

Spiritual Cultivation Retreat

Conducted in English & 华语



1 - 15 June 2014

SBS Retreat Centre, Taiping, Malaysia

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Cultivate your spiritual faculties
for the sake of your own freedom!

This is **not** a concentration camp. In fact it's not even about concentration. It's about cultivating **confidence, energy, mindfulness, collectedness and discernment**. When these are strong, the work for the ending of suffering becomes easier and more effective. Learn how to strengthen these spiritual faculties in this retreat.

About the teacher

Kumāra Bhikkhu was ordained in 1999 at the age of 27. With his training in education, he has been sharing the Dhamma in various ways and in several languages (mainly English, Mandarin and Hokkien) with Buddhists of various traditions and non-Buddhists too.

He is influenced by Bhaddanta Aggacitta Mahāthera to be open to Dhamma teachings beyond orthodoxy and tradition, so long as they work towards the ending of suffering. Inspired by his main meditation teacher, Sayadaw U Tejaniya (www.sayadawutejaniya.org), he is especially interested in spiritual teachings that show how to cultivate wisdom that removes the causes of suffering.

Closing date: **1 May 2014** (or when registration reaches 60)

Notes from the teacher

DURATION: Minimum 7 days. Applications for fewer days will only be considered after the closing date.

INTRODUCTION TALK: Introduction to the practice shall be given at 2:30pm (English) and 4:30pm (华语) **on 1 & 8 June only**. Please **check in ONLY on these dates unless** you are familiar with the practice of satipaṭṭhāna (establishing of mindfulness) as taught by Shwe Oo Min Sayadaw, Sayadaw U Tejaniya, Aggacitta Bhikkhu and Kumāra Bhikkhu.

ARRIVAL: Be at 寶地山莊 (the cemetery at the foothill of SBS) between **10-10:30am** on 1 or 8 June.

DEPARTURE: The retreat ends at **11am** on 15 June.

OBSERVANCE: Participants are required to observe the **8 precepts**. The 6th precept of not eating after noon can be waived only if necessary.

FEE: The teacher and organiser do not charge for the retreat. However, participants are encouraged to make a suitable amount of donation to a charity of their choice. Proof of donation is not required.

PRE-RETREAT LEARNING: You can prepare yourself for the retreat by familiarising yourself with the teachings of Sayadaw U Tejaniya, by listening to the mp3s found here: <http://sayadawutejaniya.org/teachings/> or reading his book *Dhamma Everywhere* (at least till pg57) printed for free distribution by Auspicious Affinity <auspiciousaffinity@gmail.com>.

What Past Students Say

I do feel like a different person after your retreat. I understand things better. I like this me more.

ZI YI

It was a big eye opening for me in the understanding of Buddhism. For me, it was an experience of having the opportunity to put the jigsaw of learning the Buddhist way of Life together.

KP ONG

The retreat has really benefited me so tremendously that I actually do not know how to express in words.... I do realize that I am calmer and not so impulsive as before. At least I know how to pause and watch my thoughts especially when I start to get irritated. Wah... it's sort of unique and interesting when I begin to realize that the thought is not actually me, because without this thought I am calm again... Bhante's teaching is inspiring and a hands-on tool for me, which is priceless.... I really experienced peace inside myself when the chattering in the mind disappeared naturally.... I notice that I am happier, calmer and a better person and have achieved my goal of understanding myself at this moment.

YEOH LAKE HOON

I wish to thank you for the great teaching and advice you shared during the retreat. Khalil Gibran, the poet, once said, "The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind."

EE LING

After the retreat, I feel physically better and somehow freer but know that I still have a lot to work on. Thank you for teaching the way and the tool of awareness to understand the states of depression better so we know what to do when they come again.

EMILY TANG

Bhante's way of explaining & dispensing his advice is easily understood by a lay beginner meditator like me. The real-life examples that he shared have been very useful in helping us to understand the practice better. From this retreat, I would say that I have found the right teaching for me.

UNKNOWN (from a feedback form)

Bhante Kumāra's teachings & guidance have been a tremendous help towards my practice.

UNKNOWN (from a feedback form)

Sāsanārakkha Buddhist Sanctuary Retreat Centre

www.sasanarakkha.org

Spiritual Cultivation Retreat @SBSRC 1-15 June 2014

Application Form (Please **do not** fill in for someone else.)

Full name	Age	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
Correspondence address	Tel. no. Home : Work : Mobile :	
	Email or Fax [REQUIRED ; write clearly]	
<p>Main reason for wanting to join [Tick ONLY ONE.]</p> <p><input type="checkbox"/> I want to learn how to practise the way for the ending of dukkha (suffering/unhappiness/stress).</p> <p><input type="checkbox"/> I just want to take a break from stress.</p> <p><input type="checkbox"/> I just want to learn more about Buddhism.</p> <p><input type="checkbox"/> Dad/Mum/Somebody insists that I join.</p> <p><input type="checkbox"/> Other reasons. Please specify:</p>	Previous endeavour in spiritual cultivation (Please provide as many details as you deem suitable.)	
Have you had any significant mental health issue (depression, BPD, schizophrenia, etc.)? If yes, please give details (dates, symptoms, duration, hospitalization, treatment, and present condition).		<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any significant physical health issue? If yes, please give details (symptoms, treatment, and present condition).		<input type="checkbox"/> Yes <input type="checkbox"/> No
Other information		

Next of kin to be contacted in case of emergency:

Name	Tel. no. Home :	Address
Relationship	Work :	
	Mobile :	

I declare that:

- the particulars given in this form are to the best of my knowledge **true and correct**;
- I have read and understood "**Notes from the teacher**" in the **2nd page of the circular**;
- I shall try my best to **follow the instructions of the instructor and the rules and regulations of Sāsanārakkha Buddhist Sanctuary (SBS)** insofar as they affect me as a participant;
- **if my wish to participate is rejected**, I shall not demand for a reason from the organiser; and
- I shall not hold SBS Management Committee or SBS Saṅgha liable for any mishap due to my own action or negligence during my stay in SBSRC.

SIGNATURE

DATE

Make sure you have filled up the form **correctly and completely**, then send to

**SCR Organiser
c/o Mr Cheong
132 Tmn Aun Say
34000 Taiping PERAK**

Closing date: **1 May 2014**