

RETREAT OVERVIEW

WISDOM OF MINDFULNESS MEDITATION RETREAT
Awakening World Dharma: Liberation Through Living
A Community Gathering, offered freely, by donation

Alan Clements & Special Guests
ARMA Resort, Ubud, Bali
March 15-21 2025

World Dharma comes to life at the confluence of our inner world — consciousness and its contents —with its outer expression through creativity, mutuality and wise action — the liberating art of being true and human, finding freedom in every circumstance we face.

Offered freely by donation; 20 full time & 10 part time participants

Online Request To Attend – Application Form
(NOTE: [See application form link on our Event's page](#))

All information is held in strictest confidence
Both residential and commuters are welcome
Retreat dates: March 15-21 2025
Deadline for applications Jan 11, 2025,
or when retreat fills, with a waiting list

Overview:

This special retreat is a not-for-profit event designed for those seeking deep transformation through the wisdom of mindfulness, insight meditation, silent group meditation, and the principles of World Dharma. Set in the tranquil environment of ARMA Resort in the heart of Ubud, Bali, participants will embark on a week-long immersion, exploring the intersection of inner awareness and outward expression through creativity, mutuality, and wise action. These practices involve being present and engaged, helping to reduce self-imposed suffering and enhance overall happiness and well-being. Ultimately, it is about the liberating art of being true and human, finding freedom in every circumstance we face.

Essential Elements of the Wisdom of Mindfulness, World Dharma Retreat Experience:

- **“The mind is a living organism...”**
Alan Clements emphasizes the vital role of consciousness in our lives, likening it to the ecosystem that sustains the earth. Nurturing consciousness leads to personal and societal flourishing, while neglecting it results in suffering.
- **Dharma Artistry and Mindful Intelligence:**
Choosing one’s most liberating states of mind.
- **Vipassana Insight Meditation:**
Step-by-step guidance for both new and experienced yogis.
- **Process-Oriented Buddhist Psychology:**
Understanding the true nature of what is happening as it occurs.
- **Bhavana – The Beautification of Consciousness:**
Discernment and the skillful inhabiting of our senses.
- **Tenets of World Dharma:**
Cultivating the courage to find freedom in every circumstance faced.
- **Daily Life Teachings:**
Applying the wisdom of mindful intelligence to everyday situations.
- **Future Forward and Rebirthing:**
Navigating creative futures and consciously inhabiting multi-dimensionality.
- **Mettā (Loving-Kindness) Practice:**
Cultivating compassion and goodwill towards oneself and others.
- **Guided Self-Reflective Exercises:**
Engaging in writing sessions, group meditations, discussions, and daily World Dharma talks.
- **Trans-performative Authenticity:**
Evolving a new language of transformational co-existence uniquely our own.
- **Personal Time:**
Opportunities to rest, reflect, walk, enjoy the pool, and immerse yourself in the sacred ARMA temple grounds.

In addition to the above elements, the following are essential themes woven into Alan's World Dharma talks and interactive group sessions:

“Freedom is not a state beyond this world,” Alan explains. “It is not fear-driven but life-giving — it includes the flesh, the ordinary self, the sacred and mundane as one. It’s reflected in the eyes of the person facing you right now. The key is to ignite our ability to be authentically present with heart, intelligence, and purpose, ready to serve, touch and be touched. It’s about making life our art.”

• **Daily World Dharma Presentations:**

Alan will deliver short presentations throughout each day, followed by questions and discussions.

• **“Consciousness is the forerunner...”**

Alan Clements emphasizes that the mind is the source of thought, speech, and action. Understanding the mind, in both inner and outer contexts, is crucial to shaping our values, principles, and freedom.

• **Meditation as Awareness:**

Seeing things as they are is central to realistic self-discovery.

• **Meditation as Examining the Senses:**

Using the senses as portals of perception to understand the architecture of reality.

• **Meditation as Empirical Inquiry:**

Understanding the nature of consciousness and its contents.

• **The Mapping of Consciousness and Cognitive Somatics:**

Exploring the structure of consciousness and its connection to the body.

• **Distinguishing Concepts from Reality:**

Meditation reveals the distinction between ideation and felt experience.

• **Wise Reflection & Intuitive Reasoning:**

Meditation fosters these as core qualities of mindful intelligence.

• **Examining Self-Generated Suffering:**

Mindful intelligence looks at how suffering arises and how it is released.

• **Inner Activism:**

Meditation as a form of inner environmentalism to release unconscious patterns.

