



# HOW DO WE RESPOND TO ANICCA

— resisting, welcoming, being with and learning from change?

## Creative Weekend at Amaravati Friday 4th - Sunday 6th December 2015

Most of us know about the Buddha's teaching about anicca - impermanence. Still, we tend to cling to what appears to be stable, to what feels supportive of our sense of self, our sense of control and safety: the body, our opinions, the things we are used to, feel dependent on, are inseparable from ... And yet, deep down we know that there is nothing which is permanent and certain, nothing that will not change. To acknowledge that is like acknowledging death — ego-death. It is threatening to that part of ourselves which is conditioned to identify with form, with our familiar world and circumstances. The experience of this ego-death can be a truly liberating moment: a liberation from fear, pain and rigidity. So why do we still hold on to the illusion of self and control? And how could creativity be possible without change?

*We will offer devotional pujas and ways of exploring and reflecting on the theme individually and in the group. This will include periods of guided and silent meditation (sitting, walking) to strengthen present moment awareness, moving, painting etc. and contemplation of Buddhist teachings.*

*We ask all participants to follow the 5 Precepts and take refuge in the Triple Gem. Part of the weekend will be held in silence.*

*The Creative Weekend is under the umbrella of the Family Events held at Amaravati. This particular retreat is open to anyone who is over 18. You are requested to participate for the duration of the weekend.*

*The Retreat starts between 5 and 6:30pm on Friday (with a light meal) and ends around 4 pm on Sunday. It will be led by Sister Cittapala.*

*There is no charge for attending retreats at Amaravati. However, to meet the running costs of the retreat centre, we do rely on the generosity of those attending. Previous retreatants will have made a donation, enabling others to attend. As a guideline: The costs for running the centre are approx. £ 20 per person/day. Any donations are anonymous and entirely voluntary, retreatants are invited to give whatever they are able to offer.*

*You are asked to bring food/dishes for a shared lunch on Saturday and Sunday (pot luck) and to help with some meal preparations.*

**For more information and booking**, please visit [family.amaravati.org](http://family.amaravati.org) or contact Joy Love <[joy.love@virginmedia.com](mailto:joy.love@virginmedia.com)>