



WITH AUTHOR, PSYCHOTHERAPIST, AND MEDITATION TEACHER, ROB PREECE.

A six-module course of experiential meditation retreats, starting October 5 – 7, 2018

Tibetan Buddhist meditation, in the form of tantric practice is a profound approach to the complete transformation and liberation of our body, speech and mind from what limits and obscures their natural potential. Often it is considered that the visualisation of colourful and inspiring deities – or ‘spiritual archetypes’ - is central to this way of practice. This is partly true but tantric practice is so much more when we fully understand how it ‘works’.

Tantra becomes a way of integrating many different aspects of our life into a radical process of awakening. Our mind, our emotional and psychological life, our creative life, our body and relationships are all aspects of this process. All that we are is included within this path of alchemical transformation.

In this module series we will develop and deepen the practices that were also introduced in the Tasting the Essence of *Tantra* series. In this series we go into more depth, detail and subtleties of these practices. This will include the practice of *Mahamudra* mediation on the nature of mind, the use of deity practice, energy work and the bridge between psychology and spirituality.

Throughout there will be an emphasis on how meditation within the tantric tradition can approach our psychological and psycho-physical healing and transformation.

WHO IS THIS FOR?

This six-module course will develop the essentials of Tibetan Buddhist meditation within the Tantric tradition - and will deepen these practices for those who are already familiar with them through Rob’s seminars or through teachings from other sources.

It is open for people who have at least one year experience with meditation, some basic knowledge of the foundations of Buddhism and a wish to explore and engage in the practice of tantra. This is not an introductory course but for those with a wish to deepen and develop this approach to practice. People with less experience may be asked to do some preparatory work before attending and can contact us to see how we can support them to make it possible.

There will be a progression through the series of 6 modules and so it would be best to commit to attending them all if possible. For those that have attended the previous module series they can be attended individually. Anyone wishing to attend that is new to this process must attend the first two modules to have a ground of practice if they wish to go forward. Exceptions may apply for people with a similar background from other schools, teachers, etc. Please contact us if this relates to you.

THE MODULES

The topics of this cycle are organized around six modes of meditation for healing and transformation centred around the deities that embody their source. Rob will explore both their original traditional roots of meaning and practice, as well as their psychological relevance in our lives today. This is unique opportunity to be guided in a way of healing practice that brings an ancient tradition into contemporary western experience.

Module 1: Approaching *Mahamudra*: 5 – 7 October 2018

Module 2: Compassionate Presence: 5 – 7 April 2019

Module 3: Creative Wisdom: Fall 2019

Module 4: Dynamic Compassion: Spring 2020

Module 5: Courage to Manifest: Spring 2021

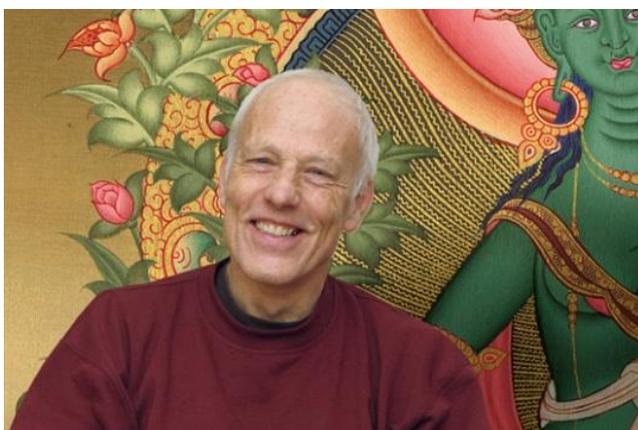
Module 6: Healing from the Source: Fall 2022



ROB PREECE

Rob Preece has practiced Tibetan Buddhism since 1973 under the guidance of many teachers including *Lama Thubten Yeshe* and *H.H. Dalai Lama*, and is an experienced psychotherapist. During this time he has written four ground-breaking books on the meaningful chemistry between psychology and Tibetan (tantric) Buddhism: *The Psychology of Buddhist Tantra*, *The Courage to Feel*, *The Wisdom of Imperfection*, *Preparing for Tantra* and *Feeling Wisdom*. His latest book, *Tasting the Essence of Tantra*, will be published in May 2018.

Rob's style of teaching is oriented towards opening a dialogue around the material that is being explored. This is to maintain a spirit of exploration and creativity in the way *tantra* is integrated into Western experience, rather than holding to rigid prescriptions of practice.