- **Courage Through Mindful Intelligence:**
Expanding comfort zones to embrace a larger, more complex circle of life.
- **Engaging Inherent-Relatedness:**
World Dharma focuses on making relationships a vehicle for awakening.
- **The Art of Self-Love:**
Learning self-love transforms pain, fear, and grief into nutrients for the heart.
- **Creating Change Through World Dharma:**
Fostering harmony and conscience while envisioning and creating change in the world.

Practical Details:

- **Dates:** March 15-21, 2025
- **Location:** ARMA Resort, Ubud, Bali
- **Capacity:** Limited to 20 full-time participants, with 10 part-time spots available upon request.
- **Accommodation:** Participants can stay at ARMA Resort (discounted rooms available) or commute daily.
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- **Discounted rooms at Arma: [Contact I Nyoman Ditu \(Mr\) Sales Manager ARMA MUSEUM & RESORT](#)**
- **+ 62 361 976659 Mobile/WA : +62 817 9702360**
[Email sales@armabali.com](mailto:sales@armabali.com) [Website www.armabali.com](http://www.armabali.com)
- Our producing partner to contact for assistance with rooms, if needed:

Bali Producing Partner

Usada Bali

Scott Baurer, Producing Partner

Phone: +62 361 9086 085

Email: ubudprajna@gmail.com

Website: www.UsadaBali.com

Location: Ubud, Bali, Indonesia

- **The Retreat is Open to All:** We warmly welcome everyone including parents with children, tweens, and teenagers.
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- **Suggested Donation:** Four tiers of suggested donations are available below. The base cost to run the retreat is \$495 USD, which covers the rental of ARMA's temple area and grounds, expert service, daily gourmet meals, retreat promotion, Alan's airfare from the West, work visa costs, and lodging. If you prefer to bring your own food or dine elsewhere, that's perfectly fine. Once your application is reviewed and accepted, a team member will contact you to secure your spot, at which point you can make a donation of your choice. Should you wish to contribute more later, you're welcome to do so. Alan Clements offers his World Dharma teachings freely, and donations beyond the base cost support his life and work, as well as the scholarship fund. No one will be turned away for financial reasons.
- **Co-production:** This retreat is co-produced by Usada Bali and World Dharma Productions, in partnership with ARMA Resort Bali.

“Awakening World Dharma rests upon a basic recognition that life experience is our greatest teacher and therefore our genuine source for spiritual awakening. It is awareness that liberates, not a teacher, nor a doctrine, nor a form.” — **Alan Clements**

Application Procedure

- **Fill out the Retreat Application:** Complete the [Intent to Participate Application Form on the World Dharma Events Page](#). All participants are required to commit to the entire duration of the retreat unless an exception is granted by the organizers.
- **Confirmation:** Upon notification of your successful application (without several days of receipt), please reply to confirm your participation.
- **Not-for-Profit Event:** The retreat is sustained by donations. Upon confirmation of your participation, you can offer additional support based on your desire. The more support, and the earlier it is received, the more fluent our collective efforts to organize the retreat. Additionally, we are actively extending retreat participation to local communities in Bali and throughout South Asia, many of whom could not attend without the care of others. Thank you for generous support in making this special event run as smoothly as possible.

- **Stay Updated:** Regularly check your email and the WhatsApp Chat Group for successful applicants to receive updates from the organizer.
- **Limited Participation:** To ensure intimacy and ease, the retreat is limited to 20 full time participants and ten part time. Once full we will immediately inform you and start a waiting list, if you so wish to be included.
- **Retreat Structure: The Wisdom of Mindfulness Meditation**
Retreat is a silent retreat, except during group discussions. Led by Alan Clements, who has over 40 years of experience in guiding retreats, the daily schedule is thoughtfully designed to include:
 - - **Meditation Practices:** Daily group guided and silent meditations to deepen your practice.
 - **Mindful Nature Walking:** Walking meditations amidst the natural beauty of Arma Temple grounds.
 - **Self-Reflective Writing:** Engaging in sequential self-reflective writing processes each day to enhance personal insight.
 - **World Dharma Talks:** Daily talks by Alan Clements, providing guidance and context on the principles of World Dharma.
 - **Group Dialogues:** Daily Q&A sessions and dialogues to explore the retreat offerings further.
 - **Personal Time:** Ample free time to rest, reflect, and integrate the retreat experiences.
- **Policy:**
No one turned away for financial reasons.

Capacity:

- 20 Full-Time Participants
- 10 Part-Time Participants

World Dharma Retreat Schedule The retreat will begin daily at 7:30 am and end at 9 pm. Daily yoga sessions will be offered throughout the retreat. For a detailed schedule, see below.

