

## **FOR IMMEDIATE RELEASE**

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## **Wisdom of Mindfulness Meditation Retreat: Awakening World Dharma**

### **A Radical Immersion in the Art of Liberation**

**March 15-21, 2025 | ARMA Resort, Ubud, Bali**

**Led by Alan Clements & Special Guests**

In a world ablaze with distractions, wars, and spiritual clichés, the *Wisdom of Mindfulness Meditation Retreat* offers something unapologetically real. This is not your average retreat—it is a raw, revolutionary gathering for those who seek to wake up from the trance or the numbness of modern life, to ignite non-performative authenticity, and embrace liberation through living.

From March 15-21, 2025, at the iconic ARMA Resort in Ubud, Bali, Alan Clements, former Buddhist monk turned avant-garde spiritual activist, will lead an extraordinary seven-day deep-dive into the wisdom of mindfulness, World Dharma, and radical self-awareness. Clements, whose work has been lauded by Nobel laureates, world leaders, and rebels alike, will guide participants through an unfiltered exploration of the mind, shedding the platitudes and exposing what it means to creatively and fearlessly live in this world.

This isn't about selling peace of mind in a nice package. It's about confronting the totality of our human experience—the ecstasy, the rage, the suffering—and transforming it into the living art of freedom. From silent meditation to innovatively unique Dharma talks that cut through spiritual fluff like a blade, this one-of-a-kind retreat promises a full-spectrum confrontation with life itself and the elevation of the good, the true, and the beautiful.

### **WHAT TO EXPECT:**

- **Meditation Beyond the Cliché:** This isn't about quieting the mind; it's about understanding its architecture. Learn to navigate the mind with courageous clarity, using vipassana insight meditation and World Dharma principles to transform self-imposed suffering and cultivate mindful intelligence.

- **Radical Dharma Artistry:** Forget the passive pursuit of inner peace—this retreat challenges you to actively engage in Dharma Artistry, honing your most liberating states of mind to shape your world.
- **Authentic Connection:** World Dharma is about co-creation—using relationships as vehicles for awakening. This retreat is a sanctuary for rebels, truth-seekers, and creative misfits who refuse to conform to spiritual dogma.
- **Live Like Freedom is Your Birthright:** Daily Dharma presentations, group dialogues, writing sessions, and transformative exercises will push participants to embrace the entire spectrum of human experience—body, mind, and spirit.

### **Why This Matters NOW:**

We are at a crossroads in human history where our collective suffering can either break us or liberate us. The *Wisdom of Mindfulness Meditation Retreat* is not just timely—it's urgent. It offers a path forward, but not through escapism or the shallow comforts of spiritual consumerism. Instead, it calls on us to reclaim our minds, embody our truth, and shape a world rooted in freedom.

### **Details:**

- **Dates:** March 15-21, 2025
- **Location:** ARMA Resort, Ubud, Bali
- **Capacity:** 20 full-time participants, with 10 part-time spots available
- **Cost:** By donation. No one will be turned away for financial reasons.

**Press Inquiries and Podcast Bookings:** Alan Clements is available for interviews, podcasts, and media features. His revolutionary perspective on mindfulness, human rights, and global freedom has captured the attention of leading media outlets and thought leaders around the world.

For media coverage, interviews, or more information, please contact:

**Alan Clements**

**Email:** [contact@worldddharma.com](mailto:contact@worldddharma.com)

**Website:** [www.AlanClements.com](http://www.AlanClements.com)

**Retreat details:** [WorldDharma.com/Events](http://WorldDharma.com/Events)

## A Call to the Media:

In a time when mindfulness is often reduced to a marketing slogan, Alan Clements brings a fresh, unorthodox voice to the conversation—one that challenges and inspires. His upcoming retreat offers a powerful narrative of transformation, making it a compelling story for audiences seeking something more substantial in an oversaturated wellness landscape.