DETAILED INFORMATION ON THE COURSE AND THE MODULES

The word *Tantra* in Sanskrit means 'weave'. When we go deeper into the nature of a deity we discover that each one provides a weave or matrix of practices that form a way of transformation and healing we can gradually bring into our experience. During this module series the following elements will be part of that weave:

- At the heart of this series of retreat will be a broadening and deepening of the scope of *Mahamudra* practice which is the underlying ground of the path of spiritual transformation. There will also be an emphasis on how *Mahamudra* supports the exploration and healing of psychological wounding often present within or beneath our spiritual path.
- This will be integrated with an embodied process that will enhance and cultivate our relationship to the energy body and its subtle nature. This will include energy-body exercises to support the meditation and help the release of psychological and emotional process.
- We will explore ways in which each deity will offer an approach to healing and transformation that is unique. Each one represents a healing matrix that can address particular psychological experiences. In this second series we will deepen this exploration bringing greater closeness to their qualities and how we can manifest them in our life.
- These retreats will include elements of the *Ngöndro*, sometimes called preliminaries or ripening practices, You will learn how they can be carried out as foundations specifically within the context of these deity practices. Many of these preliminaries are there to clear and heal obstacles, deepen awareness and cultivate the necessary energy to awaken. To this end we will include Refuge/*Bodhicitta*; Prostrations; *Mandala* offerings and *Guru Yoga* all within the context of practice.
- As the retreats progress there will be growing emphasis on working with the nature of energy-body practices both within meditation as well as through the practice of *KumNye*, *Trulkhör* or *Qigong*. This will correspond to the particular deity we are working with and its relationship to our 'emotional body'.
- At the core of this approach to tantric practice is an emphasis upon the body and the nature of embodiment for the welfare of others.

If you are coming to this series from the previous modules, you will have a good ground of understanding of the processes of tantric practice. We will build upon that so that you can begin to cultivate a deeper relationship to personal practice and your relationship to each deity. As we move forward one or perhaps two deities may become particularly significant so that you may wish to "specialise" in that one and focus the *Ngöndro*. If this begins to emerge then it will be helpful to discuss this more specifically with Rob.



Module 1 - Approaching Mahamudra

During this retreat we will bring together the aspects of *Mahamudra*, ground, path and fruit. This will begin with an emphasis on our relationship to grounding and embodiment leading to the awareness of felt processes in the body. We will explore ways of releasing and opening the subtle levels of contraction in the body to enable greater inner stillness and spaciousness. This will lead to ways of looking at the process of *Vipashyana* or insight in relationship to body, mind and

emotions and the nature of self. These will lead to resting in the nature of spacious non-dual awareness. We will use the practice of *Shakyamuni* as a holding presence of refuge, and to introduce the refuge and prostration preliminary practice [*Ngöndro*].

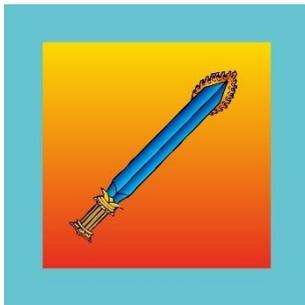
Module 2 - Compassionate Presence

Possibly the most powerful way we can help another in times of pain and suffering is to be truly present with a quality of compassion that allows the other to be as they are free of judgement and free of our need to make it all right. This is not an easy quality to cultivate. It requires that we are able to be with our own pain in a way that also accepts it as it is rather than fighting it. The courage of compassionate presence is a quality of the heart that enables us to be with suffering and not be overwhelmed by it or to run away from it. In this retreat we will deepen the capacity to heal our own emotional wounding as well as open to others. We will explore many ways of working with the *Chenrezig* practice including *Tong Len*, heart energy healing, and a practice known as *Samadhi* after sound. We will also begin to look at the Refuge/*Bodhichitta Ngöndro*.



Module 3 - Creative Wisdom

How we express ourselves in our life can often be blocked by limiting fears and inhibitions. We may know what we wish to communicate but be unable to bring this out skilfully and from a place of inner wisdom. Discovering our capacity to communicate is not just through speech, it means discovering the 'language' that suits us individually through our body, speech or mind. When communication creatively expresses our true nature, it has power and wisdom that can be a great benefit to others. It becomes an expression of *Bodhicitta*. *Manjushri* is the *Bodhisattva* of clear communication and shows us the example of creative energy rooted in the depth of wisdom rather than the ego's self-preoccupation. In this retreat we will explore clearing what limits and obscures this capacity of creative wisdom. We explore the elements of fire's inspiration and the earth's manifestation and how they combine to bring out the embodiment of our capacity for expression in the service of others. We will explore the *Guru Yoga* preliminary practice.



