



WILDERLANDS

Welcome to Wilderlands

Dzogchen Summer retreat

Wilderlands is a new project that promotes rewilding the land, but also people. It is inspired by nature, by the well being and beauty of falling in love with the wild.

Each weekend is an invitation to be at ease and relaxed together for a few days in beautiful nature. Our lives move so quickly, with something always to do — but, here, the aim is to leave the stress and hassle of everyday life behind; to relax into being in nature, being at peace, and being present together in this moment.

This land is a beautiful place, where the forests and wild meadows are brimming with life. If you watch and listen carefully you might hear the owls, or the call of crow at dusk, or the dawn chorus: and you could see the swoop of bats, the gliding of swallows, hobbies, red kites, or buzzards. And will you discover the deer secretly roaming through our ancient forest?

In essence, we are here to celebrate together. We are looking forward to a wild and beautiful weekend. We offer workshops, talks, music, stories and inspired learning in the hope that we each find our own unique exquisite offering that benefits all beings. With this in mind, Wilderlands is not a place to come and escape the world but is, instead, a place to *become* part of this natural world.

Here is an opportunity to let go of the need to be anybody, and to rest your body and mind in the splendour of Nature — remembering that the greatest gift, the greatest miracle, is simply the wonder of Life itself. We are here with our fantastic crew to make you feel at home in Wilderlands. Every team member hopes that you will have a wonderful time, and that we will meet again and again. Feel free to ask any member of the team if you need anything.

To find out more about what Wilderlands does apart from wild weekends visit:

www.wilderlands.co.uk

Down under the Oak tree there is the wonderful Vegan Red moon Roots organic vibe cafe in the field, serving delicious meals, cakes and more.

Simon Summers will be making a ceremonial mask of a Lynx in his Oak Clan Forge over the weekend as part of our rewilding project. Simon is a Heritage Blacksmith, Consultant and Experimental Archaeologist specialising in Celtic (Iron Age) La Tène

Culture Repoussé and forge works. Simon is a Tutor of Ancient Iron Age Repoussé and Forge Works, Iron Smelting, and related subjects. Simon's research is focused on unlocking the meaning and the history of the artworks in early metalworks created by ancient Britons, Gaulish and Celtic smiths. He researches the shamanic roots of the Celtic religion and belief systems which honoured animal and human life, as well as the afterlife, the earth and the greater universe around us all - around us then and today. He will also be offering one to one sessions.

Metal objects from the Iron Age were practical and functional objects varying from jewellery to tools, weapons and items used for divination. Not only were they decorative, sacred, ritualistic and ceremonial treasures, such as; shields, masks, cauldrons or vessels, knives, swords and bronze mirrors etc. The creation of these objects was immersive, entwined with clear intention, respectful and embedded with understanding coming from a primal source, through using raw materials, such as metal ores. Born through the journey of alchemy these objects transformed from intention to workable and tangible solid metals. Such objects could then hold great significance and therefore honoured with ceremony and were either prizes processions in life, and the afterlife as burial goods or given as offerings of treasurable value to waters or the earth or to ancient Gods.

At the top of the meadow there is an info tent called Badger's Den. There are facilities for making hot drinks – tea, coffee and hot chocolate. There are snacks available including fruit, vegan and Gluten free varieties, Charcoal for BBQ's. We also offer the following:

Phone charging (For a fee), First Aid, General Welfare
Lost & Found Property, Information, Programmes
Safeguarding for Found children (enhanced DBS & Safeguarding)
A quiet/safe place to sit either in or outside.
Hot water etc will be available from 8am until close – between 6-8 depending on how busy it is."

There are six workshop spaces: "Tiger's Nest", "Wolf Clan Cave" "Lynx's Lair" Kestrels Camp, Foxes Den, and Wise Owl woods. The retreat will take place in Lynx's Lair (the big open stretch tent) There are also compost loos, showers, a safe BBQ area and lots of space to camp. The estate is beautiful. Please make sure you go out to explore the woods, including the stunning giant Sequoia forest, and ancient rocks.. Make sure you bring cushions and shawls to workshops in case you want to fully submerge yourself in this moment.

There is the wonderful Missing Link Brewery across the field, which sells great crafts beers, soft drinks, ice creams, doughnuts and has street food trucks. Scroll down the page to see what's on offer, then follow instructions and book a delicious meal to pick up, they have some great food :)

<https://missinglinkbrewing.com>

There is also The Enchanted Glade spa down in the Sequoia grove, offering massage, hot tubs and a sauna.

Covid:

On a practical level, we ask that you please read our covid policy on the website and respect everyone and their own boundaries. Give people space, please wash your hands and clean toilet and showers after use, to respect the next person coming along. There are no more than 30 people to gather at any one time until June 21st, Please respect this.

Rubbish: We ask that you please take home any rubbish that you bring or create. Our policy is to leave no trace and be aware of what we use. There are bin liners at Badger's Den and at the gate. Everyone here really, really appreciates your help with this.





