

INTEGRATION—FREEDOM INDEPENDENT OF CONDITIONS

Integrating our life and practice in a dualistic world with the non-dual truths and realizations that inspire our hearts may at times seem challenging, frustrating, or near impossible. Yet, the Buddha taught that freedom from suffering can be found in the very same place where suffering arises. In a world rife with conflict and pain, this is a profound and challenging truth to recognize – a freedom independent of conditions. In fact, this is the only kind of freedom that is truly free.

During this retreat we will explore the Buddha's teachings on the conditioned and the unconditioned, samsara and nibbana, contemplating our own direct experience of suffering and the end of suffering, through the dhamma-door of the 'way it is'. We will guide practitioners in developing a deeply compassionate approach to meditation and both 'inner' and 'outer' experience, creating a safe holding for contemplative enquiry in an ethically sensitive environment.

The retreat will be held in an atmosphere of noble silence with Dhamma reflections, Q&A opportunities, and personal practice dialogues offered. The schedule will include structured periods of sitting and walking meditation, as well as the opportunity for less structured practice for those more experienced in retreat. There will be time set aside in the schedule for personal yoga, qi gong or other forms of exercise suited to the contemplative environment.

WILLA THANIYA REID has been practising formal Buddhist meditation since the 80s. Her primary training has been through the Thai Forest Tradition of Ajahn Chah. The Forest Tradition is in harmony with her affinity for the natural world and for reflective teachings. For 18 years she was part of the monastic community of this tradition based in England. As the senior nun of Cittaviveka for eight years, she offered support to the lay and monastic community; teaching retreats in the UK, USA, Europe and Australia. She brings to her teaching a love for the original suttas of the Buddha. Currently she lives in New Zealand, where she and her partner are developing a meditation center.

JITINDRIYA (LORAIN KEATS) has practised Buddhist meditation and spiritual enquiry for over 30 years, 17 of which as a Buddhist nun in the Thai Forest Tradition of Ajahn Chah and Ajahn Sumedho. During that time Jitindriya offered teachings to the monastic and lay communities in the UK, USA, Australia, and elsewhere. After leaving the monastic order, Jitindriya gained a Master's degree in Buddhist/Mindfulness Based Psychotherapy and now has a private practice in northern NSW, Australia, where she lives with her partner. In both teaching and practice Jitindriya draws inspiration from the Pali Suttas and Forest Masters of the Theravadin Tradition, Dzogchen teachings of the Vajrayana tradition, and the non-dual teachings of various other traditions.

RETREAT COST: This retreat is offered on a tiered scale. Please register at the highest fee you can in order to assist those who are less financially able.

Subsidized: \$630 plus dana offerings to teachers and staff
Supporting: \$685 plus dana offerings to teachers and staff
Sustaining: \$745 plus dana offerings to teachers and staff

To register online please visit our website. To register by mail, registration forms can be printed off our website, completed, and mailed with a check payable to Friends of Cloud Mountain.

WILLA THANIYA REID & JITINDRIYA



NINE-DAY THERAVADIN RETREAT AUGUST 5—14, 2015 (FRIDAY—SUNDAY)

CLOUD MOUNTAIN RETREAT CENTER

FRIENDS OF CLOUD MOUNTAIN
373 Agren Road, Castle Rock, WA 98611

1-888-465-9118 or (360) 274-4859 info@cloudmountain.org

Located 60 miles north of Portland, OR, & 125 miles south of Seattle

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