

AJAHN BRAHM'S 70TH BIRTHDAY CELEBRATION

WITH DHAMMA PRACTICE

TUESDAY, 3RD AUGUST 2021

A GROUP METTA MEDITATION RETREAT

Online Meditation Guidance by Three Senior Sangha

(Disciples of Ajahn Brahm)

<https://ajahnbrahm70th.org/global-metta-meditation-retreat/>



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Dhammaloka Centre, Nollamara

8:30 am Arrival

9:00 am - Chant Preliminary Homage to the Triple Gem and to the Buddha, Recollection of the Buddha, Dhamma and Sangha. Chant the Metta Sutta in English (The Buddhas discourse on loving kindness) and take 5 Precepts. (*Copies of the chants will be available at the entrance to the Main Hall*)

9:30 – 10:00am – Walking/Sitting Meditation.

10:00 – 11:00am – **Guided Meditation (online)**

11:00 – 1:00pm – Lunch break and clean up – (Shared Lunch)

1:00 - 2:00pm – **Guided Meditation (online)**

2:00 – 3:00pm – Walking/Sitting Meditation/Quiet time/Reading a Dhamma book

3:00 – 3:30pm – Sitting Meditation / Quiet time/Reading a Dhamma book

3:30 – 4:00pm – Afternoon Tea Break

4:00 – 5:00pm – **Guided Meditation (Online)**

Chant Metta Sutta in English

Maintaining Noble Silence from 9.00 am to 5.00 pm is expected

Inquiries: Lucky at lucky@bswa.org (0412 402 902) or Bill at events@bswa.org