



THE WISDOM OF MINDFULNESS

A Ten Day World Dharma Retreat in Australia

World Dharma is the Universal Practice of Shared Freedom,
Environmental Sanity and Global Human Rights

RECLAIMING THE TOTALITY OF EVERYDAY LIFE

The Mindful Fusion of Awareness Training, Insight Meditation,
Yoga and the Liberating Art of Being True and Human

with Alan Clements

WHEN: Tuesday December 1 (arrive 1-5 pm) to Thursday December 10, 2015 (at 11 am)

WHERE: Gynea Eco Retreat, Uki, NSW Australia (45 minutes from Byron Bay)

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 our inner world — consciousness and its contents — with its outer expression: the liberating art of being true and human.

Alan offers a unique approach to human development, an essential spirituality common to all people — a World Dharma based on one precious human value: freedom — the liberation from fear, apathy, and ignorance, and the elevation of dignity, beauty, and love.

“Alan's life is material for a legend. An intellectual artist, freedom fighter, former Buddhist monk, he shares his insights and experiences with a passion rarely seen and even more rarely lived. He'll make you think and feel in ways that challenge your entire way of being.”

~ Catherine Ingram, author of *In the Footsteps of Gandhi & Passionate Presence*

The World Dharma Training Retreat

INTRODUCTION

By merging the models of personal and planetary transformation found in Alan Clements' books, *Instinct for Freedom: Finding Liberation Through Living*, *The Voice of Hope*, and *A Future to Believe In – 108 Reflections on the Art and Activism of Freedom*, The World Dharma Training was created as an innovative nonsectarian *Immersion Program* that serves to mindfully explore the inseparable link between one's inner world and its outer expression through creativity, mutuality, and wise action.

At the core of "*The Training*" is the Sanskrit word *Dharma*, reputedly the oldest word in use describing consciousness in relation to freedom. By combining the words *World* and *Dharma*, the umbrella concept was formed to embrace the reality of our *inherent mutuality*, and therefore empower relationships – both inner and outer – as our most sacred space for awakening. As Dr. Martin Luther King Jr. so famously said, "We are tied in a single garment of destiny. What affects one directly affects everyone indirectly." In other words, no one becomes free in a vacuum.

The Training, offered in a series of experiential presentations, meditations, forums, and writing explorations within a *Ten Day Retreat*, delves into the theory and practices of *World Dharma*—an approach to personal transformation and creative freedom that is unique to each person and evolved through the artful fusion of one's mindful/yoga/dharma with everything, no exceptions. At the heart of the *World Dharma* vision is what Alan calls *the wisdom of mindfulness*—that of *finding liberation through living*.

Alan's teaching style, both direct and spontaneous, offers a practical approach to self-transformation, with an emphasis mindfulness and direct experience. He interweaves scholarship and guidance in the areas of vipassana meditation, mindfulness training, classical Buddhism, Eastern mythology, process-oriented Buddhist psychology, performance art, and spiritual activism, with over thirty years of formal teaching experience, leading hundreds of World Dharma retreats, workshops and trainings throughout the US, Australia and Canada.

The World Dharma Training Retreat

OVERVIEW

The foundational (ten day) *World Dharma Training*, grounded in the tradition of Alan's Buddhist teachers – Burma's Mahasi Sayadaw and Sayadaw U Pandita – and a trans-traditional World Dharma, elevating the universals of freedom, dignity, and love, is designed for both existing and aspiring dharma teachers and practitioners, meditation instructors and yoga teachers and students, as well as inspired seekers from any Eastern or Western discipline, training or tradition. It is also a powerful training for artists, peacemakers, storytellers, change-agents, and lovers, as well as psychologists, mental health professionals, activists, explorers of consciousness, engaged Buddhists, social workers, body workers, and care givers, anyone really, with a love of higher human freedom, global human rights and a desire to co-create a world devoid of exploitation, violence, and environmental degradation.

