

# Vajraloka

## Buddhist Meditation Centre

### 2020 Retreats

#### Forty years on – changing times

After more than a year of renovation work on the part of the team, Vajraloka opened in 1980. Interviewed at the time, Sangharakshita described it as ‘a centre devoted exclusively to meditation’ – and so it remains to this day.

At first, there was simply an on-going retreat programme. Men could join the resident community for a shorter or longer period. There was a daily programme of meditation and a ritual in the evening, with no input or teaching. Every now and then, the community would take themselves off elsewhere and Vajraloka would become the venue for a women’s retreat.

After a few years, it began to become clear to members of the resident community – who had studied and meditated on a wide range of texts – that people needed ‘further teaching’ to help deepen their own practice. Hence, Vajraloka gradually moved towards offering led retreats on all kinds of meditation practice. It has also moved towards greater inclusivity and now all but two of our retreats are open to people irrespective of gender. Our profound gratitude goes to everyone who has contributed to Vajraloka up to the present.

There is much to celebrate. And yet ... at a time of such unprecedented worldwide ecological and humanitarian crises, it would be fair to ask, is ‘retreating’ not a denial of the realities of the situation? Wouldn’t it be more appropriate to engage in direct action to address these crises?

In fact, meditation and retreat, as integral aspects of Dharma practice, address very root of the crises that we’re facing. Recollect that we humans are not just ‘facing’ these crises – we are causing them. From a Buddhist perspective, their root cause is our fundamental ignorance or *avidya*. Ignorance, especially regarding the interdependence of life and world, underlies our species’ insanely greedy and rapacious exploitation of our fellow beings and our environment. It is ignorance that leads to this apparently never-ending vicious circle of harm and suffering.

Without a doubt, action, including activism, is urgently necessary. At the same time, we have to face the fact that our own all-too-human delusion and folly is at the root of these unprecedented crises. Until we address our ignorance, we are still part of the problem.

Retreat and meditation create the physical and mental space in which we can confront and see through that root cause directly. The Buddha’s teaching awakens us from our afflictive and destructive illusions, especially the illusion that ‘I’ and ‘what I want’ – whether as an individual, a family, a corporation or a nation state – are more important than the whole. The future of the world and of the millions of species we share it with depends, more than ever before, on awakening to our fundamental nature as unconditional wisdom and selfless love.

The Vajraloka team

### **Which retreat is for you?**

All of our retreats apart from the two Men's Practice Retreats in December are open to all people irrespective of gender. We now have several unisex bathroom facilities.

Retreats in this programme appear in date order, so to be sure that you can find an appropriate retreat, we've put them into three categories:

#### ***For people with at least three years of regular meditation practice***

The majority of our retreats are suitable for experienced meditators who have worked with the Triratna system of practice. An exception is the Satipatthana retreat, which is also open to trained teachers of secular mindfulness approaches. Three years of practice is a rule of thumb and if you want to discuss the suitability of a retreat in this category, please contact us.

#### ***For people with some experience of Triratna meditation or of mindfulness approaches***

These will suit anyone, but particularly those who have limited experience of meditation or Buddhism in the Triratna context, including those who have been trained in 'secular mindfulness' based approaches. These include the two 'Everyday Liberations – renew and deepen' retreats and the 'Spring Weekend Retreat'. On these retreats, alongside the main teaching sessions, we can offer individual teaching and support around Triratna's basic approaches to meditation.

Although Vajraloka is a Buddhist retreat centre, you do not have to consider yourself a Buddhist to come on our retreats.

#### ***Open to all Order Members***

These retreats are only open to members of the Triratna Buddhist Order.

If you have any questions, do please email us on [info@vajraloka.org](mailto:info@vajraloka.org).

## Mixed Retreats

### The Brahmaviharas: a complete path

Led by Rijumitra and Tejapushpa

January 10 – 19

£405/369

*For people with at least three years of regular meditation practice*

Do we dare to turn towards suffering or even the joy of the world? Do we dare to remain open to experience and see the truth of situations unfold? Do we dare to respond?

Subtly, we turn away from life and dull down. This retreat will challenge this habitual response and give you the tools to turn towards experience and embrace it with the love and responsiveness of the Brahmaviharas.

We will engage with the Brahmaviharas drawing out both their active and receptive components and show how they can be a complete path to awakening.

