

## **Feb. 24 – 27 Online Shravasti Silent Retreat**

### *May Confusions Dawns as Wisdom*

Shravasti Meditation is a non-sectarian, mind-body approach to practice which integrates energy practices from Tibetan yogas, Tai Chi and Qigong. This comprehensive program, designed by one of the greatest Tibetan meditation masters of our time, [HH Drikung Kyabgon Chetsang Rinpoche](#), incorporates an introduction to the basic tenets of Buddhism, clarifying how mind operates and creates our suffering, combined with an experiential exploration of meditation practice. The framework of the sutra segues naturally into advanced understanding such as Mahamudra or the completion stages of Vajrayana as understanding deepens.

Retreats will explore *Calm Abiding Meditation*, *Insight Meditation* and *Bodhicitta* (Loving Kindness and compassion) practice using the Sutra on Mindfulness of Breathing (Anapanasati Sutra) as taught by His Holiness Drikung Kyabgon Chetsang Rinpoche in a system he designed for 21<sup>st</sup> century practitioners. With the framework of the Sutra on Mindfulness of Breathing and supported by Tibetan Yogas, Tai Chi and Qigong this system of practice incorporates body mind understandings of all the traditions of Buddhism. Named Shravasti, after the sacred site where Buddha transmitted most of the Sutras; this teaching is as close as we can know of what the Buddha taught and practiced, unifying Buddhism and inviting practitioners from all Turnings of the Wheel.

As we make our life rich in continuous practice, our peace of mind deepens. Glorious Kagyu Lineage Master Phagmodrupa held a tradition of emphasizing silent retreat during the waxing moon. Khenmo Drolma leads a series of monthly retreats following this wonderful tradition so we can build a more contemplative life, incorporating regular periods of retreat and silence. *“It is in silent retreat that Dharma becomes a lived experience and insights take root.”*

*During the retreat, Khenmo gives an introduction to each session with an overall focus on a specific Dharma area or meditation training each month. We work with training videos of HH Drikung Kyabgon teaching the Six Yogas with subtle instructions. Each retreat builds new Dharma skills and supports confidence in our experiential understanding practice. The structure is four two hour meditation sessions a day with a generous break for meals and walking practice. We begin the evening before and conclude in the early morning. Full details follow registration.*

### **Retreat Schedule**

#### **Thursday**

20:00 – 21:00 Instructions

#### **Friday and Saturday**

6:30 – 8:00 Morning yoga

9:00 – 10:30 Dharma talk (only on Saturday)

12:30 –14:00 Meditation according to instructions

16:00-18:00 Meditation according to instructions

20:00 – 22:00 Meditation according to instructions

### **Last day (Sunday)**

6:30 – 8:00 Dharma talk

12:30 –14:00 Conclusion

16:00 – 17:00 Khenmo’s Sunday Dharma class (optional)

17:00- 18:00 Questions and discussion

**Shravasti Reading List** (these books are available through Amazon and other major book retailers):

*How to Meditate* Pema Chodron

*Sutra on the Full Awareness of Breathing* Thich That Hanh

*The Practice of Mahamudra* HH Drikung Chetsang Rinpoche

*Mindfulness in Plain English* Bhante Gunaratana

### **Recommended Preparation:**

#### **[Three Dharma Talks](#) by Khenmo**

##### **Talk 1 Foundation Perspective**

*Khenmo introduces HH Drikung Chetsang Rinpoche’s curriculum. Using the Anapanasati Sutra as a framework; she discusses building skills: mindfulness, an introduction to shamatha’s stages and the Four Foundations of Mindfulness. Meditation is also a medicine for crisis: Until afflictive emotions are completely uprooted; a change in health or relationships can bring a tsunami of responses for even mature practitioners. Khenmo demonstrates how we can use the sutra instructions as skillful means to explore our shadow areas.*

##### **Talk 2 Mahayana Perspective**

*Befriending our mind, opening the heart: Looking honestly within through meditation allows us to see the roots of our own emotions and mental habits that obscure our innate loving kindness, compassion, wisdom, and bodhicitta. Here we learn to apply meditation skills to bodhicitta practice.*

##### **Talk 3 Mahamudra Perspective**

*Wisdom is within us: At home with our mind and the Anapanasati Sutra as a framework for exploration, we become our own teacher on the cushion. Practice can become a dance, maintaining a subtle balance of meditation skills to fully concentrate one pointedly and explore minds with precision. This section includes an introduction to inner energies as support and Vipassana or looking at mind directly.*