

# *ALBA White Board*

Day Retreat - 1 April 2023

## Finding Inner Space

*Led by Jenna Ghouse*

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### *Reflections*

*Thank you friends for joining the retreat.*

*Please use the space below to share your reflections. The board will be cleared a week after the retreat. You may wish to put your name or leave it anonymously*

Thank you Jenna for shepherding us through a lovely green pasture of a day. The reflections you so generously offered us were both grounding and uplifting at the same time. I particularly warmed to your gentleness in explaining things such as the ephemerality of existence and our kaleidoscopic impressions of the world as phenomena ebb and flow both around and within us. The guided meditations were helpful in perceiving things afresh and have spilled over into today with a greater feeling of lightness and spaciousness.

With metta

Jude

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Thank you so much Jenna for a wonderful day retreat with a great subject, and reflections with clearly expressed ideas and practical ways that will help in our practice.

A thing I will remember which came to me during the discussion : that through giving myself space in and for meditation & practice I am better equipped to make space for others, to find some Metta for a world that I so often find difficult.

As always, I am very grateful for these day retreats, to those who organise them and those who participate. I'm sad I can't make it next month, but already I am looking forward to the June retreat.

Metta  
James

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Many thanks to Jenna and to all who supported this day, including by your presence. I gained a lot from Jenna's meditations and reflections (do you ever record these?). I was particularly grateful for Jenna's giving us all space at the beginning to introduce ourselves, as well as to meet in small groups later on - both these opportunities really helped me connect with the other retreatants (which can feel harder to do on Zoom) and to feel supported in the practice.

It is so lovely for me to see (virtually) the shrine room in the Amaravati retreat centre again, which I came to for many retreats

when I was younger and miss very much, and to chant with a group instead of on my own! I am fortunate to live in the foothills of Snowdonia, looking out on the wide sky and towards the Irish Sea, and am much enjoying connecting with this space following Jenna's helpful suggestions - looking towards the horizon between sea and sky gives me such a strong sense of spaciousness - a most helpful practice to open the heart-mind out from the self.

With metta to all, from Judith

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Dear Jude, James and Judith,

Thank you all for your kind and thoughtful reflections about the day retreat - I'm really glad that the day was helpful for you and gave some inspiration for your practice, as well as a sense of spaciousness in life and maybe a new way of perceiving things. As spaciousness is by nature not a very 'tangible' subject, I was hoping that the guided meditations and some examples and practical suggestions would help, so it's good to hear they were useful.

Yes, it's nice to be able to introduce ourselves at the beginning of the retreat day and see who else is here, especially when some are at home on zoom and some in the shrine room. And I know the small groups are also really valuable to a lot of people as a way of connecting- whether on zoom or in the shrine room.

It was nice to see you again Judith after quite a long time- it must be strange to see the shrine room on a computer screen! But good that you can join us from Snowdonia- and the views of the mountains, sea and sky must be great for contemplating spaciousness!

Thanks again to all of you and to everyone for coming on the day- I hope that you'll be able to make it to some more days during the year- in person or online- and I look forward to seeing you again soon.

With much metta,  
From Jenna

Thanks Jenna. Great Dhamma teaching. Synthetic straight to the point.

4 great elements (earth, water, wind, fire, aka rupa)

Space (aka Nibanna)

Consciousness (aka nama)

Identification to the first first(s) or last can lead to perception of Anicca-Dukkha-Anatta

Nothing better than practicing NEP and developing compassion and skillfulness.

With Metta.

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Thank you again to everyone who has taken the time to share their reflections on last Saturday's Day Retreat, to all who attended in-person and online, and to those who helped to run the day and made it possible for us to meet and practise together in this way. We hope to see some of you again on the next, or future, retreat days- wishing you all well in your exploration of the Dhamma and in your practice, whether in meditation or in daily life.

With metta,  
From Jenna