

## ***Going for refuge in wisdom, compassion and non-clinging awareness***

*June 22<sup>nd</sup> (6pm) – 25<sup>th</sup> (4.30pm)*

The Buddha once told his followers “be islands unto yourselves, be your own refuge, having no other” and not to rely on the external world for their happiness and ease.

All too often do we take refuge in objects and people around us, in views and in thoughts about the past or the future.

Going for refuge means going to a place we can rely on, we can trust, a place of safety and protection. Through the practice of mindfulness we start to see the unreliability of an external refuge and experience the presence of an always available, true refuge within ourselves.

This retreat will focus on the skilful means of gentleness, generosity, patience and loving-kindness towards ourselves and others.

*Cost: £ 145 for the 3 days*

Cost includes accommodation. Participants need to bring food to share and dāna for the guidance and teachings.

*Experienced practitioners can join for just the Saturday **and** Sunday as a practice weekend.*