

on-Line at-Home Retreat:
January 21-27, 2024 (Sunday through Saturday)

Mindfulness with Breathing: contemplating citta (*mind, heart, psyche*)

Breath is life and mindfulness with breathing (*ānāpānasati*) is the foundation meditation of original Buddhism. Breath connects us with the here-now, webs of life that support us, health & well-being, and deeper realities of mind-body. This retreat will emphasize *citta*, the counterpart of body, in early Buddhist understanding. Citta knows, thinks, and realizes. Because citta can be distracted, clouded, corrupted, and afflicted, yet is capable of compassion, clarity, focus, insight, and freedom, citta is the focus of the third establishing of mindfulness, which has an important place in *ānāpānasati* as taught by the Buddha. This retreat will contemplate the reality of mind-heart-psyche, including the aggregates (*khandhas*) of perception and volitional fabrications, while breathing in and out.

Our July 2023 retreat focused on how breathing interacts with feeling tones (*vedanā*), for example, softening pain and enhancing well-being. This retreat builds on those aspects of *ānāpānasati* but does not strictly require them. However, it will benefit from the foundations of *ānāpānasati* that were explored in the February 2021 and March 2023 online retreats, as well as in-person retreats. If you would like access to those instructions, please [contact Santikaro](#).

*** [Register for a retreat here](#) *** [Pay the \\$100 Registration Charge here](#) ***

*** [Ask a question here](#) ***

Retreat Overview and Parameters

In this **online retreat** (at home or in other safe accommodation) teaching will take place **via Zoom**. Please make sure that you have the latest version of the Zoom app installed. The Zoom will be on the [Retreat Home Page](#). The online retreat format will support you in deepening your at-home practice, responding to the contingencies and uncertainties of this winter, and taking a break from the busyness and stress of modern life. You are encouraged to arrange your schedule to fully benefit from deepening your practice of *ānāpānasati*.

Participants are expected to follow the entire retreat, participate with all the guided meditations and talks live or by recording, practice with each day's guided meditation and instruction, meditate on one's own, and explore the retreat teachings each day.

Schedule: We'll start with a **Guided Meditation at 7:00 am on Sunday January 21st** (all times Central USA) and will keep the following schedule of Online Zoom Sessions through **Saturday January 27th evening:**

7:00 am Guided Meditation: brief introduction, 40-50 mins practice.

10:30 am 30 mins Silent Meditation followed by Ānāpānasati instruction

2:00 pm 45 mins Silent Meditation followed by Q&R

7:00 pm Dhamma Talk and Q/R

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

Sit at least once more times daily, more if possible, at whatever times work best for you, to make the most of the instruction and retreat opportunity. Add walking meditation, yoga, or qigong as able.

You may wish to include light reading concerning ānāpānasati, such as Buddhadasā's Bhikkhu's [*Mindfulness with Breathing*](#) or Thich Nhat Hanh's [*Breathe, You Are Alive*](#). Limit reading periods to 15 minutes each and leave adequate time for patient reflection and journaling.

If possible, take **Meals** alone and keep them simple.

Noble Silence: within the realities of your living situation, limit unnecessary 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, don't check email, and leave 'social media' alone. Make realistic choices that you can relax with. 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 above, 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, while personal discipline and structure are important. This retreat offers some structure with which you can learn and experiment, as well as an online sangha of practitioners.

All the sessions will be recorded: Links for accessing the recordings (video & audio) will be posted on the Retreat Home Page, usually within an hour. The audio from all sessions will be available after the retreat (on a Google drive) through the [Retreat Home Page](#) (ready for use January 15th).

Dāna: Santikaro's time and teaching are offered on a donation basis, as are all sharings from Kevala Retreat. Making these retreats possible, maintaining Kevala Retreat for contemplative practice, and our other activities require many resources and hard work. Hence, our dependence on *dāna*, your donations. Your generosity is greatly appreciated. Note that the registration fee is required (below) and therefore different from *dāna*. It is a nominal fee to ensure participation. We have found that without a fee, many people who register do not actually attend the retreat (which is disappointingly selfish).

Registration: Please [complete this on-line form](#) (specifying "Anapanasati January") and send **\$100 registration fee following the information here**. This fee is to encourage commitment to full

participation. Nobody will be refused because of inability to pay this fee. Please email us [if you cannot afford the fee](#) so that we can make other arrangements.

Preparation: An email reminder will be sent on January 15th, giving access to the the [Retreat Home Page](#) (a Google Doc), which will be the on-line hub for information concerning this course, including the Zoom link, schedule, and links to recordings. Further information will be added to the [Retreat Home Page](#) as we go.

Best wishes for your practice of the Dhamma journey of life.

Santikaro

[Ask questions here](#)

Suggested reading:

Mindfulness with Breathing: a manual for serious beginners,
Buddhadāsa Bhikkhu (Wisdom Publications)

Breathe You Are Alive, Thich Nhat Hanh (Parallax Press).

Breathing Like A Buddha, Ajahn Sucitto (Amaravati Publications).