

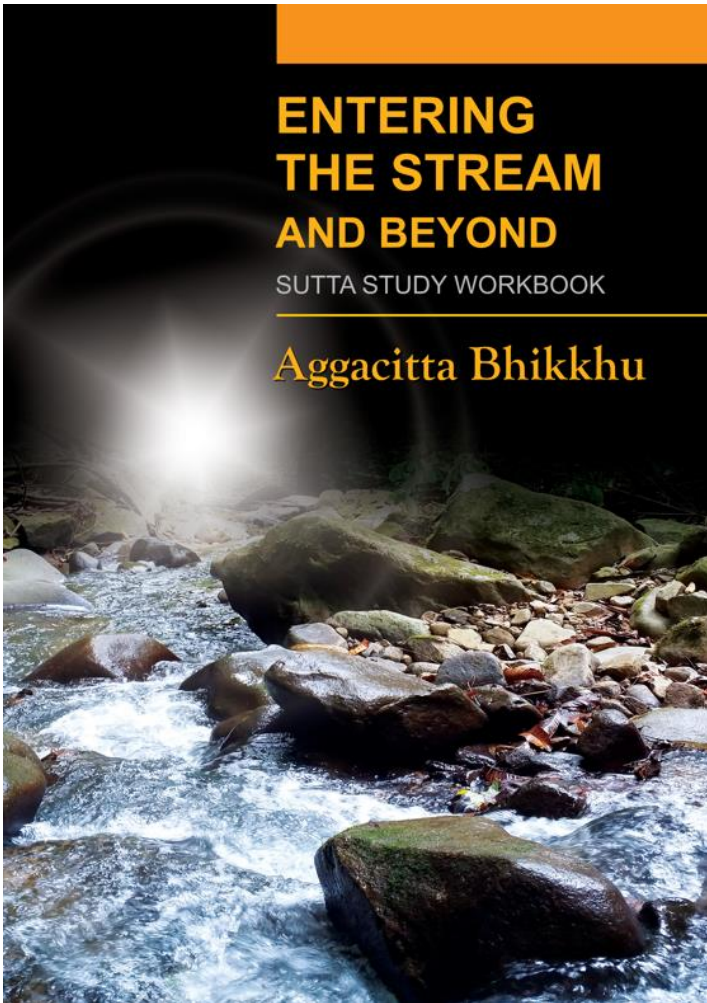
# ENTERING THE STREAM and beyond

Sutta Study with Meditation Workshop

**Dhamma tour 2023**

conducted by Āyasmā Aggacitta

## Recommendations for Participants



Why do we need to collect the workbook early?

This workshop is designed for interactive learning and discovery through group discussions and presentations of shared findings under the guidance of a competent facilitator. There are readings to be done and written exercises to be completed in the workbook prior to the actual workshop so that participants can meaningfully engage in the group discussions. Therefore, to gain maximum benefit from the workshop, participants are required to collect the workbook early and diligently do their homework.

I find reading the workbook difficult to understand.

