



Spring Online Retreat with Santikaro

Re-Emergence with Buddha-Dhamma

A Six-Day Retreat with Santikaro

Spring is a time of re-emergence: trees bud, flowers bloom, and birds return. For many reasons, this Spring will have much to celebrate. In Buddhist tradition, we celebrate by offering our practice to the Buddha, Dhamma, and Sangha. This retreat will explore the following themes.

Refuge: Throughout the pandemic, Sangha has proved essential in maintaining sanity, perspective, and health. Despite the limits posed by the pandemic, our virtual gatherings have enabled us to stay connected. Friends coming together in kindness and generosity, in mutual support and sharing, and in the study of Dhamma, have been a refuge for us.

Emergence: As we emerge from the pandemic into a different world, we may turn to Dhamma for guidance in shaping the lives we move into, rather than merely returning to old "normal" habits. From the painful lessons of the pandemic, new perspectives emerge that can guide us towards "right living" of the noble path. Let us draw on lessons learned and explore and nourish the qualities of inner growth so that they can be expressed more fully in our daily lives and interactions with others.

Healing: Our society has seen high levels of divisiveness this past year. For this retreat, let's take the opportunity to explore the "inner divisiveness" that bubbles up in all of us and draws us into outer divisiveness. Buddha-Dhamma has wonderful tools for understanding, addressing, and healing the roots of division within each of us.

Resilience: Moving forward in these challenging times, Dhamma practice is a great source of resilience. We allow our hearts to open with kindness and compassion; mindfully observe the forces at play in ourselves; let go of egotism; and access insight into deeper truths. These provide strength that is ever adaptable whatever the circumstances.

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RETREAT FORMAT & COST

Cost: \$35 (ICMC administrative fee,; does not include teacher dana)

Scholarships may be available; please contact the retreat registrar below, for information.

Questions? Please contact the retreat registrar, Joan Sophie:

joan.retreat@gmail.com

Schedule: We'll start at **7:00 am CST on Tuesday, June 1st** and will keep the following schedule of Online Zoom Sessions through **Sunday, June 6th, ending at 3:30 pm.**

- 7:00 am Guided Meditation: brief introduction and 45-minute practice
- 10:00 am Meditation Teaching, Path Reflection & Exercises
- 2:00 pm Community Conversation
- 7:00 pm Dhamma Talk & Path Reflection

Note: All times are Central (CST)

Teaching will take place online, via Zoom. Please make sure you have downloaded the Zoom app and have the most updated version (go [here](#)).

Since the pandemic, many of us have routinely spent long hours immersed in online technology, whether for work, for school, to stay in touch with family, or to keep pace with social media and the world outside. For this virtual retreat, you are invited to set aside engagement in social media, emails, and phones to whatever extent is possible (this is for you to discern). Let us experience the beneficial ways that online technology can be used --to take refuge in sangha, ground ourselves in Buddha-Dhamma, untangle habits so we can emerge into life in a healthy way, heal from divisiveness, and strengthen our resilience, together.

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ABOUT SANTIKARO



Santikaro is a teacher of Dhamma & meditation according to the middle way of the early sources. He lived as a Buddhist monk for 19 years training under and translating for Ajahn Buddhadasa, a Thai Theravada master. After retiring from the monkhood in 2004 he founded [Kevala Retreat](#); a modern expression of Buddhist practice, study and social responsibility located in rural southwestern Wisconsin with his wife, Jo Marie Thompson. He is also a student and teacher of the Enneagram, the Dhamma of Social Justice and is interested in the healing of addiction & trauma within a Buddhist framework. Diagnosed with lymphoma in 2010, he

learned much through the process of treatment & recovery. He is actively teaching throughout the USA and internationally.



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