- - **Wake Up & Free Time:** 7:30 am
 - **Group Meditation at ARMA Temple (with progressive instructions):** 8:00 – 9:00 am
 - **Breakfast & Free Time at ARMA:** 9:00 – 10:00 am
 - **Guided Meditation & Group Space:** 10:00 – 11:00 am
 - **Nature Walk:** 11:00 – 11:30 am
 - **Writing Reflections & Group Q&A:** 11:30 am – 12:30 pm
 - **Lunch & Free Time at ARMA Temple:** 12:30 – 2:00 pm
 - **Guided Meditation:** 2:00 – 3:00 pm
 - **Group Q&A & Discussion:** 3:00 – 4:00 pm
 - **Optional Yoga:** 4:00 – 5:00 pm
 - **Break & Dinner:** 5:00 – 6:30 pm
 - **Group Meditation:** 6:30 – 7:00 pm
 - **World Dharma Talk with Q&A:** 7:00 – 8:00 pm
 - **Tea Break & Writing at ARMA Temple:** 8:00 – 8:30 pm
 - **Group Meditation & Chanting:** 8:30 – 9:00 pm
 - **Personal Time & Rest:** 9:00 pm

- The Wisdom of Mindfulness Meditation Retreat is designed for a diverse group of participants, including both seasoned practitioners and those new to the journey of consciousness exploration. This retreat is ideal for individuals involved in meditation, both new and older yogis.

Who Should Attend:

The Wisdom of Mindfulness, World Dharma Retreat is perfect for:

- **Therapists and Practitioners:** Those looking to deepen their practice, including therapists, clinicians, coaches, psychologists, psychotherapists, and yogis—whether seasoned or new to the path.
- **Teachers and Guides:** Instructors from any meditative, psychological, spiritual, or dharma-oriented tradition seeking an enriching and immersive experience.
- **Activists and Caregivers:** Environmental and human rights activists, social workers, hospice workers, and those facing life's toughest challenges will find transformative tools for growth.
- **Creative and Spiritual Explorers:** Artists, engaged Buddhists, and anyone committed to exploring consciousness and living with greater freedom and mindfulness.
- **Mavericks, Misfits, and Rebels:** For the free spirits, out-of-the-box thinkers, dharma adventurers, and those who identify as seekers of truth in this maddening miracle of life—this retreat offers a sanctuary for self-discovery and liberation. Come to be challenged and leave renewed, ready to act.

Registration and Inquiries

- **For general inquiries, EMAIL World Dharma (below) or Usada Bali directly**, the co-producers of this special event. Usada Bali is renowned for its commitment to holistic wellness and spiritual growth, offering a serene and supportive environment for personal transformation. Visit their **retreats page** for more information about this retreat, or visit the **World Dharma Events page**.
- **Email:** You can also reach out to Alan Clements directly at: contact@worldddharma.com.
- **Email Usada Bali:**

Scott Baurer, Producing Partner
Phone: +62 361 9086 085
Email: ubudprajna@gmail.com
Website: www.UsadaBali.com
Location: Ubud, Bali, Indonesia

- **Application Deadline: The closing date for applications is January 11, 2025**, or when the participant limit of 20 is reached, at which point we will start a waiting list, and inform you immediately if you wish to join the list. We expect the retreat to fill quickly, so it's best to act sooner rather than later.

Your cooperation in following the application procedure is highly appreciated. From our hearts to yours, we look forward to co-creating this very special event with you.

[About Alan Clements](#)

Alan Clements is a former Buddhist monk, spoken word artist, human rights activist, and founder of World Dharma. Over the past four decades, he has become a leading voice in mindfulness, freedom, and global human rights. He is the author of numerous acclaimed books, including *The Voice of Hope with Aung San Suu Kyi*, *Burma: The Next Killing Fields? Revolution of the Spirit*, and *Instinct for Freedom*, nominated for the best teaching memoir of 2002. His more recent works include *A Future To Believe In*, *Wisdom for the World*, *Facing Death* and *Tonight I Met A Deva*, *An Angel of Love*, a children's book with a foreword by the Dalai Lama. And a feature documentary film, *Spiritually Incorrect: The Rebel Wisdom of Alan Clements*, directed by Peter Byron Downy and produced by United Natures Media.

Alan's contributions to global peace and human rights have been recognized by Nobel Peace laureates, including former U.S. President Jimmy Carter. His expertise has been sought by prestigious organizations such as Mikhail Gorbachev's State of The World Forum, The Soros Foundation, and the United Nations Association of San Francisco. He has presented at leading universities, including the University of California, the University of Toronto, and the University of Sydney.

