

MEDITATION RETREAT CONDUCTED BY AJAHN BRAHMALI MAHA THERO

18th June – 28th June 2019

There is an opportunity for few lay members of the Ajahn Brahm Society Sri Lanka to participate in a 10 day meditation retreat with Ajahn Brahmali from 18th to 28th June 2019.

Please let us know on or before 27th May (by return email) whether you would like to attend this retreat. If participating, please complete and email the form at the end of this letter.

Kindly note that you have to be resident for the full period of the retreat. Lay attendees are required to contribute Rs. 30,000/- towards the expenses. Further details are in the attached document.

Details of the retreat are as follows:

Location: Bodhiraja International Meditation Centre Suriyakanda, Sri Lanka

Language: English

Dates: Start: Tuesday 18th June 2019
End: Friday 28th June 2019 noon time
(All participants must remain resident at the location for the full duration)

Transport:

A bus will leave Narada Centre, Sarana Road, Colombo 07, at 7.30 am on 18th June 2019 and leave the Meditation Centre for Colombo, at the end of the retreat on 28th June around noon. **If you do not require transport** please inform by return email.

Accommodation and Meals

Monks, Nuns and Male Participants will be accommodated exclusively within the Meditation Centre. Female lay participants will be accommodated at Kadamuduna Villa and at The Centurion Eco Bungalow both located in close proximity to the Meditation Centre. Transport will be provided to and from the Meditation Centre each day

A balanced Vegetarian meal will be provided for Breakfast and Lunch at the Meditation Centre. Facilities for making tea/ coffee will be provided.

Confirmation

The maximum number (including the Sangha) will be limited to 60. In case you are unable to attend kindly inform by e-mail as early as possible so that another person can be given an opportunity. Kindly copy Nirosha Moonasinghe nirosha_moonasinghe@yahoo.com (+94 76 678 8183).

Health: if you are under medical treatment for any physical or mental ailment, you are strongly advised to get your doctor's advice as you may be alternating between sitting and walking meditation for most part of the day.

What to Bring (Lay participants)

- a) Meditation Cushion/Chair
- b) Plate, cup & tea spoon (there are some at the Meditation Centre too)
- c) A Torch

- d) Bed Linen (especially those who will stay within the meditation centre)
- e) Towel and toiletries
- f) Flask
- g) An umbrella
- h) Prescribed medicines or any other medication that one normally uses.
- i) Alarm clock

Weather--Clothing, Bed Linen

Rakwana will be cool in the mornings (22 Degrees) accompanied by rain. A jersey for early morning will be useful. By mid-day it will be warm enough for normal Colombo attire. A light weight blanket or thick cotton bed sheets are recommended. There could be leeches--small dispenser of life buoy liquid soap will come handy.

Contributions by Lay Participants:

We expect the lay participants to contribute LKR 30,000/= towards the expenses. Sponsorships to towards the participation of the monastics will be welcome.

The contributions should be deposited to the ABSL Bank account

Account Details: A/C Name--Ajahn Brahm Society - Sri Lanka
 Commercial Bank of Ceylon, Kirrupalone Branch
 Account Number: 1470022370; SWIFT Code: CCEYLK LX

Please inform the ABSL by e-mail (preferably with a scan of the deposit slip).

Communication/ Mobile Phones

Meditators are requested to keep the use of Mobile phones to the minimum. Phones should not be brought out of the sleeping rooms. The helpers will have a mobile number on which meditators could be contacted for emergencies.

What to Expect

This retreat is not for beginners to meditation. Ajahn Brahmali will decide on a Dhamma Theme for the retreat and base his talks quoting Buddha’s Discourses (Suttas). Relevant extracts of the suttas to be discussed will be made available to the retreatants at the time of registration. Noble Silence should be observed throughout the retreat. Any concerns need to be brought to the notice of the helpers.

Typical Daily Schedule:

4.00 am	5.30 am	Rise, get ready and sit in meditation in the meditation hall
5.30 am	6.00 am	Offerings to Lord Buddha, chanting in the meditation hall and meditation (to be conducted by a Bhikkhu)
6.00 am	7.00 am	Sitting / Walking meditation
7.00 am	8.00 am	Breakfast and clean up
8.00 am	9.00 am	Dhamma Talk by Ven Ajahn Brahmali
9.00 am	11.00 am	Sitting / Walking meditation
11.00 am	2.00 pm	Lunch, clean up and rest
2.00 pm	3.00 pm	Sitting / walking meditation / personal interviews
3.00 pm	4.00 pm	Afternoon Dhamma talk by Ven Ajahn Brahmali
4.15 pm	5.45 pm	Personal interviews
5.30 pm	7.00 pm	Evening clean up and rest
7.00 pm	7.30 pm	Guided Meditation by Ven Ajahn Brahmali
7.30 pm	8.30 pm	Questions and answer session (Q & A)
8.30 pm		End of day’s programme

*** The above is a guideline only and may change slightly

AUDIO RECORDING OF TALKS: The two daily talks, guided meditations and Q & A sessions will be recorded and DVD s made available to the participants at a later date.

