

5 - DAYS RETREAT: FROM MINDFULNESS TO BUDDHISM

The Foundations of Buddhist Meditation for Mindfulness Practitioners

by the Mindfulness Association Belgium



24th until 29th of August 2021

**Samye Ling Beaumont; Les Jardins de Méditation
Beaumont, Belgium**

Facilitators Annick Nevejan & Olaf van Kooten
Lama Rinchen as guest teacher

Overview and Background

Through training in Mindfulness, Compassion and Insight many people find that their heart becomes more open, and their mind becomes more workable. As problems become less solid, we can start to appreciate our life and accept ourselves and the situations we find ourselves in. Often practitioners become interested in the Buddhist roots of the practices that have brought them so much benefit.

This retreat is suitable not only for those who are interested in the Buddhist path but also for anyone who wishes to deepen their practice of Mindfulness, Compassion and Insight.

Themes

- ◇ Buddhist View
- ◇ Renunciation
- ◇ Refuge & Bodhicitta

Buddhist View

The Buddhist view is that we are ultimately perfect. In the Buddhist view, everyone has the potential to become a Buddha, or in other words to achieve freedom. The purpose of practice is to recognise this truth so that it becomes a living experience and not just a nice idea.

Renunciation

Renunciation is said to be really important if we want to meditate. This term is often misunderstood; it does not mean we have to abandon our jobs, homes and loved ones. The essence of renunciation is facing our limiting patterns and choosing not to allow our life to be ruled by our habits.

Renunciation increases through reflection on the 4 thoughts that 'turn the mind to the Dharma'.

These 4 thoughts are:

- the preciousness of this human life
- the impermanence of everything
- the ways in which we shape our experience through how we think, speak and act
- the suffering inherent in all of life.

Refuge & Bodhicitta

Buddhists have the basic intention to turn away from behaviour that perpetuates suffering and to adopt behaviour that brings liberation from suffering. If we follow the Buddhist path, we align ourselves with the Buddha, his teachings, and our community of fellow travellers through 'taking Refuge'.

By taking Refuge we turn towards our true nature. We make the aspiration to wake up so that we can help everyone to become liberated from suffering and the causes of suffering – this is called 'Bodhicitta'. If we approach Mindfulness, Compassion, and Insight with this motivation and with a willingness to share the benefits with others, the value of our practice will increase.

Practical information

Dates and times:	From Tuesday 24 th of August at 6.00pm until Sunday 29 th of August after lunch (1.30pm)
Fee for retreat:	€ 400, - payable in monthly term (reduced fee for students € 200, -)
Registration for retreat:	This can be done on website page of the Mindfulness Association Belgium; https://www.mindfulnessassociation.be/contact
Accommodation & meals:	Please register and pay directly with the office of the retreat location Samye Ling Beaumont. Phone +32 (0)71 32 15 65 or by email info@kagyusamyeling.be (All vegetarian meals and choice of camping, caravan, or dormitory)
Language:	For this international retreat basic English is sufficient. There will be simultaneously a translation into French.

FACILITATORS

Lama RinchenPalmo, French by birth, has spent 12 years in retreat and supervised several long retreats on Holy Island in Scotland. She is an experienced meditator and teacher, specifically in the Vajrayana tradition of Tibetan Buddhism. She is one of the four Western Lama's of the Samye Ling mandala and appreciated for her compassion and down to earth style of teaching. Lama Rinchen is currently responsible for the Dharma centre Samye Ling at Beaumont and the Samye Dzong in Brussels. By guiding and facilitating meditators for so many years, she is a true resource for practitioners.

Annick Nevejan (MA, MSc) lives in Amsterdam with her partner Olaf, as an independent professional she works as a trainer, coach and counsellor and is a senior tutor for the Mindfulness Association in the UK and Europe since 2010. She has been teaching on the Master Program in Mindfulness at the Aberdeen university in Scotland for 5 years. In her work she integrates Western psychology, Tibetan Buddhism (Mahamudra) and Systems-Centered Training.

Olaf van Kooten (Prof. Dr.) gives together with his partner Annick mindfulness, compassion and insight trainings. He has been trained in the Zen tradition for the last 40 years following different teachers along the way. He is particularly interested in how the mind works and how we perceive reality and the way our perceptions influence our human habits.

LOCATION RETREAT

Samyé Ling Beaumont –Les Jardins de Méditation
Rue Fond des Gouttes 1, 6500 Beaumont, Belgique
Website : <http://www.kagyusamyeling.be/index.php/fr/>
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Costs for accommodation

Tent + 3 meals per day € 29,-	5 days	Total € 145,-
Caravan + 3 meals per day € 32,-	5 days	Total € 160,-
Dormitory + 3 meals per day € 34,-	5 days	Total € 170,-