Thursday

Arrival from 3

Feel free to walk around the woodlands, meditate, relax as you like!

6 - 8

Introduction

Talk

@ Lynx Lair

8-9

Dinner and Campfire



Friday

8 - 9

Qigong with Simon **@ Wolf Clan Cave**

Qigong to open body and breath.
Finding comfort, stability and balance in movement and stillness. Skills
to open physical structure and natural breath that facilitate resting in
our true nature.

Meditation @ Tigers Nest

9.00 – 10.00 am

Breakfast

10 - 1

Teachings & Meditation with break.

@ Lynx's Lair - Stretch tent

Lunch

1 - 3

3 - 6

Teachings & Meditation with break.

@ Lynx's Lair - Stretch tent

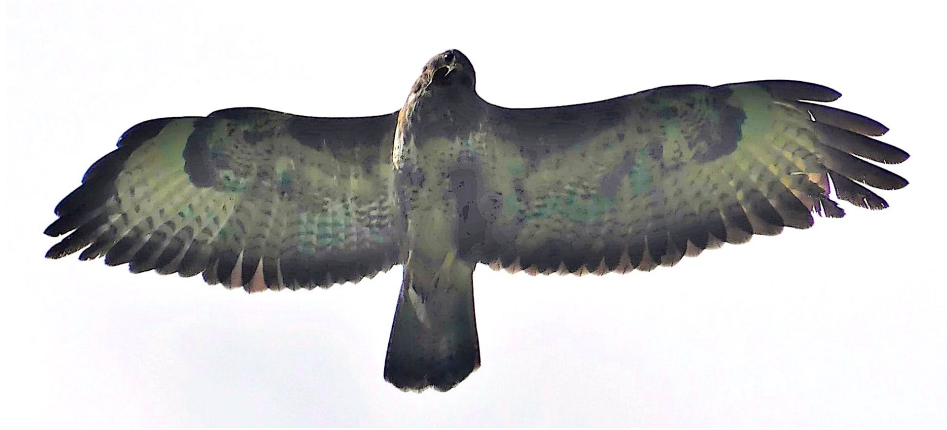
6 - 8

Supper

8 - 10

Relaxation

Campfire & Nature



Saturday

8 - 9

Qigong with Simon

@ Wolf Clan Cave

Qigong to open body and breath.
Finding comfort, stability and balance in movement and stillness. Skills
to open physical structure and natural breath that facilitate resting in
our true nature.

Meditation @ Tigers Nest

9.00 – 10.00 am

Breakfast

10 - 1

Teachings & Meditation with break.

@ Lynx's Lair - Stretch tent

Lunch

1 - 3

3 - 6

Teachings & Meditation with break.

@ Lynx's Lair - Stretch tent

6 onwards

Supper

Campfire Music

Sunday

8 - 9

Qigong with Simon

@ Wolf Clan Cave

Qigong to open body and breath.

Finding comfort, stability and balance in movement and stillness. Skills to open physical structure and natural breath that facilitate resting in our true nature.

Meditation @ Tigers Nest

9.00 – 10.00 am

Breakfast

10 - 1

Teachings & Meditation with break.

@ Lynx's Lair - Stretch tent

Lunch

1 onwards

A Brief Exposition of Mahamudra

by Maitreya

Making salutation in the state of total satisfaction, I will tell you about the great openness (Phyag-rGya Chhen-Po).

Everything that is at all possible is just one's own mind - looking for truth in externals is the working of the confused intellect.

All appearances are essentially empty as in a dream. And mind also is just the movement of memory and ideas. Without inherent self- nature it is like the energy of the wind and being empty in essence it is like the sky. Everything that is possible abides in evenness like the sky - thus do I express the great openness.

One's own essence cannot be demonstrated and so the very nature of the mind does not move from or modify the actual state of the great openness. If one can truly realise this, then all phenomenal appearances become mahamudra. This is the great all-pervading natural mode.

Remain relaxed in your uncontrived nature. This is the natural mode free of thought. This meditation abides in itself without seeking anything else. The kind of meditation that goes searching is just the working of the confused intellect. Just like the sky or a magical illusion, in the absence of both meditation and non- meditation, how shall one talk of separation or non-separation?

For the yogi who has this understanding all virtuous and harmful actions are liberated by the knowledge of this actuality. All mental afflictions become the great original knowing and act as the yogi's friend, just like a fire rushing through the forest. How then shall we talk of going or staying?

No matter how much you stabilise your mind in a quiet place, if you have not realised this truth you will not be freed from states that are merely circumstantial. But if you experience this truth then what could possibly bind you?

When you abide unwaveringly in this state there is no need of constructed meditations for your body and voice. Whether or not you are in what is called profound balance (mNyam-bZhag) there is no need for contrived meditation involving antidotes. Without attempting to accomplish anything at all, whatever arises will be seen to be devoid of inherent self-nature. All appearances are self-liberating in this infinite hospitality (Chhos-dByings) and all thoughts are self-liberated in and as the great original knowing. This is the non-dual perfect evenness of the natural mode. Like the flow of a great river, true meaning will be with you wherever you stay. This is the state of ongoing buddhahood, the great happiness of being free of all samsaric objects.

