

## DUBLIN Retreat Booking

**[ADVANCE ONLINE BOOKING IS AVAILABLE via CC or PAYPAL](#)**

Cost: €10 per person or €5 concessions plus optional donation (*Dana*)

If you do not hear from us, please assume that your place is booked.

### Getting to the retreat:

**PLEASE ALLOW PLENTY OF TIME TO ARRIVE** so that you can get to the Mews between 9.00 and 9.45 for registration and tea.

This retreat is being held at:

**Oscailt Mews,  
[8 Baggot Lane,](#)  
DUBLIN 4  
Ireland**

\* Baggot Lane is behind Pembroke Road \*

**BY CAR**, Oscailt Mews has very limited parking space – please allow enough time to find alternative parking if necessary.

**BY BUS**, there are frequent services running along Pembroke Road and Lansdowne Road.

**BY RAIL**, There is a DART railway station at Lansdowne Road (next to the Aviva Stadium) which is about a 5-minute walk away.

**[WWW.HUNGRYGHOSTRETREATS.ORG](http://WWW.HUNGRYGHOSTRETREATS.ORG)**

## Buddhist Recovery Meeting Oscailt Mews Friday 13<sup>th</sup> July From 7:00pm - 9:00pm

This is an opportunity to experience a wholly Buddhist-oriented '*sit and share*' recovery meeting.

**No registration is needed - just show up.**

The 1<sup>st</sup> meditation will start promptly at 7.00pm, therefore please arrive up to 30-minutes before the start time.

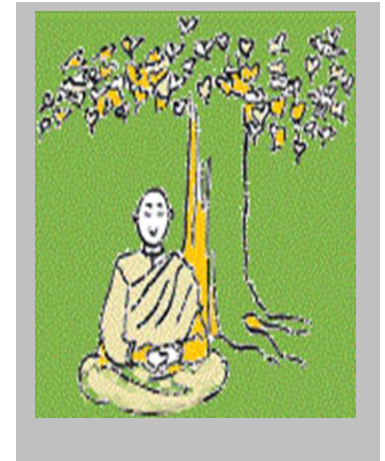
- From 6.30pm Arrival
- 7.00pm Meditation (5 minutes)
- 7.05pm Announcements and selection of tonight's topic
- 7.10pm Contemplation on tonight's chosen topic (10 minutes)
- 7.20pm Sharing - discussion on tonight's topic
- 8.00pm Meditation (30 minutes)
- 8.30pm Closing Dedication then tea and informal chat including Q&A.
- 9.00pm Evening ends.

This meeting is suitable for all levels of experience.

**What does it cost?** No fee – optional donation (*dana*) towards room hire costs only.

**What to bring?** Seating is on chairs, dress comfortably. You may also want to bring a blanket or cushions for comfort.

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**‘From Hungry Ghost to Being  
Human - without stopping in Hell’**

**MEDITATION for RECOVERING PEOPLE**

**ONE-DAY RETREAT**

**Saturday 14<sup>th</sup> July, 2012**

**Oscailt Integrative Health Centre,  
Oscailt Mews,  
8 Baggot Lane,  
DUBLIN 4  
Ireland**

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# 'From Hungry Ghost to Being Human - without stopping in Hell'

## A Day-long retreat exploring 'Buddhist' practices for recovery from addictions.

A day of talks, sitting meditation and (weather permitting) walking practice focussed on recovery in a wholly Buddhist sense. There will be silent meditation; Loving-kindness meditation and Forgiveness practice.

This retreat is offered as an opportunity to experience a wholly Buddhist approach to recovery from all forms of addiction. The retreat is open to those new to recovery as a support to their on-going abstinence.

Those who have been in recovery for a longer time - perhaps 12-step, SMART or otherwise - are also very welcome to discover an alternative and complementary approach to recovery.

