

Purpose of Retreat Places

A retreat place is not for gaining power like black magic, it's not for a honeymoon or holiday. Also it is not a place in which to be spaced out.

The whole purpose of a retreat place is to subdue the mind and to actualize the lam-rim up to enlightenment. It is a place for a holiday from negative karma, a holiday from the three poisonous minds and the self-cherishing thought, a holiday from the self-grasping of the person and phenomena, a holiday from the wrong concepts: non-devotional thought towards the guru up to the subtle dual view of white, increasing, attainment.

Colophon: Advice transcribed by Ven Holly, very lightly edited by Claire Isitt, March 2007.