### Embodying Love

Led by Rijumitra and Balajit

January 24 – 31

£315/287

*For people with at least three years of regular meditation practice*

Metta is seen as a great potential source of happiness in the Buddhist tradition – an openness to and love of life in all its forms – which spontaneously manifests as compassion and joy. Yet the cultivation of metta can sometimes seem very ‘heady’, at times forced and dry.

How can our practice of kindly awareness gain fresh inspiration?

On this retreat, we will explore opening to metta as an innate quality of our body, heart and being – literally embodying love. Becoming and being truly embodied is not just a preliminary practice, but integral to the whole path. We will look at effective ways of deepening into the body and heart – through traditional Triratna meditation practices, simple mindful movement and inquiry based exercises.

### Illuminating Sadhana (Order retreat)

Led by Rijumitra, Jinapalita and Sahajatarata

February 14 – 23

£405/369

*Open to all Order Members*

Sadhana is the main expression of the principle of spiritual rebirth in the Order. During this retreat we will contemplate the evolution of sadhana as an Order practice and explore the stages through which sadhana plays out. As well as being redolent with rich images from the sambhogakaya, sadhana also requires presence, inviting the accomplishment of both tranquillity and insight, shamatha and vipashyana.

We will explore how these qualities relate to the *dynamic* or unfolding of sadhana, suggesting practical ways of evoking the *samayasattva*, the imaginal sense of the Buddha or Bodhisattva which we conjure up. And we’ll explore the relationship between this and the *jnanasattva* – the direct, undivided knowing that emerges as the ‘illuminated image’.

The retreat will provide an excellent context to engage, or re-engage, with sadhana including plenty of support and inspiration, pujas devoted to various Buddhas and Bodhisattvas, silence and one-to-one practice reviews.

## **Simply Being**

led by Tejananda

March 13 – 22

£405/369

*For people with at least three years of regular meditation practice*

At any moment we can recognise, directly and viscerally, that we are alive and awake. With a settled and embodied awareness, this could open into an intuitive glimpse of what we truly are, beyond concepts. This might be evoked as a spacious yet embodied presence, a timeless awareness-emptiness, or love, compassion and pure energy.

We'll explore this by way of a somatic approach to just sitting meditation together with experiential inquiries – discovering our own direct experience as aliveness, intimacy, simplicity and clarity. These subtle yet accessible qualities of our ordinary mind and being can act as gateways to the five wisdoms or 'undivided awarenesses' (*jnanas*), which are the essence of the five Buddhas. The mandala of the five Buddhas and their wisdoms offers a very practical map of our immediate experience, pointing to what has simply been here all along, unnoticed.

## **Everyday Liberations: renew and deepen**

Led by members of the Vajraloka team

March 27 – April 3

£315/287

*For people with some experience of Triratna meditation or of mindfulness approaches*

All Buddhist practices are concerned with liberation. On this retreat, we'll focus on liberations which, though perhaps small, are reachable – especially if you are concerned with rediscovering your inspiration, renewing and deepening your meditation practice.

If your practice seems to have become stuck, or isn't quite what it was, the Vajraloka team can offer inspiration and helpful practical advice which can enable you to free yourself from those constraints. If your practice is going well, but you feel it could be going further or deeper, we can offer ways to cut through unconscious views and assumptions that may be holding you back. This can in turn lead to liberations from negative emotions and afflictions, here and now.

And in these moments of freedom, something wonderful could well emerge – love, compassion and deeper confidence in your potential to awaken fully.

## **The Other Side of Insight**

Led by Paramananda

April 10 – 21

£495/451

*For people with at least three years of regular meditation practice*

Insight is often approached through various methods oriented to deconstructing our deep-rooted conceptions that support the idea of a fixed self. However, this approach may sometimes seem to neglect the importance of compassion, love and beauty in preparing the ground for insight to take root.

On this meditation retreat, which will be conducted largely in silence, we will emphasise the role of emotion and collective practice as a way of opening the heart and expanding the feeling of self to include others and the world.

Paramananda has been leading retreats for over thirty years and has a distinctive style that stresses body and heart as keys to opening to the nature of reality.