Module 4 - Dynamic Compassion

Responding to the suffering of others is not straight forward, doubt and uncertainty will limit us and a lack of wisdom can make what we do lack skill or effectiveness. To benefit others, we need both compassion and wisdom, we also need to know how to move towards suffering and how to stay with our own resources. Green *Tara* is the *Bodhisattva* of dynamic compassion and an important manifestation of the sacred feminine in the Tibetan tradition. She shows us the example of how to respond to the suffering of others from a place of authenticity that trusts in our intuitive wisdom. Learning to listen to our natural wisdom is not simple. It requires that we quieten our agendas and preconceptions and instead open to receive the presence of the other. In this she embodies the unconditional compassionate mother-ground that can hold others in their suffering. During this retreat we will explore the nature of *Tara's* intuitive wisdom, and the 5 wisdoms associated with five elements.



Module 5 - Courage to Manifest

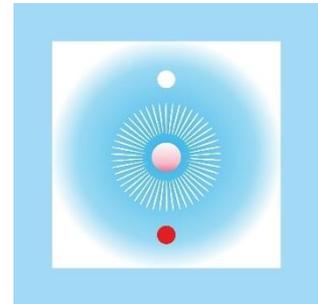
Many of us feel limited in our capacity to be effective in our lives. This may come from a sense of fear, powerlessness, inadequacy or vulnerability and usually reflects early wounding in our life. We hide and bury our power because we may be afraid it is too much and do not feel it is acceptable. One of the



most destructive symptoms of our sense of powerlessness is anger and frustration. In this retreat we will explore our relationship to our power to begin to discover what has limited it, how it lives within us and how we may begin to embody it once again. The deity *Vajrapani* shows us how we may begin to embody our innate potential to manifest in our life what is most beneficial for the welfare of others. He is an expression of *Bodhichitta* and the capacity of the Bodhisattva to be effective in the service of others. If we are to cultivate the right relationship to our power to be effective we need to have a clear quality of intention free of the ego's limiting pre-occupation for control or dominance.

Module 6 - Healing from the Source

We all experience psychological, emotional and physical difficulties that from one perspective are the result of karma, from another they are the result of wounding through our life. This wounding is held within our energy-body. If we wish to begin to heal this residue of wounding in our nervous-system it helps to have a relationship to the source of our intrinsic or innate health. From a tantric point of view this is our innate *Buddha*-nature. The deity *Vajrasattva* is a direct emanation of this source of health and vitality in our nature and is one of the most powerful healing practices in the Tibetan tradition. During this retreat we will explore the many different ways in which the practice of *Vajrasattva* can bring healing and transformation both in our physical body as well as our energy body.



REGISTRATION, INFO & PAYMENT

You can subscribe for individual seminars or for the whole path by sending an e-mail to info@kenkon.org or you can use the subscription form on the website [kenkon.org]. This will be available as soon as the seminar is announced in the highlights of the frontpage.

The price for the first weekend is €250,- [€ 200,- for KK members, people with minimum income and students]. Early bird payments are € 215,- [€ 175,- for KK members, people with minimum income and students]. Fees for Modules 2 – 6 will be approximately the same, although a small inflation correction may apply. Please check the individual seminar announcements for the early bird dates.

Cancellation Policy

More than 3 weeks before course: full refund; more than 2 weeks before: 60% refund; more than 1 week before: 20% refund; less than one week before: no refund. No refunds afterwards.

If one subscribes and pays for all seminars at once, before the first early bird date, one gets a 10% discount of the early bird price: € 129,- or € 105,- for KK members, people with minimum income and students. The total is € 1.161,- or € 945,-, for KK members, people with minimum income and students. There are no refund possibilities for this option.

Those who participated in 6 or more of the modules of cycle I – Tasting the Essence of Tantra – get a 15% discount for this option: € 193,50,- or € 157,50,- for KK members, people with minimum income and students. The total is € 1.096,50 or € 892,50 for KK members, people with minimum income and students. There are no refund possibilities for this option.

All prices include lunch on Saturday and Sunday, access to recordings and other files during the three years journey, various other support materials on paper, audio or video.

Payment

Payment should be done after receiving the invoice.

LOCATION

KenKon, Integral Life & Training Centre, Nieuwe Kanaal 11, 6709 PR Wageningen, Netherlands.

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LODGING

Optional dormitory ['dojo'] with *yoga* futons: € 30 for two nights. Three rooms available for € 40,- for two nights. There are hotels and B & B's in the area.