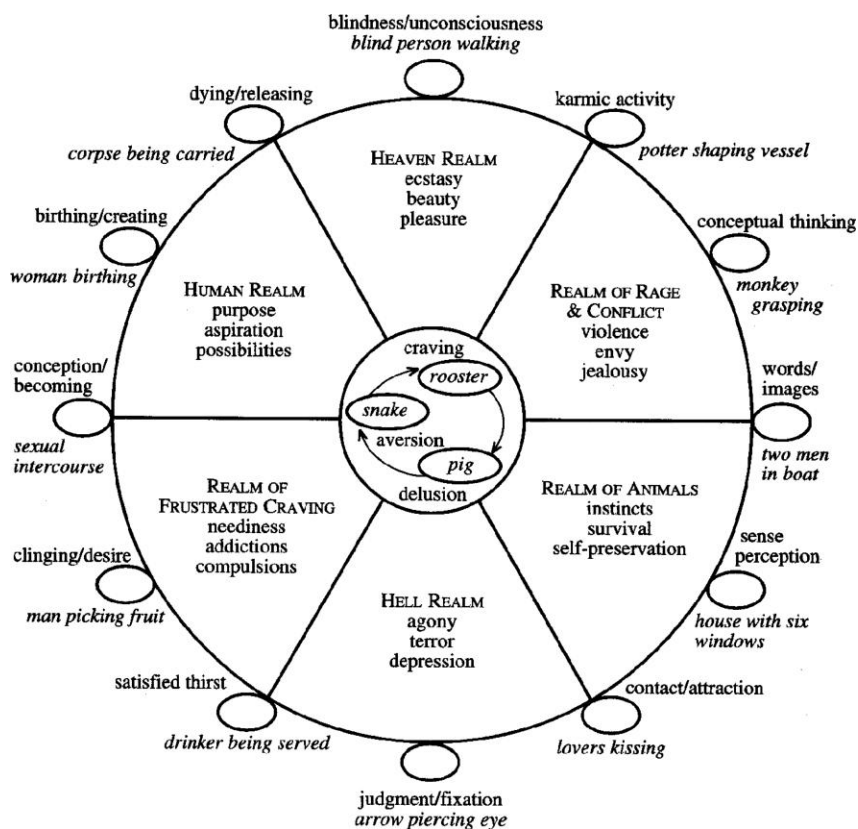
Using a modern depiction of the Buddhist **Six Realms of Existence** as a model for addiction and recovery, we will explore the ancient traditional principles and practices of **Sajja** (*seeing the truth of our addiction & our commitment to change*) and **Sila** (*the Buddha's original harm reduction & relapse prevention programme*) as foundations of a Buddhist approach to recovery.

The essential practices of **Loving-kindness** and **Forgiveness** - for healing our hearts in recovery - will be central to the day's practice.

It is important to note that you do not have to be a Buddhist to practice Sajja, Sila, meditation or mindfulness.

Recovering people of all faiths and none are welcome on this retreat.

The retreat will be facilitated by [Vince Cullen](#) who offers mindful recovery retreats in the UK, Ireland and Thailand. Vince is an ex-alcoholic who has been associated with the **Wat Thamkrabok** monastery in Thailand and Buddhist-oriented drug and alcohol recovery since 1998.



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Vince provides a number of online services for addicts including the official [Thamkrabok Monastery website](#).

In 2009 Vince became a charter member of the [Buddhist Recovery Network](#) and established the [Fifth Precept meditation for recovery group](#) in Berkshire, UK. Vince is currently collaborating with others in Europe to offer online recovery meetings via the [Cloud Buddhist Recovery Group](#). Vince is in the second year of a Committed Dhamma Practitioners Programme ([CDPP](#)) run by Gaia House in Devon, England.

Please remember to bring your own **vegetarian** lunch.

Website: [www.HungryGhostRetreats.org](http://www.HungryGhostRetreats.org)

Email: [vince.cullen@tara-detox.org](mailto:vince.cullen@tara-detox.org)