### **Spring Weekend Retreat**

Led by the Vajraloka team

May 1 – 4

£135/123

*For people with some experience of Triratna meditation, or of mindfulness-based approaches*

If you're relatively new to meditation and retreats, our three-night Spring Weekend Retreat is an excellent way of getting a taste of Vajraloka, its beautiful surroundings and its supportive conditions. Through teaching and workshops, we will explore how to enjoy and deepen the main Triratna Community practices – mindfulness of breathing and metta bhavana, together with just sitting and reflection on the Dharma. There will be opportunities for discussion and chats with members of the team as well as silent practice – a valuable feature of all our retreats at Vajraloka.

### **The Radical Embrace**

Led by Singhashri and Balajit

May 8 – 17

£405/369

*For people with at least three years of regular meditation practice*

How can we learn to embrace ourselves, others and the world more deeply and radically, with awareness and compassion?

Together we will meet ourselves where we are, with appreciation and curiosity, inviting all our disparate selves into a space of acceptance and presence. We will draw on resources like grounding, nature, simple mindful movements, neuroscience and creative ritual.

We'll explore our capacity to discover and dwell in more expansive qualities of absorption and deepen our confidence to turn towards those places within us that are stuck, restricted and painful.

Doing this, we'll learn to liberate restricted energies, break the spell of false views, and allow them to transform in the clear light of awareness. What emerges is a more authentic experience of our innate ability to connect more deeply with ourselves and others.

### **Uncontrived Mindfulness**

Led by Vajradevi, with Tejananda

May 22 – June 2

£495/451

*For people with at least three years of regular meditation practice*

Sangharakshita has said that we should be aware of our minds at all times – but how can we do this? And what are the benefits to our practice? How can we be aware in a way that doesn't feel contrived and 'added on'?

During this retreat, we'll be using the Buddha's profound words from the Satipatthana Sutta to inform and enliven our own practice of mindfulness as a path to clear seeing. Based on instructions for working with awareness and right view, we'll focus on how we can use mindfulness as a support to wisdom and the end of suffering.

We will explore the role of receptivity in practice, and the 'wise' or 'unwise' attention we bring to every aspect of our experience. We will be looking at how continuity of mindfulness can transform our experience through simple presence and intelligent awareness, developing both steadiness of mind and heart and insight into the nature of all things.

### **Satipatthana: the Buddha's teaching on mindfulness**

Led by Tejananda and Bodhananda

June 12 – 22

£450/410

*For people with at least three years of regular meditation practice*

*Also open to trainee and qualified teachers of secular mindfulness*

One of the most influential of the Buddha's discourses, the Satipatthana Sutta shows how insightful attention to body, feelings and mind can enable us to wake up to our true nature. This radically transformative teaching is described as the 'direct path' to the cessation of suffering. Offering proven approaches that address the alienation and disembodiment which characterise life today, it can restore a deep integrity of body, heart, mind and being.

In this retreat, we'll explore in practice the original mindfulness teachings attributed to the Buddha that take awareness, insight and compassion ever deeper. As such, it will be helpful for all those wishing to deepen their mindfulness practice as well as for those qualified or training as teachers of mindfulness-based approaches such as MBSR, MBCT and Breathworks.

### **Everyday Liberations: renew and deepen**

Led by members of the Vajraloka team

June 27 – July 4

£315/287

*For people with some experience of Triratna meditation or of mindfulness approaches*

All Buddhist practices are concerned with liberation. On this retreat, we'll focus on liberations which, though perhaps small, are reachable – especially if you are concerned with rediscovering your inspiration, renewing and deepening your meditation practice.

If your practice seems to have become stuck, or isn't quite what it was, the Vajraloka team can offer inspiration and helpful practical advice which can enable you to free yourself from those constraints. If your practice is going well, but you feel it could be going further or deeper, we can offer ways to cut through unconscious views and assumptions that may be holding you back. This can in turn lead to liberations from negative emotions and afflictions, here and now.

And in these moments of freedom, something wonderful could well emerge – love, compassion and deeper confidence in your potential to awaken fully.

### **The Awakening Heart and the Divine Abodes**

Led by Rijumitra and Tejananda

July 10 – 19

£405/369

*For people with at least three years of regular meditation practice*

Bodhicitta – the awakening heart – is both the heart-response of wisdom to the suffering of living beings everywhere and the urge to realise full awakening for the benefit of all. This retreat will focus on love, compassion, joy and equanimity – the four 'divine abodes' or brahmaviharas – in the context of cultivating bodhicitta. To support this, we'll also introduce *tonglen*, the 'giving and receiving' practice which opens the heart to universal compassion.

