

Spiritual Cultivation Retreat

4 - 19 June 2016 (min. full 7 days)

SBS Retreat Centre, Taiping, Malaysia

www.sasanarakkha.org

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Cultivate your spiritual faculties towards freedom!

This is **not** a concentration camp. 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.

Closing date: **14 May 2016** (Max: 40 places)



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.ashintejaniya.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 full days, e.g. 4 – 11 June. Longer is better.

ARRIVAL & CHECKING-IN: Check-in **on 4 June ONLY**. (Participants coming from afar may check-in a day earlier.) You may arrive later if you've attended a 7-day-minimum guided retreat in establishing mindfulness (satipaṭṭhāna) as taught by Sayadaw U Tejaniya, Āyasmā Aggacitta, Āyasmā Kumāra, or other teachers who teach similarly. Be at 寶地山莊 (the cemetery at the foothill) between **9:30-10:30am**. Surrender all mobile communication devices (phones, tablet computers, etc.) to the organiser upon checking in.

DEPARTURE: The retreat officially ends at **11:30am** on 19 June. Participants needing lunch must inform the organiser at least 48 hours earlier.

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

FEE: None. The event is supported by donations from participants and well-wishers.

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. (*After another retreat*) As I am uncovering further information about myself, I feel great joy in the practice. I will not quit practising. **YEOH ZI YI**

This is very lifestyle-based and can be applied anywhere, anytime. **YEO SIAO CHIAN**

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 feels good inside and people can see the difference. **CHRISTINA NG**

参与您指导的禅修营，感觉很充实。玉秋

This retreat really cultivated my interest in practising mindfulness meditation. I've understood the cause of my grief and let go 70%. **QUAH TIN HOONG**

I feel more honest with myself. **LEE ENG CHEONG**

Various practical approaches in handling problems were outlined systematically. The ways you answer questions help in developing an inquiring mind. **LO YA YEING**

You've activated a hunger for knowledge and wisdom, inspiring me to be a better person. **TAN SZE CIA**

I'm able to relate to the talks and examples you gave as they are so down-to-earth and relevant. They come from experience and from the heart and they sure inspire confidence. **LIM LAY HOON**

The retreat has supported my well-being and transformation over the years. I see my life has changed for the better. I'm keen to keep up the momentum. (*After another retreat*) The practice really is possible & has borne results! I'm ever grateful. **LAM MEI CHOO**

Application Form (Important: Read the above *Notes from the Teacher* FIRST.)
<http://goo.gl/forms/GrhILx7O Ez>

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