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## About Alan Clements

Alan Clements is a former Buddhist monk, spoken word artist, human rights activist, and the founder of World Dharma. Over the past four decades, he has emerged as a leading voice in mindfulness, freedom, and global human rights. He is the author of numerous acclaimed books, including *The Voice of Hope* with Aung San Suu Kyi, *Revolution of the Spirit*, and *Instinct for Freedom*, which was nominated for best teaching memoir of 2002. His more recent works include *A Future To Believe In*, *Wisdom for the World*, *Facing Death*, and *Tonight I Met A Deva*, *An Angel of Love*, a children's book with a foreword by the Dalai Lama. Alan is also the subject of the feature documentary *Spiritually Incorrect: The Rebel Wisdom of Alan Clements*, directed by Peter Byron Downy and produced by United Natures Media.

Alan's contributions to global peace and human rights have been recognized by Nobel Peace laureates, including former U.S. President Jimmy Carter. His expertise has been sought by prestigious organizations such as Mikhail Gorbachev's State of The World Forum, The Soros Foundation, and the United Nations Association of San Francisco. He has presented at leading universities, including the University of California, the University of Toronto, and the University of Sydney.

Alan's work on behalf of oppressed peoples has garnered widespread acclaim, notably his role as a key eyewitness documenting the atrocities committed by Burma's military dictatorship, leading to his first book, *Burma: The Next Killing Fields?* with a foreword by His Holiness the Dalai Lama. His close association with Burma's Nobel Peace laureate Aung San Suu Kyi in 1995 resulted in the publication of *The Voice of Hope: Alan Clements in Conversation with Aung San Suu Kyi*. In 2020, he co-authored the four-volume *Burma's Voices of Freedom*, followed by *The Voice of Hope: Aung San Suu Kyi from Prison – And a Letter to a Dictator* in 2023, co-authored with renowned investigative journalist Fergus Harlow. This work has been submitted as evidence in international trials.

A veteran investigative journalist, Alan has lived in some of the world's most volatile regions. After being forced to leave Burma by dictator Ne Win in 1984, he returned to the West, where he lectured widely on "The Wisdom of Mindfulness" and led mindfulness-based meditation retreats across the U.S., Australia, and Canada. In 1988, he expanded his Buddhist training to include universal human rights, social justice, environmental sanity, political activism, and the study of propaganda and mind control. Jack Healey, a

former director of Amnesty International, praised Alan as “one of the most important and compelling voices of our times.”

Alan’s work has been featured in major media outlets such as *Time* and *Newsweek* magazines, CBC TV Canada, ABC Australia, *The New York Times*, *Sydney Morning Herald*, Radio Free Asia, *Democracy Now*, and many others. He has led World Dharma retreats and mindfulness training programs across the globe, inspiring individuals worldwide.

In addition to his literary and activist achievements, Alan delivered the keynote address at Amnesty International’s 30th anniversary at the John Ford Theater and was a featured presenter at the Touche Global Consciousness Conference in Bali in 2019. In 2023, he was honored with the prestigious Visioneers Award as a "Hero of Humanity" for his tireless efforts in championing justice and authentic living.

**For more information, visit [AlanClements.com](http://AlanClements.com) and [WorldDharma.com](http://WorldDharma.com).**

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### **Selected Endorsements**

“Alan’s life is material for a legend. An intellectual artist, freedom fighter, and former Buddhist monk, he shares his insights and experience with a passion rarely seen and even more rarely lived. He’ll make you think and feel in ways that challenge your entire way of being.” — **Catherine Ingram**, Author of *In the Footsteps of Gandhi* and *Passionate Presence*

“One of the most important and compelling voices of our times... Alan Clements is a riveting communicator — challenging and inspiring. He articulates the essentials of courage and leadership in a way that can stir people from all sectors of society into action; his voice is not only a great contribution during these changeful times, it is a needed one.” — **Jack Healey**, former director of Amnesty International, and founder of the Human Rights Action Center

“I have known Alan for well over three decades. He is my first call when I seek insight and candor concerning personal and professional advice. As a speaker, his eloquence moves audiences to ask the questions behind questions about how we live, why we work, and how it fits together. Alan’s presence — his remarkable ability to engage an audience and connect with their heart — stands alongside the best talent I have seen in the world.” — **Robert Chartoff**, Producer of *Rocky*, *The Right Stuff*, and *Raging Bull*

“Alan Clements’ work is a symphony of wisdom, filled with the beauty and complexity of life itself. He embodies a rare combination of passion, intellect, and profound humanity that invites deep reflection on how we live our lives.” — **Joanna Macy**, Author of *World as Lover, World as Self*