

An Invitation to Join Me in Bali for a Transformative Retreat

Alan Clements here, offering my warmest greetings. I trust this message finds you in good health, with heart open and spirit steady amidst the turbulence of our world. I'm writing to extend a deeply personal invitation to join me for a rare and special gathering from **March 15-21, 2025**, where I will be leading what may be my final retreat: **The Wisdom of Mindfulness Meditation Retreat: Awakening World Dharma, A Community Gathering**, at the stunning **ARMA Resort in Ubud, Bali**.

This week-long retreat, held in one of the most sacred spaces in Bali, promises not only an immersion into meditation and nature but also a communion of souls dedicated to exploring freedom, dignity, and mindful awakening.

As many of you know, Burma (Myanmar), my homeland of the heart and Dharma, is enduring one of its darkest hours. Since the coup d'etat in 2021, democracy has been violently suppressed by a military dictatorship attempting to crush the people's spirit. Despite unimaginable suffering, I am in awe of the profound courage shown by the people of Burma—men, women, and even children—standing up to unrelenting tyranny in one of the most courageous revolutions in modern times.

Given these challenging conditions, I haven't been able to return to Burma for our annual retreats held at the monastery where I once lived as a Buddhist monk. But I've chosen Bali—a place that has been my refuge for decades, starting in 1982 when I was expelled from Burma as a monk by the dictator, without reason. It was here that I found temporary solace, and it's here, now, that I invite you to join me in this sacred space.

This gathering isn't just about silent meditation; it's about intimate connection. It's about coming together in communion to explore the deeper layers of authenticity, conscience, and freedom. This retreat is deeply personal, not only because of the state of the world but also because of my personal journey. After three years of navigating an intense health challenge, I've undergone a radical immersion in Dharma healing—physically, emotionally, and spiritually. And with this being, as mentioned, perhaps the last retreat I'll ever lead, the experience will be as much about us co-creating a transformative space as it is about what I can offer as a **World Dharma** guide.

What to Expect:

For my offerings, this retreat will center around the **Dharma Art of Living** or the **Yoga of Freedom**, using mindful intelligence and creative expression to explore the principles of **World Dharma** that I've refined over the decades.

Key elements include:

- **Vipassana Insight Meditation:** Step-by-step guidance, accessible to both new and experienced meditators.
- **Dharma Artistry and Mindful Intelligence:** Learning to cultivate and choose liberating states of mind for everyday life.
- **Process-Oriented Buddhist Psychology:** A unique form of experiential presence that discerns patterning and process simultaneously.
- **Bhavana – The Beautification of Consciousness:** Consciously choosing beautiful and liberating states of consciousness while inhabiting our senses with creativity, skillfulness, and personal authenticity.
- **Meditation as Examining the Senses:** Our freedom or conflict is determined by how we relate to experiences through the senses, using them as portals to understand the architecture of reality.
- **Meditation as Empirical Inquiry:** Investigating the nature of consciousness and its contents, offering a scientific approach to meditation.
- **Mapping of Consciousness and Cognitive Somatics:** Exploring the structure of consciousness and its somatic intelligence as connected to the body.
- **Distinguishing Concepts from Reality:** The art of discerning between ideation (mental constructs) and real, felt experience.
- **Wise Reflection & Intuitive Reasoning:** Meditation fosters these core qualities of mindful intelligence, helping us make intuitive decisions grounded in wisdom.
- **Examining Self-Generated Suffering:** Understanding how suffering arises from within and how it can be released through mindfulness.
- **Inner Activism:** A form of inner environmentalism where meditation clears unconscious patterns, creating space for freedom and healing.
- **Courage Through Mindful Intelligence:** Expanding comfort zones and embracing a larger, more complex circle of life, facing challenges with bravery.

- **Engaging Inherent Relatedness:** Using relationships as a vehicle for awakening, with World Dharma focusing on the interconnectedness of all beings.
- **The Art of Self-Love:** Transforming pain, fear, and grief into nutrients that nourish the heart and lead to deeper compassion.
- **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 daily self-reflective writing processes to enhance personal insight.
- **World Dharma Talks:** Daily talks by me, 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, enjoy the pool, and integrate the retreat experiences.

This retreat will not follow a traditional teacher-student model. Instead, we will co-create a space where the line between guide and participant dissolves. It's about **authentic dialogue** and shared wisdom, where each of us brings our truth into the conversation.

Retreat Details:

- **Dates:** March 15-21, 2025
- **Location:** ARMA Resort, Ubud, Bali
- **Cost:** By suggested donation, with multi-tier pricing to allow all to participate. No one will be turned away for financial reasons.

If this resonates with you, I encourage you to visit WorldDharma.com under the [Schedule of Events](#) section, where you'll find more retreat details, [FAQs](#), and an [Intent to Participate Form](#). Space is limited to 20 full-time participants and 10 part-time commuters, so early registration is encouraged. Once the retreat fills, we will start a waiting list.

In addition, here are direct links to the retreat overview and online registration form:

- [Retreat Overview](#)
- [Online Registration Form](#)

We're also honored to have [Usada Bali](#) as our retreat co-producer. Their work in the Balinese community is unparalleled. I'm beyond grateful for their partnership in making this gathering possible.

[ARMA Resort](#), with its devotion to Balinese culture and spiritual beauty, is the perfect setting for this experience. The resort embodies tranquility and the sacred, which will support us in our work of transformation. They are generously offering discounted rooms for those who wish to stay at ARMA.

I would be deeply honored to share this journey with you. Please feel free to reach out if you have any questions or if you'd like to connect more personally. I'm happy to speak with you on a Zoom chat if you wish to explore this further with me.

I look forward to hearing from you and, hopefully, welcoming you to Bali in 2025.

With heartfelt gratitude,
Alan Clements
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A Special Retreat in the Heart of Bali
Wisdom of Mindfulness Meditation Retreat
Awakening World Dharma: Liberation Through Living
Led by Alan Clements & Special Guests
March 15-21, 2025
ARMA Resort, Ubud, Bali
Offered freely, by donation (meals provided)
No one will be turned away for financial reasons.
Inquiries & bookings: via [online application](#)
Email: contact@worldddharma.com

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