

Home/On-Line Retreat: July 19 – 25

## Mindfulness with Breathings: the Riches of Ānāpānasati

(detailed description at end)

### Retreat Overview and Parameters

In this At Home retreat, or other safe accommodation, teaching will take place online, via [Zoom](#). You will need to [download and install the Zoom app](#) to participate. (If you are new to Zoom, coaching is available.) This will be my fifth On-Line Retreat since the Covid-19 pandemic has upended many aspects of our lives; the experiments have been fruitful. This format supports you in deepening your at-home practice, responding to the contingencies of the situation we are in, and fostering sangha during physical distancing.

**Participants are expected** to follow the entire retreat, listen to all the guided meditations and talks live or by recording, practice with each day's guided meditation and instruction, and meditate on one's own. You are not expected to meditate all day long. This "retreat" involves three sessions per day, which allows you flexibility in adapting your retreat with other life necessities that you will be managing (food, family, and perhaps some work).

**Schedule:** We'll start with a brief **Introduction**, and then **Guided Meditation**, at **7:30 am on Sunday July 19<sup>th</sup>** (all times Central) and will keep the following schedule of Online Zoom Sessions through **Saturday July 25<sup>th</sup> evening:**

- 7:30 am** Guided Meditation: brief introduction, 40 minute practice, and questions.
- 10:30 am** Meditation teaching "**Diverse Modes of Creative Breathing**"
- 7:00 pm** Dhamma Talk and Q/R

**Note:** These times were chosen to allow all 4 time zones to participate. The 10:30 am session time was chosen to allow folks to listen to the recording if they aren't able to do so live.

**Sit at least 1 other time daily** at whatever time work best for you.

Add **walking meditation, yoga, or qigong** as able.

If you wish, pick an appropriate **Dhamma book** to read and reflect upon daily. Limit reading periods to 15 minutes each and leave adequate time for patient reflection and journaling. For this retreat, Buddhadasā's Bhikkhu's ***Mindfulness with Breathing*** is highly appropriate.

If possible, take **Meals** alone or with practice friends, and keep them simple.

**Noble Silence:** within the realities of your living situation, abstain from speech as much as possible, especially trivial and frivolous speech, as well as worry-perpetuating, complaining, and blaming speech. If possible, stay off the internet and don't check email. If you must use devices, create realistic guidelines

for yourself to wisely limit net browsing and email activity. This is for the sake of practicing restraint and supporting meditative calm and clarity.

**Personal responsibility:** The retreat is your own responsibility, with the support of the online sessions. Do whatever you need to do each day, according to your circumstances, while keeping a focus on the Dhamma of breathing mindfully and investigating the reality of mind-body-life. You may need to make a few modifications in what I have outlined here, according to your circumstances. Please stay within the spirit of retreat.

An important aspect of **Home Retreat**, such as this one, is developing a practice that fits with your own home and life realities. That requires some flexibility. However, during Covid-19 many people have discovered that having to stay at home isn't enough to meditate regularly. They are finding that personal discipline and structure are important. This retreat offers some structure with which you can learn.

While this pandemic persists and co-exists with other crises, we will create a sangha of similarly intentioned friends who support each other, even online.

**All the sessions will be recorded:** You will have access to the recordings within a few hours of each session and the audio portion will be available after the retreat, also.

**Dāna:** Santikaro's time and teaching are offered on [a donation basis, as are all sharings from Kevala Retreat](#). Like many others, we at Kevala Retreat are facing income uncertainty during these times and your generosity is greatly appreciated. (We also recognize that many of you are also facing financial uncertainty.)

**Registration:** Please email **Santikaro** <[santi@kevalaretreat.org](mailto:santi@kevalaretreat.org)> to confirm your registration, to newly register, or if you have questions. I will need your email address to invite you to the Zoom sessions.

**Preparation:** On Friday July 17th, I will send an email with Zoom details and further guidelines and suggestions for your participation.

I hope you can join us in this experiment.

Santikaro

## thematic description

Mindfulness with Breathing (*ānāpānasati*) is one of Buddhism's foundation practices. Many meditators have been exposed to it in some form. This retreat will deepen its roots so that it can truly serve as a foundation in our cultivation of the middle way, strengthening our daily practice of mindfulness, inquiry, serenity, and letting go.

What does a well-rounded meditation practice look like?

- \* it integrates all four establishments of mindfulness;
- \* it deepens concentration, calm abiding, joy, and freedom;
- \* it fosters abundant clear seeing and insight ;
- \* cultivates the seven factors of awakening leading to “higher knowledge” and genuine liberation.

Such is mindfulness with breathing according to the original Buddhist teachings. Buddha left behind a framework for systematic meditation practice incorporating all of the above. On its own, *ānāpānasati* is

a sophisticated meditation system that thoroughly explores our lived realities of body, feeling, mind, and the laws of nature permeating all conscious moments. Exploring these facets of life through and with breathing deepens awareness, serenity, concentration, and insight.

Further, mindfulness with breathing serves as a foundation supporting many forms of meditation, such as the *brahma-vihāras* (divine abodes), providing them with a relaxed, grounded foundation.

In this retreat we will focus on *ānāpānasati* on its own practical terms, based in the original teachings of Early Buddhism. We have a week to explore this rich, profound process, practicing with and reflecting on each level of its unfolding. Mindful breathing in and out opens up the nurturing potential of healthy breathing. Skillful exploration of such breathing releases tension, settles restlessness, and helps us be more comfortable in sitting. This makes pleasure and well-being are more available. As this sensitivity increases, the more subtle dynamics of breathing are used for deepening calm and enhancing clarity. This enables us to recognize thoughts and emotions with greater acceptance and less reactivity. As we drop beyond rejection and indulgence, wisdom blossoms. This foundation will support any wise explorations that we choose.

Based on his decades of practice with and teaching of mindfulness with breathing, Santikaro will share skillful means for embodying this practice as a trusted friend. He will emphasize developing *ānāpānasati* as a daily practice.

Upon registration, you will receive PDFs of the *Discourse on Mindfulness with Breathing* (MN 118) and an outline of the 16 Entries into the Domains of Mindfulness with Breathing.

**Suggested reading:**

*Mindfulness with Breathing: a manual for serious beginners*, Buddhadhāsa Bhikkhu (Wisdom, 1988)