The divine abodes are also known as the 'boundless states', because they are inclusive of all living beings without exception. The practices that we'll explore together on this retreat are all ways of opening our hearts and responding to the joys and sufferings of living beings – opening to the inseparable wisdom and compassion of the awakening heart itself.

### **The Elixir of Life**

Led by Rijumitra, Jinapalita and Sahajatarā

July 24 – 31

£315/287

*For people with at least three years of regular meditation practice*

Only through coming into our bodies, firmly grounded, can we open up to the qualities of the Buddhas and Bodhisattvas and hear what they have to tell us. This is what 'the elixir of life' evokes – the truth of the Dharma beyond words. It points to the 'suchness' or 'thusness' of this moment, when all of our conceptual projections drop away and there is 'just this'.

Within the elemental beauty of Vajraloka and its natural surroundings we will explore the richness that comes from establishing a heartfelt seat in meditation. Through meditation, ritual, and engagement with the landscape we will be opening up to suchness and to the blessings of the Buddhas – which are not two different things.

### **The Dynamic Mandala**

Led by Tejananda

August 6 – 13

£315/287

*For people with at least three years of regular meditation practice*

Dharma practice is transformative. This transformation lies in gradually discovering how both we and the world are not at all what we originally supposed. As a consequence, we begin to uproot the causes of dukkha. As Dharma practice deepens, the practices themselves are transformed. Indeed, unless this is happening, we can get stuck.

In Triratna, our system of practice is a dynamic mandala of five principles. We progressively integrate mind and body, samatha and vipassana, and discover the power of skilful and positive mental states. Then, directly penetrating and dispelling our delusions, we open ever-more to the wonder of what is. Thus, at last, we can wake up to and be who and what we truly are.

In this retreat, we'll take a somatic approach to these five principles, that is, one based in the living energy of our body and being. Through being open to the energy of the body, and by becoming attuned its actual nature, we'll discover ways to 'integrate' all five principles experientially into a single, embodied 'non-practice' of Simply Being.

### **The Six Elements: directly encountering reality**

Led by Kamalashila

September 4 – 13

£405/369

*For Order members*

In Buddhism, the six elements are a way of referring to whatever sensations arise at the sense doors. Earth, water, fire, air, space and awareness are the most basic 'things' that can be inferred. Experiences like solidity, dryness, temperature, and spatial position affect us long before our faculty of recognition pops up and says 'ah yes, this is a .....'. Hence, the elements offer a unique way into insight practice both as reflection and direct experience. They also represent the animism that is traditional for Buddhist societies and which Sangharakshita emphasised. Also of course the natural world, and what is known as the 'natural state': full awakening as expressed in the form of Vajrasattva. This retreat will connect elements of paganism, various approaches to insight, and ritual.

### **Insight and Spiritual Community: an exploration**

Led by Kamalashila and Tejananda

September 18 – 27

£405/369

*For people with at least three years of regular meditation practice*

This retreat will be an opportunity to explore together the dimensions of our own Dharma and meditation practice, in the context of spiritual community. Part of this will be sharing our practice with each other in 'open space' sessions. These can be both positively challenging and very supportive of our practice of both meditation and sangha.

To facilitate the 'open space' sessions and keep things sufficiently intimate, this retreat will be limited to 12 people, plus members of the Vajraloka team. The retreat will be led by Kamalashila and Tejananda, but there could well be led sessions by others on the retreat. Most of the meditation sessions will be open, to allow you to follow the direction of your own practice.

As with all our retreats, this one will feature plenty of silence and meditation as well as ritual and devotional practices. Practice reviews will also be available.

### **Simply Being**

led by Tejananda

October 9 – 18

£405/369

*For people with at least three years of regular meditation practice*

At any moment we can recognise, directly and viscerally, that we are alive and awake. With a settled and embodied awareness, this could open into an intuitive glimpse of what we truly are, beyond concepts. This might be evoked as a spacious yet embodied presence, a timeless awareness-emptiness, or love, compassion and pure energy.