All phenomena are themselves naturally empty and the intellect that holds to that emptiness is purified in its own place. Free of all intellectualisation, there is no involvement with mentation. This is the path of all the buddhas.

For the one who is truly fortunate I have composed this epitome of my true teachings. By means of it may all sentient beings abide in the great openness.

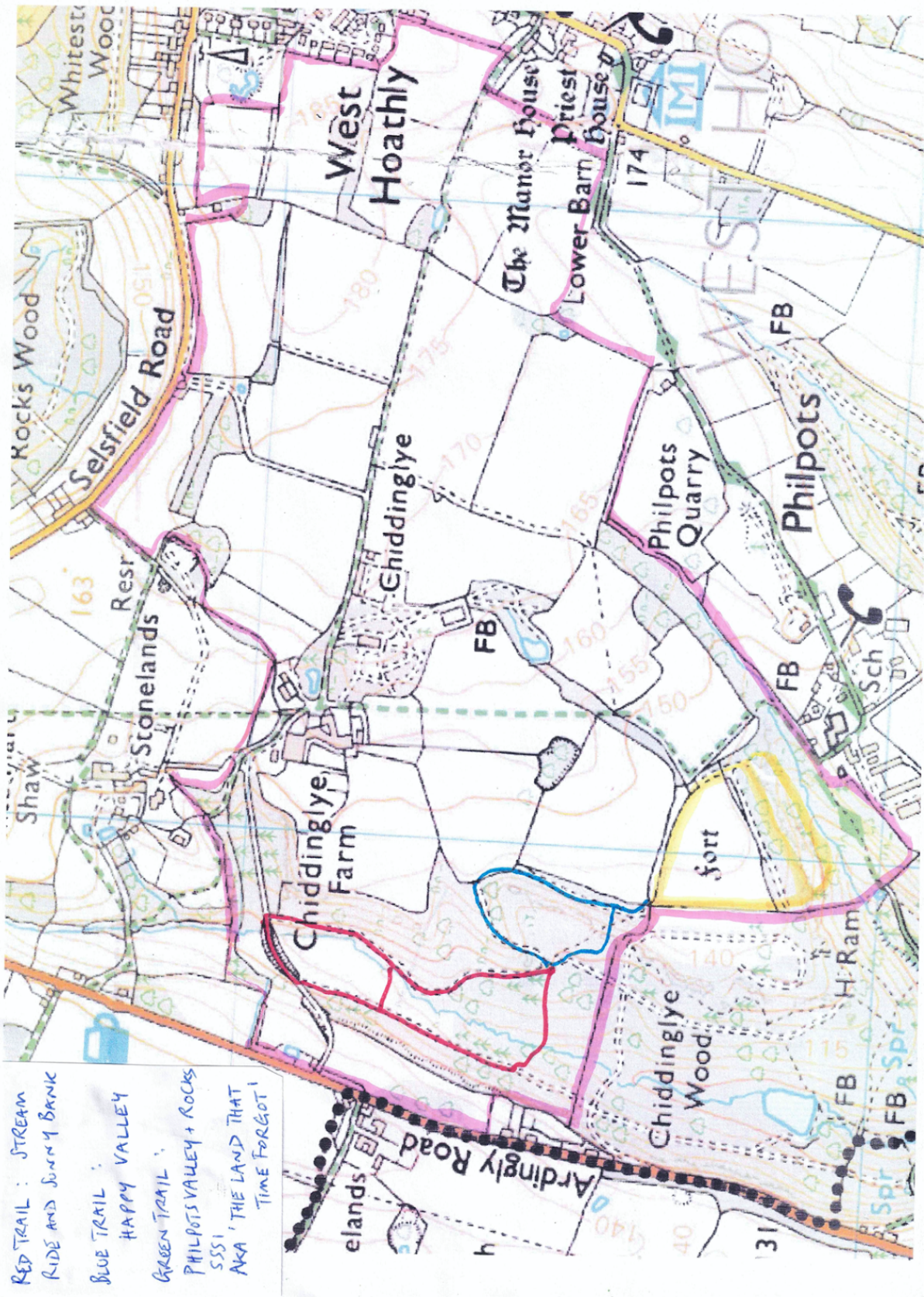
This concludes Maitripa's exposition of the great openness.

It was received directly from that sage and translated into Tibetan by the Tibetan translator Marpa Chokyi Lodro.

RED TRAIL : STREAM
RIDE AND SUNNY BANK

BLUE TRAIL :
HAPPY VALLEY

GREEN TRAIL :
PHILPOTS VALLEY + ROCKS
SSSI 'THE LAND THAT
TIME FORGOT'



MAY ALL BEINGS BE HAPPY!

