

EDINBURGH INTER-BUDDHIST SPRING RETREAT
RIGHT SPEECH: THE WORDS & THE WAY(S)
WISTON LODGE APRIL 23TH-25TH 2010



Dear Friends,

You are warmly invited to the 6th inter-Buddhist retreat at Wiston Lodge, which will reflect the collective spirit that has been growing and developing amongst sanghas over recent years.

The theme for the retreat is: **RIGHT SPEECH: THE WORDS & THE WAY(S)**

What does this evoke for you?

How can we best practice this aspect of the 8-fold path?

- skillful speech?
- skillful listening?
- awareness of nonverbal communication?
- something else?

What would you like to contribute from your tradition to help us deepen our collective understanding of the way(s) of Right Speech?

We'll follow a **simple structured programme** suitable for both beginners and experienced practitioners: sitting and walking meditation; gentle outdoor [weather permitting] and indoor exercise; chanting; and space to reflect on teachings and insights brought from the different groups. Each person's contribution is valued.

There will be periods of silence to help retreatants develop their own practice and to focus on individual inner work. There will also be ample opportunities for sharing and dharma discussions.

The weekend is an opportunity for shared exploration, to reach a deeper sense of our spiritual being and the common ground that underlies the different traditions. We invite each group to bring a contribution to share from their tradition.

The venue is an old Hunting Lodge situated in the small village of Wiston near Biggar in the Scottish Borders, within easy reach of Edinburgh. It offers the ideal environment to step out of busy, everyday lives into a place of natural beauty and calm. Further details are on <http://www.wistonlodge.co.uk>

For questions or to discuss the retreat programme in more detail please contact your own group representative or Claralynn (details on booking form).