

RETREAT THEMES:

DAY 0: INTRO OVERVIEW

- Intro, orientation, overview
- This style of practice, presence awareness, wisdom samadhi
- Retreat intention, goals

DAY 1: PRESENCE AWARENESS

- Presence awareness
- Awareness, knowing, consciousness
- Presence, being, becoming
- Mindfulness, attention, absorption
- Unhooking the mind, doing nondoing
- Relaxation, equanimity, nongrasping
- Always already present and aware
- Flow state of knowing

DAY 2: TIMELESS NOW

- Impermanence and change
- The nature of experiencing
- The now, timelessness, changelessness
- Now is the knowing
- Being the knowing
- All-at-onceness
- Nongrasping vis self liberating

DAY 3: NONSELF SELF

- Sense of self me and mine
- Mind, body, consciousness
- Knower, doer, feeler
- Dependent origination, subject and object
- Taking the subject as the object
- Seeking the source of subjectivity
- Nonsself emptiness, the nonsself self

Day 4: WISDOM SAMADHI

- Unification of wisdom and samadhi
- Awareness attention proficiency, stabilizing insights
- Liberating nature of insight realization
- Now awareness samadhi
- Nonsself emptiness samadhi
- Desireless bliss samadhi
- Continuity, insight in action

DAY 5: LOVE & COMPASSION

- Values, priorities, caring
- Nonharming, precepts, ahimsa
- Helping, benefitting self other both
- Metta, compassion, love, bliss
- Brahmaviharas vis immeasurables
- Self other unification, oneness, noneness
- Enlightened ethics

DAY 6: GIVE 100%

- Daily practice and inspiration
- Commitment and followthrough
- Vows, resolve, precepts
- Give 100%, prove it
- Suitable teachings, teachers, sangha

DAY 7:

- Blessing ceremony, dedicating merits, victory chant