



Introduction to Kalachakra Tantra



Harmonising the inner and outer elements

Shambala Retreat Centre in Findhorn, Scotland
20 - 22 March 2009 (starts Fri 6 pm and ends Sun 5 pm)
Cost: £145 residential, £105 non-res. w. meals, £85 non-res w/o meals

Everywhere individual and environment are unhealthy in many ways. Moreover the world is dangerously divided along religious and philosophical lines. Our spiritual practice may get stuck in mind-body dualism. Many feel at odds with the world.

Through Kalachakra Buddha taught how to resolve these disharmonies. The Kalachakra mandala colors represent the six elements - earth, water, fire, air, space and wisdom - within each individual and the environment. Kalachakra practice purifies these elements from their ordinary state, a basis for suffering, into their pure state, a union of unchangeable bliss and empty form.

First expounded by the Buddha in South India over two and a half thousand years ago, the Kalachakra Tantra presents a uniquely comprehensive system for purifying the individual and her or his relationship to the environment.

In Kalachakra, our mind's essence is our fundamental nature. The path leads to the pure non-duality of consciousness and form. This eliminates the dualistic separation underlying our isolation from the universe and our fellow beings.

In this course, we shall discover the six elements through meditation, related to Kalachakra and explore the implications. The course is suitable for anyone interested in the spiritual relationship between individual and environment, as well as Kalachakra initiates and practitioners.

Bookings: info@shambala-retreat.org, Tel. 01309 690690
or visit our web site: <http://www.shambala-retreat.org>

Born in England in 1950, Andy used to work in education. In 1980 he began to practise Buddhism. During the eighties, he was spiritual programme coordinator at Jamyang Buddhist Centre in London. He began teaching Buddhism and leading short retreats in 1982. In 1989, he and his wife established Saraswati Buddhist Group in Somerset and he now teaches regularly at various Buddhist centres.

Andy first took the Kalachakra Empowerment in Madison in 1981, and got straight into the study and practice, trying to support other Kalachakra practitioners with materials, teachings, retreats etc. In 1998 he and David Reigle set up the International Kalachakra Network (www.kalachakranet.org) a major source of support for Kalachakra practitioners. Since retiring in July 2007, Andy has undertaken a year of solitary retreats, including the Kalachakra retreat.