We'll explore this by way of a somatic approach to just sitting meditation together with experiential inquiries – discovering our own direct experience as aliveness, intimacy, simplicity and clarity. These subtle yet accessible qualities of our ordinary mind and being can act as gateways to the five wisdoms or 'undivided awarenesses' (*jnanas*), which are the essence of the five Buddhas. The mandala of the five Buddhas and their wisdoms offers a very practical map of our immediate experience, pointing to what has simply been here all along, unnoticed.

### **Compassion and Emptiness**

led by Tejananda

October 23 – 30

£315/287287

*For people with at least three years of regular meditation practice*

Benevolence – metta – together with compassion, joy and equanimity, were taught by the Buddha as boundless liberations of the mind. The familiar practices with five or six stages are entry points, enabling us to engage with our afflictive emotions – liking, disliking, ignoring – and to uncover the true, unlimited nature of the divine abodes. Liberation of the mind from afflictions, even if temporary, enables us to return to the boundless qualities as the Buddha himself taught them: simple, unlimited, radiant.

This, in turn, enables an opening to the progressive contemplation of emptiness. The Buddha's approach, found in the 'Shorter Discourse on Emptiness' and other early texts of the Pali canon, is distinct from the more familiar approaches developed by the Mahayana schools. It is less analytical and more direct and experiential.

During the retreat, we'll explore these wonderful, liberative teachings from a perspective of deep body awareness and in a spirit of open inquiry.



## **Total Immersion**

Led by Tejananda and Rijumitra with the Vajraloka team

November 6 – 26

£760/700\*

*For people with at least three years of regular meditation practice*

Totally immersed in awareness of all our activities, on this 20 night retreat we will foster the three trainings of ethics, meditation and wisdom. Ethical sensitivity and kindness in our relations with the community of practitioners on the retreat, and to our whole environment; meditation in and out of the shrine room – meditation as life. And wisdom in the orientations to spiritual death – seeing into the way things really are – which we will introduce as the retreat goes on.

As on all Vajraloka retreats, we'll be spending most of the time in silence, which supports the inner stillness and the deepening of our practice. At the same time, there will be a variety of appropriate input from the team (as well input-free periods to pursue our own practice direction), group sessions and, of course, one to one reviews, ensuring that the retreat unfolds in a way that is appropriate to each individual's particular needs and directions.

\*Based on a reduced nightly rate of £38 full, £35 concession

## **Emptiness and the Heart Sutra**

led by Tejananda

December 9 – 18

£405/369

*For people with at least three years of regular meditation practice*

There's a great deal of 'emptiness' in the Heart Sutra, The Bodhisattva Avalokiteshvara, who expounds this teaching, declares not only that 'in emptiness there is no form,' but that all the constituents of our psycho-physical being, without exception, are empty. What does this mean? Just what is emptiness? And what does it have to do with our own Dharma practice?

These are very pertinent questions, which we will be addressing and exploring on this retreat. We'll see how reality is empty of our views about it – views which aren't just harmless opinions but which give rise to endless, unnecessary, suffering. We'll see how our beliefs in an intrinsic, substantial 'me', separate from the rest of the world, has no basis in actual experience. And we'll see how and why emptiness is, precisely, compassion.

As well as brief practical introductions to the themes of the sutra, there will be led meditations and inquiries pointing to the emptiness of self in the five skandhas, recitations of the sutra itself and plenty of time for personal practice.

## **Practice Retreats for men**

Led by Vajraloka team members

December 24 – 31

December 31 – January 7

£315/287 per week

*For men with at least three years of regular meditation practice*

The main feature of these popular men's retreats is that they allow retreatants to follow the themes and rhythms emerging in their own meditation practice. In some ways they can be compared to going on solitary retreat while offering the support and structure that practising in the company of others can bring. While the practice retreats have no formal teaching input, the daily programme can be tailored to meet the needs of the individual, with support from Vajraloka team members. The simple programme has periods of morning and afternoon meditation with chanting and ritual in the evening. Daily meditation reviews with team members are also available on request.

## **About Vajraloka**

A cluster of traditional Welsh stone farm buildings with attractive gardens, Vajraloka rests on a green hillside in a quiet and lovely valley. Below us runs the River Alwen, which flows from nearby Glyn Myfyr – in Welsh, ‘The Vale of Meditation’. Craggy hillsides, streams, woods and meadows surround us while, from a little higher up, the dramatic mountains of Snowdonia can be glimpsed.

