

ALBA Hybrid Six - Day Retreat

8 to 13 August 2025

Led by Randula Haththotuwa & Martin Evans

<https://www.accesstoinight.org/tipitaka/mn/mn.004.than.html> subduing fear, and the three watches of the night with strong determination

<https://www.accesstoinight.org/tipitaka/sn/sn35/sn35.145.than.html> kamma and its cessation

<https://www.accesstoinight.org/tipitaka/an/an06/an06.063.than.html>

cause,diversity, result,cessation x

sensuality,feelings,perception,formations,kamma,Dukka and NEP

Dear Randula and Martin,

Thank you so much for a wonderful retreat. Being able to participate via zoom gave me the flexibility to attend to my husband who is not feeling great at the moment after a surgical procedure. So I could join whenever possible. However I managed to be there most of the time.

I will not be able to join you all tomorrow (Wednesday, the last day), as I have to take my husband to the hospital for his post surgery appointment, early in the morning.

It was nice to talk to a few fellow retreat participants via zoom, during the chat time.

Let me take this opportunity to express my gratitude to Sara for the wonderful Quigong sessions given to us. It was a great experience and allowed me to ease the pain and stiffness of my aging body.

Thank you so much for all the helpers and people behind the scene who made this retreat a success.

Enjoy the rest of the retreat.

With Mettha,
Tamara

Food is number One in the memory list one to ten

<https://www.accesstoinight.org/tipitaka/sn/sn12/sn12.011.nypo.html>

Ahara: Edible, sense impression, volitional thoughts, consciousness

Gratitude and respect Randula, Martin, Emily, Alexis (and all the magicians in kitchen) for this chance to practice "it is always the first time, and if there is a next, it will never be the same", to endure and overcome so that there may be experiencing some day "the Task is done, the HolyLife fulfilled, there is nothing further for the sake of this world"

Axel

Alexi, thankyou so much for arranging that phonecall to Chris. He got the message and picked me up earlier, missing the traffic. We had a very good reunion and journey home.

cx