

ALBA White Board

ALBA Two Day Retreat

23-24 March 2024

Theme: 'Putting Dhamma in to Practise'

Led by Randula & Martin

Thank you friends for joining the retreat 😊

Please share any reflections below - it would be lovely to hear from you.

Thank you **all** for a wonderful retreat. I truly enjoyed the practice, the dharma talks, reflections and wise conversations. So blessed to be able to participate, even though I am living in Denmark. - Morten Ryberg

Just sharing the poem - I read out during the retreat -

When people speak unkindly - I find that hurtful
So I make an intention to speak kindly
And realise that the world will not always speak kindly
I learn to not expect the world to speak kindly
When people are dismissive and not respectful - I find that hurtful
So I make an intention to be present and respectful
And realise the world will not always be present and respectful
I learn to not expect the world to be present and respectful
When people don't share - I find that hurtful
So I make an intention to share
And realise that the world won't always share
I learn to not expect the world to share
When people hide and don't speak the truth - I find that hurtful
So I make an intention to be open and honest
And realise the world will not always be open or honest
I learn to not expect the world to be open and honest
I want the world to love me
I find love within me
I want the world not to be jealous
I find non jealousy within me
I want the world to be wise and not confusing
I find wisdom and clarity within me
I want to understand people and their journeys
I try understand myself and my own journey
I learn today from these heavenly messengers
I learn to not expect the world to please me
I learn instead to love the world for how it is
I discover that beautiful world right here within me.

-Randula (13.3.2024)

