



## Fourth International Triratna Urban Retreat: Living in the Greater Mandala (21- 28 November 2015)

Retreat materials and resources: [www.thebuddhistcentre.com/urbanretreat](http://www.thebuddhistcentre.com/urbanretreat)

Web resources and links marked in orange (click for details).

Need help or information? Contact us: [support@thebuddhistcentre.com](mailto:support@thebuddhistcentre.com)

Course Materials	Day 1 (Saturday 21st)
<b>Introductory talk</b>	'Living in the Greater Mandala' by Parami (audio) <i>From the UK</i>
<b>Background reading</b>	'Living in the Greater Mandala', chapter from <a href="#">Wisdom Beyond Words</a> by Sangharakshita (text)
<b>Guided meditation</b>	Introduction to the Brahma Viharas and Introduction to Metta; Followed by Just Sitting (audio)  With Tejananda & Rijumitra from Vajraloka Meditation Retreat Centre, Wales
<b>Introductory meditation instruction</b>	Introduction to the Mindfulness of Breathing by Kamalashila (audio) <i>For those new to meditation</i>
<b>Metta Wave</b>	<b>4pm local time</b> wherever you are! An invitation to radiate metta to yourself, all people who are taking part in this Urban Retreat across the world, and all beings everywhere! <a href="#">Add your shrine picture or download</a> a list of Buddhist centres taking part, and photos to print of Triratna sanghas across the world.
<b>Ritual</b>	1. Recording of the Dedication Ceremony (audio) 2. Mantra: Shakyamuni mantra (audio)
	Day 2 (Sunday 22nd)
<b>Daily short talk</b>	'Metta and Compassion in the Greater Mandala' by Amalamati & Silamani (video) <i>In English and Spanish from Valencia, Spain</i>
<b>Guided meditation</b>	Metta Bhavana with Tejananda & Rijumitra (audio)
<b>Introductory meditation</b>	Introduction to the Metta Bhavana with Kamalashila <i>For those new to meditation</i>
<b>Karaniya Metta Sutta</b>	Translation by Ratnaprabha (text)
<b>Ritual &amp; Mantra</b>	Akshobhya mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat Online</a> for details.
	Day 3 (Monday 23rd)

<b>Daily short talk</b>	'Nature and the Greater Mandala' by Tejopala (video) <i>From Australia</i>
<b>Guided meditation</b>	Introduction to Karuna/Compassion and short Just Sitting with Rijumitra & Tejananda (audio)
<b>Introductory meditation</b>	Introduction to Just Sitting with Kamalashila <i>For those new to meditation</i>
<b>Ritual &amp; Mantra</b>	Avalokiteshvara mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat online</a> for details.
<b>Day 4 (Tuesday 24th)</b>	
<b>Daily short talk</b>	Poetry and Receptivity by Maitreyabandhu (video) <i>From the UK</i>
<b>Guided meditation</b>	Karuna Bhavana with Rijumitra & Tejananda (audio)
<b>Mantra</b>	Amoghasiddhi mantra (audio)
<b>Reflection of the Day</b>	
<b>Day 5 - Sangha Day (Wednesday 25th)</b>	
<b>Daily short talk</b>	Friendship and Collective Practice by Saddhamani (video) <i>In English and French from Paris, France</i>
<b>Guided meditation</b>	Introduction to the Mudita Bhavana and Just Sitting with Rijumitra & Tejananda (audio)
<b>Ritual &amp; Mantra</b>	1. Threefold Puja (audio) 2. Padmasambhava mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat online</a> for details.
<b>Day 6 (Thursday 26th)</b>	
<b>Daily short talk</b>	'Energy in Pursuit of the Good' by Arthakusalin (audio) <i>From Ghent, Belgium</i>
<b>Guided meditation</b>	Mudita Bhavana with Rijumitra & Tejananda
<b>Ritual &amp; Mantra</b>	Amitabha mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat online</a> for details.
<b>Day 7 (Friday 27th)</b>	
<b>Daily short talk</b>	The Arts, Beauty and the Greater Mandala' by Kiranada (video) <i>From the USA</i>
<b>Guided meditation</b>	Introduction to the Upekkha Bhavana and Just Sitting with Rijumitra & Tejananda (audio)
<b>Mantra</b>	"This Being, That Becomes' mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat Online</a> for details.
<b>Day 8 (Saturday 28th)</b>	
<b>Daily short talk</b>	Gratitude and Appreciation' by Jnanacandra (audio) <i>From Germany</i>
<b>Guided meditation</b>	Upekkha Bhavana with Rijumitra & Tejananda, (audio)
<b>Ritual</b>	Transference of Merit (audio)
<b>Mantra</b>	Ratnasambhava mantra (audio)
<b>Reflection of the Day</b>	See the <a href="#">Urban Retreat online</a> for details.