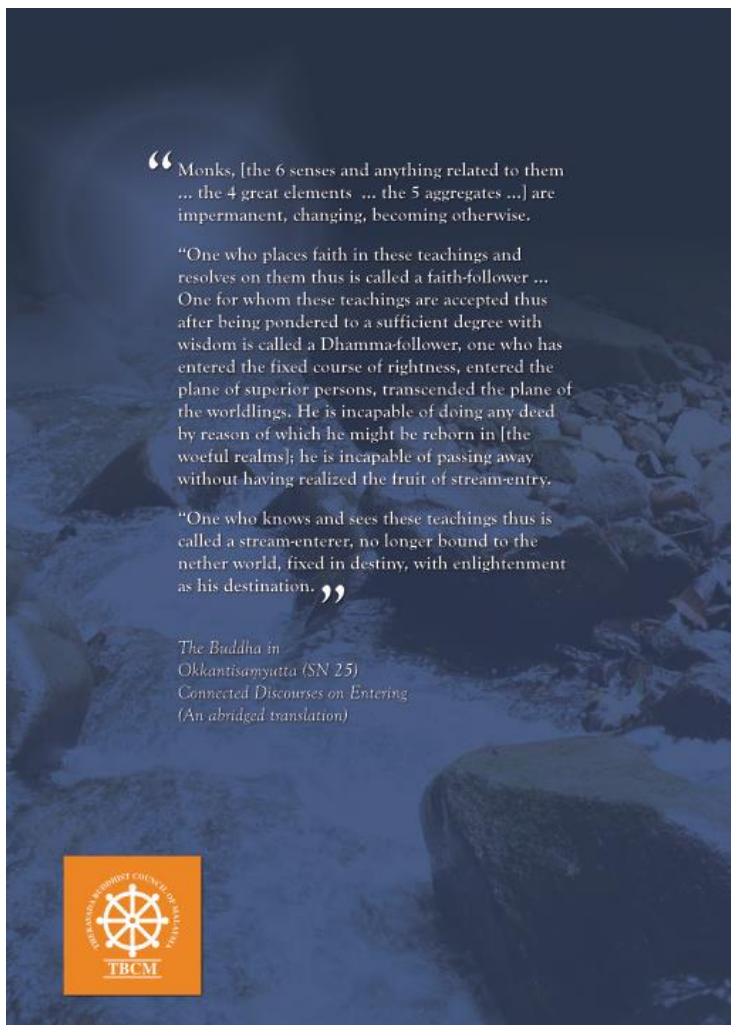
This is not a book for pleasure reading, but for scrutiny and contemplation. The workbook captures excerpts from

relevant suttas and arranges them in a topical manner for readers to conveniently navigate through and scrutinise them with a genuine spirit of inquiry. The intention is to get readers to directly study (reliable translations of) the suttas which are believed to be closest to what the Buddha taught. Then they can derive their conclusions from them instead of simply accepting hearsay, popular beliefs, extraneous cultural accretions, or spurious personal opinions especially those of charismatic Dhamma preachers and articulate teachers.

### How are meditation sessions conducted during the workshop?

The meditation sessions of introspective mindfulness are oriented to practical application in daily life. As such, a bell will be rung while participants are engaged in discussion, signaling everyone to freeze, to stop talking and thinking, and be mindful of the senses. This will help to anchor the

mind to the so-called present and enable one to step back and observe things more objectively. Guidance will be given during these sessions which usually last for about 20 minutes, after which the participants will resume their discussion, hopefully with greater clarity and objectivity.



I have difficulty sitting on the floor to meditate. Can I sit on a chair during the meditation session? I will definitely keep my back upright.

Since the practice of introspective mindfulness can be done anytime, anywhere and in any posture, you will not be required to sit cross-legged on the floor. In fact, assuming a comfortable posture throughout the duration of the meditation sessions will certainly facilitate effective practice according to the given instructions. Moreover, practising with the eyes open will be advocated as an orientation for application in daily life. Rest assured that the preferred seating arrangement for the workshop is the use of tables and chairs if such facilities are available in the venue.

What is the proper protocol for the workshop?

When listening to a monk speaking the Dhamma, especially making quotations from the suttas or explaining them, one should not sit higher than the monk, or wear footwear or headwear. Exceptions are those who are unwell and need to do so for health reasons. Throughout the workshop, mobile devices should be on airplane/flight mode and the WiFi turned off. Kindly consult the centre in which you have registered for its in-house rules for the workshop.

Can I just attend one day of the 2 day workshop session?

We recommend you allocate 2 days (9am-7pm for West Malaysia and Singapore; 8am-6pm for East Malaysia), as the workshop will be conducted in a graduated and systematic way. If the dates scheduled by the centre you regularly patronise are not suitable, we recommend that you register yourself in a different venue to get the full benefit of the workshop.

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