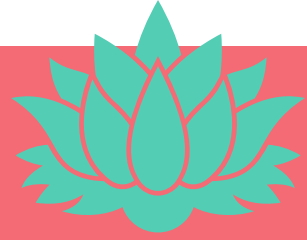


ALIVENESS

Scotland

April 2026



SamyeLing Tibetan Buddhist Monastery and centre for
World peace and health.



A Circle of Presence

Believe me when I say that our retreat felt something like an instant parting of the clouds, wall to wall sunshine, a practice that returned us immediately to peace, simple and universal, a path back to centre and the deep activation of aliveness.

Look at you all.

What an absolute devoted union of students you are.

To have invested time, energy, finances into an unknown shows real trust

In yourself and in me!

Your joy, smiles, hugs, conversations, on the mat effort, and readiness to accept the offerings of our time together at SamyeLing with such grace are testament to your pure spirit.



Thank you for trusting me, for trusting each other.



For bringing your whole open hearts to this temple space.



I hold all of you in deep gratitude true privilege to have walked these paths with you.





Sometimes we do not notice how fast life feels until we stop. It's only when you step away, maybe on holiday or a retreat, that you realise how much rushing has become normal.

The art of slowing down may be one of the most important skills we can cultivate in a world that rewards speed and instant access. On retreat I noticed many things but the digital detox was glaringly obvious, moving away from magazine scrolling, clicks & likes, and emoji messaging in a hurried need to absorb the world. Our time at SamyeLing reflected in us how everything in life and nature takes its time. It doesn't hurry or try to fast-track. Everything moved within its own organic rhythm and frequency

Did YOU notice that when we return to our natural rhythm, the body begins to function as it's meant to. That your nervous system felt safe. Your Clarity returns. We made better decisions, felt more grounded in ourselves, and related more consciously to those around us. Observing our time together I believe this is exactly what happened.

In yogic understanding, the direction of the mind is toward stillness, slowing the loops of thought. In meditation and pranayama, the practice is to slow the breath and expand awareness. In asana, the intention is to find ease within still points.

Over our four days we did not focus on how fast we could move rather how deeply we could feel.

And in slowing the process down our natural state began to unfold with more ease. In movement, in breath, in meditation, in the subtle mechanics of the mind. This is where energy and personal power are restored and optimised.

The resultmore energy, coherence and aliveness!



When inner peace is cultivated for the lion to roar !

Erica, Joy, Roger, Deborah, Jon, Sally, Jackie, Natalie, Liam

Klaudia, Mary, Laia, Ania, Kische, Kate, Noelyn, Kate