Meditation Artistic Retreat

13 - 28 JANUARY 2014, MOOKTAWAN SANCTUARY THAILAND
The Sanctuary - The scene is set at the Mooktawan Sanctuary, Thailand. 20 artists gather for two weeks of inner peace development, meditation practice and creative discovery.
The artists are inducted into the retreat and made familiar with the routines and practices of life in the sanctuary. Importance is given to the teaching of respect for the peace of others, neatness and cleanliness of surroundings and how to conduct yourself in the presence of a monk. Activities are held to help the participants get to know each other early on in the retreat.
LP John conducts a session of meditation. The artists took part in four one hour sessions each day, with a further two hours dedicated to learning meditation theory to aid in the development of inner peace. The artists were asked to keep a diary of their experiences and to create artwork in response to their meditative practice, with the aim of exploring the links between meditation and creativity. Inner peace time is a core of the Peace Revolution, we can change the world by developing inner peace, one person at a time, starting with yourself. Peace in, Peace out!
An important part of self development is exercise, not only of the mind but also the body, and both at the same time. The fellows are taught the importance of breaking a sweat and each morning are invited for an hour of Yoga. This is to help the mind, body balance, but also to make sure the fellows earn their breakfast!
An important interactive workshop to reconnect the artists with their inner child, reminding us that it’s healthy to have fun, and that fun can be had in the simplest of ways. The biggest bubbles are blown most gently.
Inner Peace, outdoors
LP Passura conducts a session of meditation surrounded by the beautiful nature of the sanctuary.
The artists made the most of this invaluable access to the wisdom of the monks. Questions flew, laughter ensued, and creative intrigue uncovered insight into Buddhist teachings, general knowledge and spirituality, from the personal perspective of the monks.
The participants are treated to a breakfast and lunchtime meal of tasty Thai cuisine to provide nourishment for the mind and body. The fellows are reminded to pay attention while eating, using each mouthful as a meditation object to centre the mind. Beware of the sticky rice, it sends you to sleep!

Nourishment
Your surroundings are a mirror of your inner world, so keeping a clean environment helps to keep your mind clear and focused, it also teaches self discipline and teamwork. Taking part in selfless acts to help your fellows is an important part of the development of inner peace and of Buddhist and Thai life. The cleaner and more harmonious your environment the more focus and attention you can give to your personal development. The deeper you clean the deeper will be your meditation.

Peace in Action
One-to-one

The peace artists, one on one with the monks. A rare opportunity for a private question session in which the artists were invited to converse with the monks in private.
After some time developing inner peace in the picturesque Mooktatawn sanctuary, the artists were let loose with their creative materials and began work on developing artwork in response to their meditation practices. The aim was to discover more about the links between meditation and creativity and explore how art might aid in the development of inner peace and world peace.
Alms Giving

The fellows hand offerings to the monks at the giving of alms ceremony, one of the oldest traditional rituals of Buddhism. Giving each day is an important part of the Buddhist religion, teaching us to become selfless individuals who take part in the endless circle of giving and receiving.
Peace Revolution retreats provide a perfect space to meet yourself and others of like mind. Delve deep into your inner world, discover more about yourself through creative exploration, inner peace time and interaction with your fellows. Not to mention the brilliant Peace Revolution staff, who provided invaluable moral and creative support to the artists throughout the retreat.

The artists in high spirits
The closing ceremony

Dusk falls on the last night of the retreat, the peace rebels graduate as Peace Agents, ready to take their collected experiences and knowledge of inner peace into the world. Many personal moments, speeches, thoughts and exchanges, between artists and Peace Revolution staff, added to the intense emotion of this closing ceremony.
Gathering - The Peace agents, monks and Peace revolution staff gather for a group photo at the end of the retreat.