

2-day Workshop

# What You May Not Know about **JHĀNA & SAMĀDHI**

## **How Orthodox Theravāda and the Suttas Differ in Understanding**

23 – 24 May 2015

SBS Retreat Centre, Taiping



### **Is jhāna necessary for awakening?**

Some say yes, some say no. Āyasmā Kumāra says **both answers are correct**—depending on which kind of jhāna we are talking about.

With evidence based on scholarly research and practical experience, he

- **reveals facts regarding jhāna and samādhi** that most Buddhists—including many long time meditators—are unaware of.
- **explores popular English translations** of key Pāli terms related to samādhi (e.g., *concentration, one-pointedness*), and **proposes English words** that better convey what the Pāli terms actually mean in the Suttas.

Then he suggests **how to decide wisely** for our practice in the face of different and conflicting teachings and opinions on Buddhist meditation.

Highly recommended for Buddhist meditation practitioners. Not suitable for beginners in Buddhism.

Instructor

### **Āyasmā Kumāra**

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. Inspired by his main meditation teacher, Sayadaw U Tejaniya, Āyasmā Kumāra has been especially interested in spiritual teachings that show how to cultivate wisdom that removes the causes of suffering. Influenced by Āyasmā Aggacitta Mahāthera, he is open to Dhamma teachings beyond orthodoxy and tradition, so long as they work towards the true ending of suffering.

## Day 1 (Saturday, 23 May)

7.30 am	Breakfast (for those who has arrived)
8.30	Registration
9.00	<b>Introduction, Icebreaker, Presentation</b>
10.30	Break (15min)
10.45	<b>Comparing Two Kinds of Jhāna</b>
12.00 pm	Lunch break (1½hrs)
1.00	<b>Guided Practice</b> (½hr)
1.30	<b>What does <i>Samatha</i> mean?</b> (Not 'concentration meditation') (1½hrs)
3.00	Break (30min)
3.30	<b>Is 'concentration' the best translation for <i>Samādhi</i>?</b> (1½hrs)
5.00	End of day (Participants may go home and return tomorrow by 8.30 am.)
6.30	Simple dinner & revision/quiet practice
8.00	Guided practice & discussion

## Day 2 (Sunday, 24 May)

Breakfast (for those staying in)
<b>Summary of Day 1</b>
<b>Guided Practice</b> , Sharing Experiences (1½hrs)
Break (15min)
<b><i>Ekaggatā</i>: What about 'one-pointedness'?</b> (1¼hrs)
Lunch break (1½hrs)
<b>Guided Practice</b> (½hr)
<b>What is <i>Jhāna</i> in English?</b> (1½hrs)
Break (30min)
<b>Summary, Conclusion, Q&amp;A</b> (1½hrs)
End of workshop (Participants may go home now or tomorrow morning.)

## Past Participants Say

I feel the issues discussed have been useful for yogis like me. It cleared up a lot of doubt.

**KATHY KWOK**

I used to ask some Buddhist friends about their experiences and understanding in meditation. The more I asked, the more different views I got, which confused me. I read some books on meditation and I remained 'blur-blur'. After attending this workshop, I learned to be open-minded and not attaching to any particular views. **KOW CHONG YIN**

I'm honoured to have attended your valuable workshop. Mind-opening teaching. **VOON TUCK CHEONG**

**VOON TUCK CHEONG**

The topic is extremely important as Buddha seems to emphasize the Jhānas. During your detailed and logical teaching I'm became assured that most Theravādins have totally misunderstood the meaning of the Jhānas. Your explanation nicely peeled off all the mysticism. **JONNE VILJANEN**

## Application Form

<http://goo.gl/forms/3yrXKyUlfE>

**Closing date:** 17 May 2015 or when capacity is reached

