

Hello

Thanks for booking for the *Freedom from Clinging* retreat that Vajradevi is leading from Sunday 28th December to Thursday 1st January.

Resources

Everything you need for the retreat will be found at this webpage:

tiny.cc/vajradevi-retreat-info

If you know how, I suggest you bookmark this page so you can find it easily – it points you to the zoom link, recordings and lots of other useful stuff.

Timings

The programme for the retreat can be downloaded from the website. Please note the occasional changes to the basic 4 sessions, especially the practice and ritual session running later on New Year's Eve (in W hemisphere). Those of you familiar with the earlier programmes, note the slightly earlier Session 2 & Session 3.

There will be two morning (GMT) unled sits, with start and end bells; and also an open, self-organising period before the ritual session, which anyone can join, but might be especially suitable for those in Oceania.

The retreat starts with Session 1 on Sunday 28th and ends with Session 3 on Thursday 1st.

Home Practice

The style of the retreat is well suited to practising in daily life although during this retreat the encouragement is to let go of as much of ordinary life as possible to deepen into a relaxed and settled awareness. We aim to encourage a stable and flexible awareness where periods of formal practice help to ground and turn inwards and notice how awareness continues to 'work' as we engage in any necessary activities at home. Informal practice takes a larger role as whatever we do during the week becomes part of the retreat.

Whatever your circumstances during the retreat, there is an invitation to simply be aware of what is happening. Zoom retreats give us an opportunity to be on retreat and yet be at home, bringing together 'retreat mind' and 'at home mind' which can often feel quite different. As well as the potential for getting lost in 'distraction', home has some advantages of familiarity and comfort which means we can relax and set up conditions that work for us. Our working ground can encompass the transition between what we learn on retreat and how we take it home, off the cushion and into our lives.

Groups

As last year, there will be three optional group sessions (on the first, last and middle day at 3.30pm GMT) for you to meet in a smaller unled group: please login 5 minutes early (if you arrive late, you probably won't be able to join). In the group, you can introduce yourself to others and check in around your practice. The groups will be randomly allocated each time. You can come to all, any or no sessions.

Reviews

While we're not allocating reviews, there are a limited number of meditation review slots with Vajradevi and Vajrapriya; you can book one if you wish. **Check the main website from 21 December**, when the booking link will go live.

You can also write to us about your practice or with a question.

Resources

Some people have requested some resources for preparation.

You can find reminders to the basic practice on the resource pages on her blog which can be found [here](#). We won't be going into these aspects of the practice in much detail during the retreat.

If you've not yet bought it, you can buy Vajradevi's book, *Uncontrived Mindfulness* from [Windhorse Publications](#) (10% off if you sign up to their mailing list)

During the retreat, there will be a "pinboard" with requested readings and pujas and extra resources. It's also a place for you to communicate with others on the retreat, so do feel free you post and add comments. The pinboard is linked from the main info website.

Recordings

The three main sessions will be recorded and will appear on youtube within one hour of the end of each session, and the led meditations will also be provided as an audio file. The links to both audio and video recordings are given on the main info page.

These will be especially helpful if the time zones don't work for you, or if you need to miss some sessions through work or family commitments.

Dana

The retreat is offered on a dana-basis. Vajradevi is grateful that she is able to be supported through dana she receives from teaching and through some individual donations. She will talk a little about dana on the retreat, but you can give anytime at <http://tiny.cc/give-to-vajradevi> or check the retreat website for bank details if you'd prefer to make a direct transfer.

If you later decide to cancel your place, please do so through the link in the zoom email or let us know.

I'm looking forward to seeing you on the retreat.

Best wishes
Vajrapriya