

The Heart of Inclusiveness

The Scottish Sangha Spring Mini-Retreat Online

Sat 20th March (afternoon) & Sun 21st March (morning) 2021

“The capacity of the bodhisattva’s heart is very big, the capacity to embrace and to include. We have to practice the capacity to include, to embrace. If we practice, if we train, the capacity of our hearts will grow and we will suffer much less.” - Thich Nhat Hanh



Clare Belbin Carlile

This online “mini-retreat” is an opportunity for the Scottish Sangha to come together during this time of pandemic. We would be delighted if you could join us!

They use the word *Inclusiveness* to convey patience, tolerance, and forbearance. It is the practice of keeping our hearts open, especially during difficult times, embracing our pain and joy as one. It provides balance and stability.

Our retreat will include our much-loved practices of sitting meditation, walking meditation & dharma sharing. Murray Corke, who was up with us from Cambridge last February, will offer us a dharma talk on our theme of inclusiveness and Susanne Olbrich will offer us a deep relaxation.

The Retreat will take place on Zoom with time both on and off screen so that you can take good care of yourself & your needs with regard to screen-time. We warmly welcome all to join us, whether you are new to the practice or more established.

To register please email Roland at roland.spencerjones@gmail.com by Sunday 14th March. He will then send you a link to join the retreat a few days beforehand.

The retreat is free, with the opportunity to practice generosity afterwards by offering dana to the Plum Village community.

We look forward to the joy of practicing with you.

Orla Beaton, Jane Combelic, Maggie Dove, Roland Spencer-Jones