

# Mindfulness Retreat, Victoria

Victoria, Australia - Anne Bellavance - April 6, 2019



It was a beautiful early morning when we gathered for a day of mindfulness in the bushland of Belgrave Heights. For the event, WFWP Victoria partnered with the International Centre for Inner Peace and Happiness Inc. (ICIPH), founded and directed by Venerable Bhikkhuni Bodhicitta. Venerable is a Sri Lankan Theravada Buddhist Nun based in Melbourne. She is a Buddhist Chaplain at RMIT University, Melbourne; has conducted numerous meditation retreats, lectures, Dhamma talks, and discussions in Australia, Malaysia, Sri Lanka, Singapore, Japan, India, Canada, and USA; and,

a renowned meditation teacher with over 35 years' experience.



Highlights of the day featured a lecture by Ven. Bodhicitta about how the mind works and how to manage stress; learning about the meditation and mindfulness process; practicing mindfulness through the actions of 'walking meditation' and 'sitting meditation'; and, a time for Q&A, discussion and sharing the experience.



Ven. Bodhicitta shared that mindfulness trains your attention and awareness to achieve mental clarity and emotional calm. Meditation aims to reduce stress, anxiety, depression and pain, increase peace, perception, self-concept, and well-being.

Presently, meditation is under research to define its possible psychological, neurological, and cardiovascular health effects.

Feedback revealed that participants surprisingly felt more mindful, in that they could bring their minds back to the present easier and through this felt much more relaxed, less stressed and in the moment.