

THE BURNING HOUSE

WEEKEND MEDITATION RETREAT
SEP 29 - OCT 2 2022 - ALENTEJO

AGORA



TOOLS TO UNDERSTAND
HOW TO BREAK FREE
FROM OUR REACTIVE
MIND

WHERE ARE WE GOING?

The current ecological crisis is nothing if not a crisis of meaning and direction of our civilization. No meaningful systematic change will be possible without a shift in human consciousness.

The **Burning House** is a story from the Buddhist tradition that helps us understand how we may be living inside a burning house/mind, attached to our likes and dislikes while missing the urgency of getting out of the danger.

How can we get out? what can inspire a shift in our consciousness? How can we find inspiration and vitality in us capable of creating meaningful change in us and others?





RETREAT AT THE HEART OF ALENTEJO

We will be immersed in Fonte das Perdizes- Alentejo where nature has a soothing effect on the mind. The retreat is an opportunity to slow down, to connect with nature, self and others the subject of our retreat. We will use different techniques and tools to tap into the unconscious reservoirs of the mind: guided meditations, mindful walks, sounds, music, vibration, rituals and silence.

Instead of doing more, we will have time to do less and an opportunity to find satisfaction in "just" being: what a luxury!

With

AMALAMATI



AMALAMATI WAS ORDAINED INTO THE TRIRATNA BUDDHIST ORDER IN 2002. SINCE 2003 HE HAS LIVED AND WORKED IN SPAIN AND CATALUNYA. HE WAS THE DIRECTOR OF THE VALENCIA BUDDHIST CENTRE BETWEEN 2010-2018. HE IS PART OF THE NATIONAL ORDINATION TEAM AND IS ACTIVELY INVOLVED IN OTHER TRIRATNA PROJECTS. HE WORKS PROFESSIONALLY AS A MUSICIAN AND IS ON THE TEACHING STAFF OF THE ESMUC IN BARCELONA. IN 2002 HE WROTE AND PERFORMED AN OPERA BASED ON THE LAST DAYS OF THE BUDDHA'S LIFE.

LUIS



LUIS HAS BEEN MEDITATING FOR 18 YEARS, AFTER HAVING DISCOVERED ZEN BUDDHISM IN JAPAN. HE WORKED 10 YEARS FOR A FRENCH GOVERNMENT ORGANIZATION BEFORE GIVING A NEW START TO HIS LIFE BY MOVING TO LISBON AND JOINING AGORA LISBOA. HE RECEIVED HIS TRAINING AS A MEDITATION TEACHER FROM DH. VAJRACAKSU AND IS A MITRA (FRIEND) OF THE TRIRATNA BUSSHIST ORDER. HE ENJOYS CREATING A SAFE SPACE IN AGORA WHERE STUDENTS CAN LEARN, SHARE AND CREATE WHILE ENCOURAGING EACH OTHER WITH A SENSE OF COMMUNITY.

PRACTICAL DETAILS

- STARTS THU 29.05 @ 18:00 - ENDS SUN 02.10 @ 15:00
- WE WILL OFFER DELICIOUS VEGETARIAN MEALS 3 TIMES PER DAY.
- PARTICIPANTS WILL HAVE PLENTY OF TIME TO REFLECT, TO RELAX AND DISCUSS WITH OTHERS WHAT COMES UP DURING THE RETREAT
- PRICE: 360€, INCLUDING TEACHING, FOOD AND ACCOMODATION.
- SUBSIDIZED PRICE AVAILABLE ON REQUEST.

- BOOKING & INFO:
LUIS.MEDITATION@GMAIL.COM