

Spiritual Cultivation Retreat 修心營



以中英语进行 Conducted in English & Mandarin

31 May - 14 June 2015

SBS Retreat Centre, Taiping, Malaysia

www.sasanarakkha.org

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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, vitality, 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.

Closing date: **10 May 2015**

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.

Notes from the teacher

AGE: At least 16.

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

CHECK-IN: Please **check in ONLY on 31 May or 7 June** unless you are familiar with the practice of satipaṭṭhāna (establishing of mindfulness) as taught by Sayadaw U Tejaniya, Āyasmā Kumāra, or other teachers who teach similarly. I shall introduce the practice on these dates only (English: 2:30pm, 华语: 4:30pm). Participants coming from afar may check-in a day earlier.

ARRIVAL: Be at 寶地山莊 (the cemetery at the foothill) between **9:30-10:30am**. Surrender all mobile communication devices (mobile phones, blackberries, tablet computers, etc.) to the organiser upon registration.

DEPARTURE: The retreat ends at **11.30am** on 14 June. Participants needing lunch must inform the organiser at least 24 hours earlier.

OBSERVANCE: Participants are required to observe the **8 precepts** and avoid addictive substances. The precept of not eating after noon can be waived only with the teacher's approval.

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: Familiarise yourself with the teachings of Sayadaw U Tejaniya by listening to the mp3s found here: <http://sayadawutejaniya.org/teachings/>. You can also read his book *Dhamma Everywhere* (at least till pg57) printed for free distribution by Auspicious Affinity (auspiciousaffinity@gmail.com), or the Chinese version 《处处皆佛法》 (at least till pg34) by 传承出版社 (dmvpublications@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

As I am uncovering further information about myself, I feel great joy in the practice. I will not quit practising.

ZI YI (after another retreat)

This SCR has helped me tremendously to look inside me instead and be myself without any guilty feeling.... Now I begin to love myself and my life conditions.... I was lost and now I found a way to be free from suffering of my own doing. It is a great relief to have found this retreat.

UNKNOWN (from a feedback form)

I feel more honest with myself.

LEE ENG CHEONG

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

Before attending your SCR I tried desperately to give people a good impression of me, but now I feel it is not necessary anymore. It felt good inside. People could see the difference without me even trying to do so.

CHRISTINA NG

After all the years of meditating with my eyes shut, to stay calm, I didn't see much result. But now, with self prompting questions, I can understand that Bhante's method is more effective to understand myself, and learn about the causes to certain reactions and habits. I find it fun and interesting.

MEE LI

WEB FORM

<http://goo.gl/forms/VKHFG5gnDE>