a tool for overcoming the anxieties we experience in daily life. The retreat will enable us to develop trust and confidence that conquers fear and establishes freedom to love and explore.

The retreat begins with a 21 Tara empowerment in Tibetan tradition, which lays the foundations of the practice. Throughout the week there will be opportunities to develop this practice with guidance through classes, activities and meditation.

Whether you are a beginner or a more experienced practitioner, the week promises to be a deep and transformative one.

This meditation retreat is for people who:

- Are new to meditation
- Already meditate
- Want to go deeper into their meditation practice
- Want to find out what Tantra is all about
- Want to develop their tantric practice through the 21 Taras
- Want to empower their lives and change their relationship with fear and love

For info: <http://www.planetdharma.com/event/tantra-meditation-retreat-uk-2017>

What will be covered in this meditation retreat?

During the week, you will become more familiar with the four levels of tantra:



In **Action Tantra**, traditionally the image of a 'smile' between male and female is used. A smile is an invitation and a connection. It is relatively low risk and decently far enough away to ensure time to assess if further dialogue is desired or possible. As a karma yoga practice it involves service and generosity in practice.

Relational Tantra uses the metaphor of 'holding hands' as a symbol of closer communication and therefore deeper connection than just a smile. Here dialogue between teacher and student or between one's actions and one's psychology is deepened. At this level more honesty is required, not only between the teacher and student, but with one's self as well.

Completing Tantra, requires more vulnerability, greater trust and deeper courage. The metaphor here would be 'making out', to use colloquial language. Not everything in our ego is nice. The monsters of our shadows and the deeper part of our hurts, our loneliness and betrayals, will be unveiled. But, also the strengthening of our hearts and minds occurs here.

Finally, in **Union Tantra** the illusion of separation between beings evaporates. One comes to realize that only loving kindness and compassion exist in the heart/mind of clarity. We are joyous and equanimous in this level of tantra. And as one might expect from the previous metaphoric images, union is depicted as the surrender anticipated in sexual union.

You will also have the opportunity to attend a 21 Tara empowerment and receive guidance in practicing this as a personal meditation.

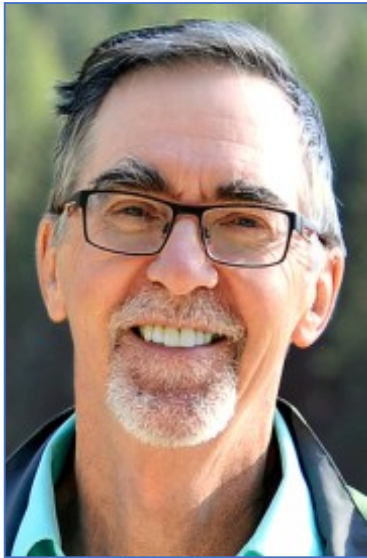
How will this meditation retreat help my life?

Working with Doug and Catherine on this retreat and exploring the different levels of tantra through the 21 Tara empowerment will give you the opportunity to explore how your inner thoughts affect your contact and relationship with the world around you.

You will begin to see how fear itself becomes a tool which supports you in your daily life. Once you begin to understand this, your exploration truly begins and your week at Maitreya House is just the start – what you learn and experience there will travel with you long after the retreat.

Suggested Reading: *Introduction to Tantra: A Vision of Totality*, By Lama Yeshe,

About Teachers Doug Duncan & Catherine Pawasarat



Doug Duncan is a Canadian-born Dharma teacher and counsellor who has travelled, explored and meditated for most of his life. He has studied extensively in the Theravada, Mahayana and Vajrayana Buddhist traditions under the principal tutelage of Namgyal Rinpoche, as well as other teachers

His desire to see the world and understand it more fully began at a young age – as a child he was repeatedly found wandering and had to be returned home by the police!

He teaches at and founded the Dharma Japan and the Clear Sky Meditation and Study Center in British Columbia and is a visiting teacher in the UK and many other countries. His teaching draws on contemporary psychology and science.

He is the author of 'Dharma if you Dare'



Catherine Pawasarat studied languages, literature and philosophy at Columbia University. She moved to Japan to explore the traditional arts and worked as a journalist, interpreter and translator.

After a year studying shamanism in the Brazilian Amazon in 1996, She returned to Kyoto and began an intensive Dharma apprenticeship with Doug.

In 2003 she received lay ordination from Namgyal Rinpoche, just before his passing. She helped found the centres for awakening in Japan and Canada.

Catherine's teaching style is all-embracing and inclusive. She draws on her long-held interest and advocacy in working in for social and environmental justice and focuses on sustainability within Dharma training and the practice of awakening.

What others say:

*This retreat was right on the mark, a perfect blend of focused inner work along with space for reflection in a comfortable setting. The teachers were wonderful, insightful, humorous, and extremely attentive to our individual needs for understanding. The journey has opened access to undiscovered strengths in myself and I could not be more thankful. **Ryan Gies***

What does it cost to attend this meditation retreat?

Dāna Practice

Doug and Catherine teach by the ancient practice of dāna or generosity. Please follow [this link](#) to learn more about this profound practice before you register. You can bring your donation when you come to Maitreya House – cash and cheques are both accepted.

Cost

We're offering you an early bird price of £575 if you make the full payment by 1 March 2017.

The full retreat cost (excluding dāna to the teachers) is **£675**, which covers course fees, food and accommodation.

Whichever payment option you choose, **register now** as places are limited!

Send us your £100 non-refundable deposit to secure your place today.

If finance prevents you coming, please contact us and we will explore avenues where possible.

Contact us to find out more: Email – dharmaeurope@outlook.com

Telephone – Jonathan 07891 621865 or Zoe 07861 247357

Comments from last year's retreat at Maitreya house

This was my first real retreat. I did not know what being on silent retreat for a week would be like. It turned out that I found peace in the silence. Being in the presence of others with no requirement to engage. The shape of the days interspersed with Doug's teachings fed my mind and gave focus, brought questions and deep personal space, but not alone.

Brigid, Calm and Clear Retreat, UK, 2016

As I head down the winding lanes, surrounded by hedgerows, I feel like I am entering a different world. There is a calmness at Maitreya House which I feel as soon as I arrive. I feel supported and at ease.

Zoe, Calm and Clear Retreat, UK, April 2016