

ANNUAL WORLD DHARMA RETREAT

A FIVE DAY GATHERING ON MAUI

Alan Clements & Special Guests

**HOPE: THE MINDFUL LIFE
(meta-cognition) When Facing the
Possibility of Anthropocentric Extinction**

"Hope is not a topic. It's not a theory. It's a talent."
It's lived on the global street.
~Mahmoud Darwish



World Dharma Intelligence as the Basis of Freedom,
Environmental Sanity, and Universal Human Rights
Meditation at the Confluence of Mindfulness, Conscience and Liberty

World Dharma is the distillation of Alan Clements life's work. A journey that has taken him from the sacredness of monastic silence deep into the dark heart of war zones, World Dharma explores the confluence of one's inner world (consciousness and its contents) with its outer expression — a liberating humanness unbound by dogma, conformity, and certainty. During the retreat each person will be invited to self-design and co-evolve their own unique expression of *World Dharma* — the art of being true and human, finding freedom in every circumstance we face.

WHEN: Wednesday January 7 to Sunday January 11, 2015

WHERE: The Banyan Tree Center, Makawao, Maui, Hawaii

AVAILABILITY: By online application.

REGISTRATION: At www.WorldDharma.com

LOCATION: The Banyan Tree Retreat Center is one of Maui's premier old-style retreat facilities. A secluded tropical sanctuary at 1500 feet elevation with panoramic ocean views, the Center – about 30 minutes drive from the airport - is designed for meditation, yoga, and rejuvenation. Banyan Tree offers quality accommodations as shared or private rooms that are fully appointed with sheets, pillows, blankets and towels. There is a restaurant-sized fully equipped kitchen to store and use for personal food and cooking preferences. There is also a large swimming pool, along with wi-fi and international cell phone access. Alan has done many retreats over the years at Banyan Tree and the owner makes special arrangements to support his groups.

Photos: http://www.bed-breakfast-maui.com/photos.htm#0_20

FOOD: Bring and prepare your own and or eat out.

COST: This is a not-for-profit production and offered on a sliding three tier scale: Please choose what is right for you: \$995., \$1195., or \$1395. + applicable US taxes.

REGISTRATION: Fill out the online form on the World Dharma website and someone will get back to you in a day or so. At which point, your space will either be confirmed or you will be asked for further details. Once confirmed, a \$150. (non-refundable) deposit is required (either online by pay pal or credit card or by bank check).

STEP 2: Pay balance by December 7, 2014

Or if preferred, you can pay at the start of the retreat.

QUESTIONS: If you have any questions about the retreat costs or payment, please email and or phone and we'll get right back to you. Our intention is to make this retreat work for all who genuinely wish to participate.

E: contact@worlddharma.com T: 604-251-1781. (this is a land line. no texts).

PAYMENTS:

1. Online either by Pay Pal or credit card. Payments can be made on our website at www.AlanClements.com (under Support, in the menu bar). Once you are on the Support page, scroll to the section: one-time contribution. Enter the amount of the payment you are making. NOTE: **You do not need a Paypal account to use a credit, debit or bank card. Look at the bottom of the screen and click the credit card icon.**
2. If by check, please make payable to "WORLD DHARMA" and mail to:
World Dharma New Year's Retreat
2768 West Broadway P.O. Box 74709
Vancouver, BC, Canada V6K 2G4

ARRIVE: Wednesday January 7, anytime from 3 pm.

The retreat starts at 7:30 pm.

DEPART: Sunday January 11, 2015 (by 11 am).

TRAVEL BY AIR: The Kahului Airport is the primary airport on the island of Maui and receives both overseas and inter-island flights. <http://hawaii.gov/ogg>

DIRECTIONS to the Banyan Tree Retreat, from their website:

<http://www.bed-breakfast-maui.com/map.htm>

Banyan Tree Retreat
3265 Baldwin Ave
Makawao, HI, 96768, United States
info@banyantreehouse.com
(808) 572-9021
(808) 573-5072

WHAT TO BRING: The nearest store is 10 minutes drive from the Center. You will want to bring a notebook, pens, meditation cushion, (yoga mats provided), supplements, vitamins, special soaps and toiletries, flashlight with extra batteries, hiking shoes, and some great snacks. Essentially, bring everything that makes you happy.

DAILY SCHEDULE:

Wake up: 7:30 am

Group Meditation: 8:00 - 8:45 (45 minutes) (with progressive instructions)

Yoga: 8:45 am - 9:30 (45 minutes)

Breakfast & Break: 9:30 - 10:00 (30 minutes)

Meditation: 10:00 am - 10:45 (45 minutes)

Q & A: 10:45 am - 11:00 (15 minutes)

Break: 11:00 am - 11:15 (15 minutes)

First Group Session: 11:15 am - 12:30 pm (75 minutes)

Break: 12:30 pm - 12:45 (15 minutes)

Group Meditation: 12:45 pm 1:30 (45 minutes)

Lunch & Break: 1:30 pm - 3:30 (2 hours)

Group Meditation: 3:30 pm - 4:15 (45 minutes)

Break: 4:15 pm - 4:30 (15 minutes)

Second Group Session: 4:30 pm - 6:00 (90 minutes)

Break: 6:00 pm - 6:15 (15 minutes)

Yoga: 6:15 pm - 7:00 (45 minutes)

Dinner and Break: 7:00 pm - 8:00 (1 hour)

Group Meditation: 8:00 pm - 8:20 (20 minutes)

Presentation with Q & A: 8:20 pm - 9:00 (40 minutes)

A series of short World Dharma talks by Alan throughout each day of the retreat:

- * Self-Determination: Designing One's Own Unique (World Dharma) Path
- * Inner Environmentalism — The Deep Ecology of Consciousness
- * Buddha, Dhamma, Sangha and Dana, Sila, Bhavana: The Basis of Sanity
- * Classical Buddhist Vipassana Meditation as Daily & Long Term Practice
- * Mindfulness Unmasked: Paradigms of Presence, Mythification, Escape
- * Liberating Authenticity - Trusting One's Own Deepest Life Experience
- * Spiritual Mimicry and Mental Materialism: Impersonating Authenticity
- * Challenging Conformity, Spiritual Correctness and the Cult of Certainty
- * Dhamma Intelligence - DQ: 37 elements of whole mind culture training
- * The Yoga of Freedom — a Passion for Liberty as Meaning and Purpose

- * Practicing Freedom — Bringing Global Human Rights Into Daily Life
- * Enlightenment: The Progression of Overcoming Afflictive Mind Habits
- * Creative Self-Expression — The Liberating Art of Being True and Human
- * Reclaiming the Totality of Everyday Life and the End of Inner Apartheid

Tea Break: 9:00 pm - 9:30 (30 minutes)

Meditation: 9:30 pm - 10:00 (30 minutes)

Personal Time and Rest: 10:00 pm - 7:00 am (9 hours)

PERSONAL SESSIONS: Individually arranged with Alan during the retreat.

QUESTIONS/ INQUIRIES: Email: contact@worlddharma.com.



"The mind is a living organism that chaperons us everywhere, haloing our bodies as the biosphere does the earth. It informs us of everything we think, feel, and say. Consciousness is as central to life as the ecosystem is to the earth. We can't live without it, nor can it be escaped. It is home. Neglect consciousness — denigrate it, violate it — and like the earth, the individual suffers, and often causes suffering, too. On the other hand, nurture consciousness — understand its nature, inhabit it wisely — and we flourish, and elevate society too."

"A Future to Believe In: 108 Reflections on the Art and Activism of Freedom"