
5-DAYS MEDITATION RETREAT

The transformative power

of imagination



Tools to grow beyond our reactive mind

SEP 26th/ OCT 1st

ALENTEJO 2023

Imagination as a practice of human rebirth

We can't force plants to grow - all we can do is till the earth, plant the seed, and water the ground. On that basis, something quite unlike earth, seed, and water can emerge: the miraculous appearance of a flower! And yet, to till the earth and plant the seed, we need to have some sense of **floweriness**: maybe the picture on the seed packet or the flowers in our neighbour's garden.

Likewise, with human growth, we need some glimpse of what we could become beyond our reactive attachment to self. We need some feeling for the culmination of the journey in order to set off. Bright ideas won't get us very far. We need some sense of spiritual rebirth to keep us going. In other words, we need **imagination**. The primary way in which we cultivate spiritual rebirth is by discovering, enriching, and uplifting our imagination.



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, and with 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!

Who's behind



Luis Has been meditating for 20 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 Buddhist 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.



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 SPANISH 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.

PRACTICALITIES AND INSCRIPTIONS

- STARTS TUE 26.09 @ 18:00- ENDS SUN 01.10 @ 15:30
- 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 (INCLUDING TEACHING, FOOD AND ACCOMODATION): 680€ 2 PEOPLE BEDROOM (DOUBLE BED OR TWIN BEDS)
590€ 4 PEOPLE BEDROOM (BUNK BEDS)
- SUBSIDIZED PRICE AVAILABLE ON REQUEST.

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

FOR MORE INFO AND THE FORM, ACCESS THE LINK IN OUR BIO.