

ALBA White Board

The Buddha's Path to Awakening

- *Led by Jenna Ghouse*

Reflections

Thank you friends for joining the retreat.

Please use the space below to share your reflections. You may wish to put your name or leave it anonymously

A lovely day, very full and rich! For me this was a nice balance of meditation, reflections from Jenna, and small group sharing, all of which were most helpful. I enjoyed Jenna's clear, warm and skilful teachings about the 8-fold Noble path which really spoke to my experience. Thanks to all for making this possible, especially for those of us who are unable to get to Amaravati.

With much gratitude from Judith

PS I can't access the whiteboard archive from the link given on the retreat email - I'm not sure if this is my old laptop, or the link itself.

Dear Judith,

Many thanks for your message- it was really nice to see you on zoom last Saturday and great you can keep attending Amaravati events, even though you are living some way away. Maybe it will be possible to come here again some time in the future when the retreats start up again.

Yes, it seemed like a full day and the shrine room was full of people too, which was really good to see! I agree it's helpful to have a balance of reflections and meditation, indoors and outdoors, and large and small groups - I know that a

lot of people appreciate the smaller groups and a chance to share their experiences with others in this way.

I just tried the archive link and I can access it on a smartphone, so I think it may be your laptop - maybe you could try on another device and see if that works. I can mention Randula as I think she is looking after this side of things.

A big thanks to everyone who came on Saturday- for your presence and contributions to that day - and to all who continue to support and attend ALBA events which makes it so worthwhile to organise and hold these day retreats on zoom and at Amaravati.

With metta,
From Jenna