A short biography of Venerable Ajahn Brahmali Thero and further retreat conditions are in the next two pages.

Thank you.

With metta

Ajahn Brahm Society Sri Lanka (ABSL)

BIOGRAPHY

Venerable Ajahn Brahmāli was born in Norway in 1964. He first became interested in Buddhism and meditation in his early 20s after a visit to Japan. He completed Master's Degrees in Engineering and Finance, before renouncing the world of industry and commerce to ordain as a bhikkhu with Venerable Ajahn Brahmavamsa Maha Thero as his preceptor in 1996. Apart from having been responsible for the building work at Bodhinyana Monastery, Ajahn Brahmāli teaches Suttas, the monastic rules and gives Pali classes. Having done some extensive research work on the subject "Authenticity of Early Buddhist Texts", he was instrumental in conducting a series of workshops on the topic together with Ajahn Sujato.

Ajahn Brahmāli's clear and thoughtful talks make the teachings of the Buddha accessible to all and are very popular downloads on the BSWA (Buddhist Society of Western Australia) website www.dhammloka.org.au. He has taught Dhamma in many parts of the world. This will be the 4th retreat conducted by Ajahn Brahmali, in Sri Lanka.

RETREAT CONDITIONS AND RULES

General

Retreat participants are required to be guided by the following to reap maximum benefits from the retreat and to have compassion towards other meditators.

- a) All lay participants need to observe 8 precepts unless there is a medical reason.
- b) All applicants should be in good physical and mental health.
- c) All participants must practice and remain resident at the location for the full duration.
- d) NOBLE SILENCE to be observed throughout, until the last morning.
- e) Should you have any concerns or in need for assistance kindly convey the same to a retreat helper. They will be introduced at the first meeting.
- f) Watching TV, using any audio or video device will not be permitted.
- g) Engaging in taking photographs, selfies etc will be a hindrance and hence not allowed until the last day. The photographs taken by the organisers and helping staff may be shared later.
- h) Mobile phones will not be permitted on the retreat. On the day of registration, mobile phones will have to be handed over to the helpers sealed in an envelope with the owner's name and contact phone number written clearly on the envelope. Phones will be returned to the participants on the last day after the morning programme.

There will be 2 mobile phones kept for participants use in case of any emergency.

- i) Any important messages from the family members can be conveyed through the helping staff. These numbers will be made available before the commencement of the programme so that they may be communicated to family members. Contact Numbers for Kadamuduna Villa is 077 444 7682.
- j) Individuals are responsible for the safe keeping of their money and other belongings. They are strongly advised against bringing any valuables.
- k) Do not engage in any Dhamma discussions with the other retreatants. All your questions can be put forward for discussion during the Q & A session usually provided at the end of the day prior to retiring for the day.
- l) Personal interviews with Ven Ajahn Brahmali will be arranged during the retreat to discuss the spiritual progress of each meditator. The names of the interviewees will be displayed near the hall on the day before the interview.
- m) Meditation methods that involve audible sounds, prayers, reciting of mantras, chanting (except during specified chanting times) and or vigorous body movements will not be allowed as they can disturb others.
- n) Participants should not attend to other matters such as shopping or marketing and are expected to bring all personal requirements on arrival at the centre.
- o) Participants should refrain from engaging themselves in other meritorious acts such as making personal offerings / pirikara / serving Dana to monks and nuns as it could lead one away from the main focus i.e. meditation.

Meal arrangement and lodging

- a) Standard Vegetarian Sri Lankan meals will be served throughout the retreat for breakfast and lunch. There will be no evening meal except on the first day.
- b) On hearing the gong at the meal time venerable monks and nuns will lead two separate lines, followed by lay meditators; male and female in separate lines.
- c) In keeping with the tradition monks and nuns should be allowed to be served first.
- d) As there are no individual rooms, please be mindful about the needs of the others when sharing rooms /houses. NOBLE SILENCE to be practiced in the cottages as well, at all times.
- e) A Kettle, tea bags, coffee, milk powder will be provided in the cottages in the common area (self-serve). Any person who requires dietary milk & sweeteners will need to bring their own.
- f) Please bring your own bed linen, blanket and towels (especially those who will be within the meditation centre).
- g) Drinking water dispensers will be available near the meditation hall.

Please e-mail this page within three days of receiving the e-mail. First Name		Last Name	
Address			
Telephone (land)		Telephone (mobile)	
Age		Gender (M/F)	
Email		Nationality	
NIC		Passport	
Details of Next of Kin			
Name			
Relationship			
Address			
Telephone (land)			
Telephone (mobile)			
<p>I do hereby declare that the above-mentioned details are accurate. I'm joining this meditation program voluntarily and being well aware that neither the teacher nor the ABS-SL, as organisers, will be held responsible for any unexpected emergency; especially in case of sudden illness.</p> <p>Furthermore, I agree to abide by the stipulated rules, regulations and conditions stated by the organisers (annexed)</p> <p>Signature</p> <p style="text-align: right;">Date</p>			