

[RETREAT INFORMATION]

# **WISDOM OF MINDFULNESS**

## **A Buddhist-Inspired, Insight Meditation, World Dharma Training Retreat with Alan Clements & Special Guests**

**The Integration of Classical Mindfulness Training and Insight Meditation,  
with Process-Oriented Buddhist Psychology, Creativity, and Being Human.**

**World Dharma is on the Having the Courage to Care for Others as Equal to Self -  
the Practices of Shared Freedom, Environmental Sanity and Global Human Rights**

The retreat is grounded in the practices of mindfulness and insight meditation from the lineage of Alan's Buddhist teachers during his years as a monk – Burma's Mahasi Sayadaw and Sayadaw U Pandita – and a World Dharma emphasizing 'finding liberation in every circumstance we face.'

### **Daily Dharma talks, Yoga, Creative Writing, Group discussions with Q & A**

- Food at the retreat is loving prepared and consists of three gourmet vegetarian meals daily.
- Accommodations: Deluxe finely appointed shared double rooms with bathrooms & showers
- If you wish to attend with your partner or a friend, you can share a private room together.
- Travel to Gymea Eco Retreat by air: <http://www.gymearetreat.com.au/travelling-by-air>
- Travel Gymea Eco Retreat by car: <http://www.gymearetreat.com.au/directions>
- Schedule: The day begins at 6 am and ends at 10 pm, earlier or later based on the individual.
- There will be a schedule of daily sitting & walking meditations with progressive instruction.
- Alan will give daily 45 minute meditatively oriented Dharma talks followed by Q & A.
- There will be sign up for private sessions with Alan during the retreat.
- Alan's talks will be recorded and made available at the end of the retreat.
- Noble silence is expected throughout the retreat, other than when speaking in the group.
- There are daily (optional) mindful yoga sessions during the retreat led by a talented teacher.
- There will be regularly scheduled group discussions and free personal time as well.
- There will also be regularly scheduled short creative self-inquiry-based writing sessions.
- There is a swimming pool that can be used throughout the retreat (during break periods).
- Bring personal items, such as vitamins, shampoo, soap, notebook, pens, flashlight etc.
- Bring your own yoga mat along with whatever sitting meditation cushion (s) you may need.
- Please read the detailed "[Welcome Pack](#)" provided by Gymea Eco Retreat & Spa.
- Suggested reading: "Instinct for Freedom" and "A Future to Believe In" by Alan Clements.
- General Inquiries: Contact Page. Look forward to sharing this special retreat with you.

With good will for the entire cosmos, cultivate a limitless heart: Above, below, & all around, unobstructed, without hostility or hate.  
Sutta Nipāta 1.150



“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"*