The World Dharma Training includes:

- the philosophy and practices of awareness-based mindfulness meditations
- instructions in “sustained mindfulness” in all postures — sitting, walking, eating, etc
- progressive instructions integrating mindfulness as a daily-life-requisite
- both classical and contemporary dharma oriented self reflections
- classical (process-oriented) Buddhist Psychology
- a detailed look into the meaning and cultivation of (world-)dharma intelligence
- devotional paradigms and practices designed to evoke dignity, conscience & freedom
- a series of short creative writing explorations
- ethical disciplines and observances as sources of refuge and power
- processes evolving clarity of purpose and meaningful actions in the world
- guided meditations fostering compassion, kindness, joyfulness, patience, and so on
- exploring solutions for co-creating a world devoid of exploitation, violence, and environmental degradation
- the self-designing of one's own unique expression and practice of World Dharma
- a series of World Dharma talks by Alan, followed by questions and dialogue
- the talks are recorded and will be made available for order at the end of the retreat

Among the foundational principles addressed in *The Training*, emphasis is placed on “ontological transparency” — examining one’s beliefs and the underlying psychological and spiritual assumptions, ideals, or expectations that animate them. Subsequently, through the “the mapping of mind and the practice of freedom,” participants will engage in the experiential study of perception as the architect of reality. In so doing, they will cultivate the “practice of knowing” — learning how decisions — one’s thoughts, speech and actions impact self, others and the world.

In addition, a progressive set of instructions will be given to refine “contextual-awareness” — a multi-leveled mindfulness that engages the interplay of the whole mind — our thoughts, feelings, psychological patterns, and the overall flow of emotional energy in any given context or situation. Simultaneously, through the cultivation of intuitive reflection, one’s world dharma intelligence is activated — a liberating presence that discerns the right course of action from the wrong one — actions that expand freedom or ones that constrict consciousness.

In summary, *the World Dharma Training* provides a dynamic environment to explore a practical theoretical framework for personal and social transformation, as well as a powerful methodology for its experiential application. In so doing, *The Training* offers the inspiration, guidance and practical know how for liberating relationships from fear, conflict, and confusion, while enhancing freedom, creativity and conscientious co-existence.

“Embracing *World Dharma* is a twofold awakening: on the one hand, we see ourselves as a separate being seeking to develop our own individual life, while on the other hand we are trying to understand and participate in a much greater whole. It is both an inner and an outer dance. At times more focus falls on one than the other. At other times they are inseparable.”

SCHEDULE: (everything is optional)

Group Meditation:	7 – 8
Yoga:	8 – 9
Breakfast:	9 – 10
Meditation:	10 – 11
Q & A:	11– 11:15
Break:	11 – 11:30
Meditation:	11:30 – 12
Group Discussion	12 – 1
Meditation	1 – 1:30
Lunch & Break:	1:30 – 3:30
Meditation:	3:30 – 4:30
Q & A	4:30 – 4:45
Break	4:45– 5:15
Group Discussion	5:15 – 6
Free time or Yoga	6 – 6:30
Dinner and Break:	6:30 – 7:30
Meditation:	7:30 - 8
World Dharma Talk	8 – 9
Tea Break & Writing	9 – 9:30
Meditation:	9:30 – 10
Personal Time and Rest:	10

A Series of talks will be given by Alan throughout retreat that include such subjects:

- Awareness: *“to see things as they are”* as central to realistic self-discovery.
- Examining the senses as portals of perception and the architect of reality.
- Empirical inquiry: *knowing* the nature of consciousness and its contents.
- Distinction between concepts and reality – ideation and ‘felt experience.’
- Examining self-generated suffering - how it arises and how it is released.
- A step-by-step approach to the application of ‘sustained mindfulness.’
- Meditation as the embodiment of our humanness, not an escape from it.
- Unbroken meditation: awareness of sitting, walking, eating and relating.
- Expanding one’s comfort to embrace a larger more complex circle of life.
- Engaging relatedness - making relationships our vehicle for awakening.
- Harmony and conscience: envisioning and creating change in the world.
- Strengthen confidence and the ability to stay present with an open heart.
- Developing a reverence for mystery as a safeguard against absolutism.
- Developing the capacity to draw strength from hardships and obstacles.
- Cultivating our most authentic, improvisational, liberating sense of self.
- Elevating authenticity to sacred art and the heart of liberating intimacy.
- Engage multiple dimensions of intelligence: union of intellect & intuition.

