

Approaching Natural Mind

a meditation retreat with Lisa Cowen



The forest retreat environment is perfect for approaching natural mind, from a fleeting glimpse to an uninterrupted continuum of awareness.

To do so, we will focus on Buddhist meditations that have natural supports: the breath, the senses, nature, humanness.

Developing meditative skills but not gripping them tightly, we will invite, seek, and wait attentively for sightings of this ever-present suchness.

The practices in this silent retreat are suitable for all levels of meditative experience

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