Alan's work on behalf of oppressed peoples has garnered widespread acclaim, including his role as a key eyewitness documenting the atrocities committed by Burma's military dictatorship, which led to his first book, *Burma: The Next Killing Fields?*, graced by a foreword from His Holiness the Dalai Lama. His close association in 1995 with Burma's Nobel Peace laureate, Aung San Suu Kyi, resulted in the publication of *The Voice of Hope: Alan Clements in Conversation with Aung San Suu Kyi*, the four-volume *Burma's Voices of Freedom* in 2020, and *The Voice of Hope: Aung San Suu Kyi from Prison – And a Letter to a Dictator* in 2023, co-authored with renowned investigative journalist Fergus Harlow. This work has been submitted as evidence in international trials.

A veteran investigative journalist, Alan has lived in some of the world's most volatile regions. In 1984, after being forced to leave Burma by dictator Ne Win, he returned to the West, where he lectured widely on 'The Wisdom of Mindfulness' and led mindfulness-

based meditation retreats throughout the U.S., Australia, and Canada. In 1988, he integrated universal human rights, social justice, environmental sanity, political activism, and the study of propaganda and mind control into his Buddhist training. His efforts have been recognized by Jack Healey, a former director of Amnesty International, who called Alan “one of the most important and compelling voices of our times.”

Alan has been featured in major media outlets such as *Time* and *Newsweek* magazines, CBC TV Canada, ABC Australia, *The New York Times*, *Sydney Morning Herald*, Radio Free Asia, Democracy Now, and many others. He has led World Dharma retreats and mindfulness training for decades in numerous countries, inspiring individuals worldwide.

In addition to his literary and activist work, Alan delivered a keynote address at Amnesty International’s 30th anniversary at the John Ford Theater and was a presenter at the Touche Global Consciousness Conference in 2019 in Bali. In 2023, he was awarded the prestigious Visioneers Award as a "Hero of Humanity" for his tireless efforts in championing justice and authentic living.

For more information, AlanClements.com and WorldDharma.com

Endorsements:

“Alan’s life is material for a legend. An intellectual artist, freedom fighter, and former Buddhist monk, he shares his insights and experience 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 and Passionate Presence***

“One of the most important and compelling voices of our times... Alan Clements is a riveting communicator—challenging and inspiring. He articulates the essentials of courage and leadership in a way that can stir people from all sectors of society into action; his voice is not only a great contribution during these changeable times, it is a needed one.” — **Jack Healey, former director of Amnesty International, and founder of the Human Rights Action Center**

Final Thoughts:

This retreat offers an unparalleled opportunity to engage deeply with the principles of World Dharma, cultivate mindful intelligence, and embrace liberation through living. Whether you are new to these practices or seeking to deepen your existing understanding, this retreat provides a supportive environment for profound personal transformation.

We look forward to welcoming you to this transformative experience in the heart of Bali.

Online Request To Attend – Application Form

(NOTE: [See application form link on our Event's page](#))

All information is held in strictest confidence

Retreat dates: March 15-21, 2025

Advice to A First Time Retreatant and
A Reminder to Older Yogis Who Forget

Although being in retreat
is a rare and special opportunity,
it is really a microcosm of being in "life"
through the intimate lens of the dharma.

It is about finding liberation
through living in all circumstances—
standing, walking, sitting, lying down—
in all postures, all times, all contexts,
including all states of mind and degrees of complexity.

As best as possible,
be guided by self-love and self-compassion.
Make these timeless qualities of consciousness
the basis of being,
the navigational guidance
along with mindful intelligence—
the ability to discern with open eyes
the experience in the present
and to learn skillfulness
in thought, speech, and action.

Learn what these sacred states of mind "feel like"—
know them as they are—
and evolve the gift of self-guidance
by honoring them
as one's own most reliable teacher
and treating them as sacred qualities of the heart.

A retreat is a rare opportunity
to practice the little things
with grace, calm, and dignity.
Honour and abide by the schedule.
Stay to yourself,
remain silent,
and honour the precepts fully.
Walk softly.
Keep a gentle smile in your heart.

Although the journey of awakening
is a lifetime,
giving oneself a silent meditation retreat
is one of the greatest gifts possible.
It will influence your entire life.

Walk with dignity.
Sit with dignity.
Struggle with dignity.
Eat your meals slowly and with dignity.
Rest with dignity.

Hone your unique, creative approach
to mindful presence.
It's an art form,
and no two of us will do it alike.

Above all, keep an open mind to learn.
To know one's own mind
is the most important task
of one's life.

Hope to meet you soon.
Alan Clements