



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

Retreat materials and resources: www.thebuddhistcentre.com/urbanretreat

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

Need help or information? Contact us: support@thebuddhistcentre.com

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

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