

# Depths of Winter Retreat with **Refuges and Resources**

January 27-31, 2021

The holidays are past, days are shorter and colder, nights are longer. A new administration is taking over in DC, and the pandemic continues. In the months ahead, we may have good COVID-19 news or the pandemic may get worse. This can be a challenging time to sustain our Dhamma practice and live up to our inspired resolutions.

How do we carry on, whatever the external conditions? To sustain ourselves, we recognize and foster **Resources and Refuges** that we return to and rekindle wholesome states of mind when bogged down, stumbling, or on autopilot. The Dhamma — teachings and practices, and the living Dhamma they depend on — offers a web of resilience to tap into on a daily basis. Practice sparks our awareness of being entangled in “worldliness” and leads us to touch equanimity. Contemplations reveals where and how the tangles can loosen and release.

This retreat in support of **Refuges and Resources** will focus on accessible and effective ways to return to path as we go about our days. Sangha is a vital support and Sangha happens around practice. Let’s gather online to help each of us nurture and sustain Dhamma practice in our lives. Let’s contemplate **Resiliency** in ourselves and Dhamma companions.

## 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. This format supports you in deepening your at-home practice, responding to the contingencies of the situation we are in, and fostering sangha while taking wise Covid-19 precautions.

**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, meditate on one’s own, and reflect with the retreat teachings each day.

**Schedule:** We’ll start with a brief Introduction and Guided Meditation at **7:00 am on Wednesday, January 27th** and will keep the following schedule of Online Zoom Sessions through **Sunday, January 31st, ending around 3:00 pm:** (all times are Central (CDT))

This retreat involves four sessions per day.

7:00 am	Guided Meditation: brief introduction, 45-minute practice
10:00 am	Meditation teaching, Path Reflection & Exercises
2:00 pm	Practices Questions
7:00 pm	Dhamma Talk & Reflections on Path

**Sitting meditation at least 1 other time daily** at a time that works best for you. You are not expected to meditate all day long. Add walking meditation, yoga, or qigong as able.

If you wish, pick an appropriate **Dhamma book** to read and reflect upon daily and leave adequate time for patient reflection and journaling. Your reading ought to inspire practice more than stimulate thinking.

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 internet browsing and email activity. This is for the sake of practicing restraint and supporting meditative calm and clarity.

You may need to make a few modifications in what has been outlined here, according to your circumstances. Please stay within the spirit of retreat.

**All the sessions will be recorded:** Santikaro will be sending emails 2x/day with the recordings. They will also be available after the retreat.

**Registration:** After you have read these pages carefully and wish to participate, [email Santikaro](mailto:santi@kevalaretreat.org) to register.

**Dana:** This retreat is offered on a Dana basis (free-will offering). In gratitude to Cloud Mountain's service to Buddha-Dhamma and the many ways our dear friends there have supported Kevala Retreat, dana from this retreat will be shared with **Cloud Mountain**.

**Preparation:** On Monday, January 25<sup>th</sup>, Santikaro will send an email with Zoom connection details. Please make sure you have the latest version of the Zoom app installed on your device.

**Questions:** Please direct questions concerning all aspects of the retreat to:

**Santikaro** [santi@kevalaretreat.org](mailto:santi@kevalaretreat.org)

***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.***