BRIEF OVERVIEW OF THE TEN DAY WORLD DHARMA RETREAT TRAINING

“Awakening world dharma rests upon the recognition that 'life is never alone.' We are always in a state of relatedness. In other words, there is no place one can stand to be outside of life looking in at it, no matter how we might try. We are life. Life is us. I am my relationships. My relationships are me. We are alive within a whole universe of interrelated life. From this understanding, the central tenet of world dharma empowers relationships as the most sacred space for spiritual awakening and the evolution of higher freedom.”

“All ways and means of opening the heart prepare us for the liberating intimacy of mutual being — us right now.

In this special retreat we will explore the nature of “interrelated presence” – the world dharma view that points to the participatory intelligence that on the one hand honors our uniqueness and on the other respects that we are in relationship to everything all the time.

Here we will delve into the world dharma dynamics of interpersonal awakening through the wisdom of mindfulness that of finding liberation through living in each and every circumstance we face.”

~ Alan Clements

Day 1 & 2 - Module 1: World Dharma Training Part 1

The Ground of Being – Activating the Wisdom of Mindfulness

The Essential Elements of World Dharma Theory and Practice

Day 3 & 4 - Module 2: World Dharma Training Part 2

The Dharma of Self-Awakening: Sustained Mindfulness Meditation Practice and Theory

Mindfulness, Meaning and the Cultivation of Mind-Body-Consciousness Awareness

Day 5 & 6 - Module 3: World Dharma Training Part 3

The Wisdom of Making World-Relationships Our Journey of Dharma Awakening

Liberating Mutuality: Mindfulness of Multiple-contexts - with Self, Others, World

Day 7 & 8 - Module 4: World Dharma Training Part 4

Attuning to our Instinct for Freedom

The Power of Authenticity: The Liberating Art of Being True and Human

Day 9 - Module 5: World Dharma Training Part 5

Natural Freedom – Spontaneity and Having the Courage to Be True to Oneself

Liberating Conformity, Orthodoxy, Models of Perfection and Spiritual Correctness

Day 10 - Module 6: World Dharma Training Part 6

Integrating Mindfulness and the Essentials of World Dharma into Daily Life

Reclaiming The Totality of Everyday Life

Fearless Love and Radical Authenticity

About Alan Clements

Alan Clements is an author, mindfulness meditation guide, spoken word artist, and World Dharma teacher. One of the first Westerners to become a Buddhist monk in Burma, he is now a spiritual maverick working for global human rights and environmental sanity, while sharing his contemporary understanding of liberation. Clements has been prominent in bringing Burma's non-violent "revolution of the spirit" to the world. He co-authored *The Voice of Hope, Conversations with Aung San Suu Kyi*, 1991 Nobel Peace laureate.

Alan is also the author of a number of additional books, CDs, and films, including "Burma: The Next Killing Fields?," "Instinct for Freedom" (nominated as the Best Spiritual Teaching-Memoir in 2003), "Burma's Revolution of the Spirit", "Spiritually Incorrect," "Natural Freedom: The Dharma Beyond Buddhism", and "A Future to Believe—108 Reflections on the Art and Activism of Freedom."

"With our planet in peril, it is imperative that we act now to provide a secure future for our children and future generations; make this magnificent and courageous book your guide, mentor, and friend." ~
HELEN CALDICOTT, Author of *Nuclear Power is Not the Answer* and *If you Love this Planet*; Founding President Physicians for Social Responsibility.

Clements has been interviewed for ABC Australia, CBC Canada, Global National, CBS Nightline, Talk to America, the New York Times, Time and Newsweek magazines, Yoga Journal, Conscious Living, Utne Reader, and numerous other media worldwide. In addition, Alan has presented at Mikhail Gorbachev's State of The World Forum, The Soros Foundation, The United Nations Association of San Francisco, and a keynote address at the John Ford Theater in L.A. for Amnesty International's 30th year anniversary. www.AlanClements.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 earth and society too."

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

"This book is the music of wisdom, a dance with the finest places of the human heart.

You will want to keep this timeless treasure within reach, so you can open it to any page, and let a paragraph or a line ignite you again to the truth of your own being."

~ JOANNA MACY, Buddhist Teacher, Activist, Author of *World as Lover, World As Self*.