Vajraloka has been offering Buddhist meditation retreats for forty years. Its location and the facilities that have been developed here greatly support the deepening of practice. Many comment on the atmosphere of the shrine room, evocative of the thousands of hours of meditation practice that have taken place here. Our accommodation is simple, warm and comfortable. We have a mix of single and shared bedrooms. In the dining room, our team and guest cooks serve up delicious and nutritious vegan food.

## **Being on retreat**

Whatever the theme, our retreats are mostly in silence, which supports our practice of discovering ‘inner silence’, letting the mind quieten. At the start of retreats, though, we always allow time for people to talk and get to know each other. Also during the silent period, we offer daily practice reviews. In these you can talk through what is arising in your practice with a member of the retreat teaching team.

Here’s a typical programme:

- 7.00 Meditation
- 8.00 Meditation
- 9.00 Breakfast
- 10.30 Meditation / teaching
- 1.00 Lunch
- 3.00 Working meditation
- 4.30 Meditation / teaching
- 6.00 Dinner
- 6.40 Practice reviews
- 7.45 Meditation / devotional practice

On the final day, our retreats finish around 9.30 a.m. so there is normally plenty of time to make your journey home.

## **Booking a retreat**

To book a retreat, you can pay either a deposit or in full through our website. Alternatively, you can post us a cheque payable to ‘FWBO Corwen’. If booking by post, please include the booking form, which can be printed from our website: [www.vajraloka.org](http://www.vajraloka.org).

The retreat deposit is £70 and is non-refundable. If you wish to reserve a place with a deposit please do so via the website or send a cheque and booking form by post, and forward the balance within six weeks of the retreat to confirm your booking.

Our concessionary rate is for students, the low-waged and those on Triratna support rates. We also have a retreatant-supported bursary scheme to enable those who can’t afford the concessionary rate to come on retreat here. Lack of funds should not exclude anyone who could benefit from a Vajraloka retreat, so do please feel free to enquire about bursaries.

We have some single rooms and these can be requested for health or related reasons, but allocation depends on health needs and demand, so unfortunately we cannot guarantee all requests for single rooms.

It is essential that we know whether you have mental or physical health issues or are on any serious medication.

We can cater for most special diets, but only for medical reasons. Please contact us about this at least ten days before the start of the retreat.

## 2020 Retreat Calendar

10/01 – 19/01	The Brahmaviharas: a complete path	9 nights	MIXED B
24/01- 31/01	Embodying Love	7 nights	MIXED B
14/02 – 23/02	Illuminating Sadhana	9 nights	MIXED C
13/03 – 22/03	Simply Being	9 nights	MIXED B
27/03 – 03/04	Everyday Liberations	7 nights	MIXED A
10/04 – 21/04	The Other Side of Insight	11 nights	MIXED B
01/05 – 04/05	Spring Weekend Retreat	3 nights	MIXED A
08/05 – 17/05	The Radical Embrace	9 nights	MIXED B
22/05 – 02/06	Uncontrived Mindfulness	11 nights	MIXED B
12/06 – 22/06	Satipatthana	10 nights	MIXED B
27/06 – 04/07	Everyday Liberations	7 nights	MIXED A
10/07 – 19/07	Awakening Heart and Divine Abodes	9 nights	MIXED B
24/07 – 31/07	The Elixir of Life	7 nights	MIXED B
06/08 – 13/08	The Dynamic Mandala	7 nights	MIXED B
04/09 – 13/09	The 6 Elements: directly Encountering Reality	9 nights	MIXED C
18/09 – 27/09	Insight & Spiritual Community	9 nights	MIXED B
09/10 – 18/10	Simply Being	9 nights	MIXED B
23/10 – 30/10	Compassion and Emptiness	7 nights	MIXED B
06/11 – 26/11	Total Immersion	20 nights	MIXED B
09/12 – 18/12	Emptiness and the Heart Sutra	9 nights	MIXED B
24/12 – 31/12	Practice retreat	7 nights	MEN B
31/12 – 07/01	Practice retreat	7 nights	MEN B

A – Some experience of meditation, or of mindfulness-based approaches

B – At least three years of regular practice / teachers of mindfulness-based approaches

C – Order members only

Charity Registration 514363

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Vajraloka is a centre of the Triratna Buddhist Community