

## Insight meditation with loving kindness practice

### Retreat with Bhante Sujiva

May 8<sup>th</sup> -16<sup>th</sup> 2010 at La Salindre

This week of meditation retreat is meant to give the participant a basic knowledge of the techniques for insight development. It involves systematic development of mindfulness to bring about insight into the true nature of man and his universe. Conflict with truth brings suffering while harmony brings lasting peace. Also, nightly the method for the development of loving kindness will be introduced. This meditation is useful for overcoming anger related problems and nurturing healthy relationships besides countless blessings.

The method requires waking up at 5 am with alternate hours of walking and sitting meditation. Daily interviews to check on one's progress will be given. There will also be nightly talks on the practice. Retiring to sleep is about 10pm

Venerable Sujiva graduated with honors from the University of Malaysia in 1975 with a Bachelor degree in Agricultural Science. He is a Malaysian Chinese. He has dedicated his life to the Buddhist teachings, with special emphasis on meditation, especially Vipassana Meditation. He has learned from many teachers in Malaysia, Thailand and Burma (Myanmar), including the Venerable Sayadaw U Panditabhivamsa of the famed Mahasi Buddhist Meditation Centre in Rangoon, Burma. Venerable Sujiva started teaching meditation in Santisukharama Hermitage in Kota Tinggi, Johor, Malaysia in 1984. He has held countless retreats at the center and throughout the country. Beginning in 1995, he started teaching in foreign countries. He has since been to Australia, New Zealand, Hong Kong, several countries in Europe and USA.



#### **Practical information:**

The retreat will take place in La Salindre, a retreat center in the French Cevennes mountains.

Arrival: Saturday, may 8<sup>th</sup>. Dinner at 7pm.

Departure: Sunday, may 16<sup>th</sup>, after breakfast.

(It is possible to stay longer for an additional timeout.)

Lodging: in spacious twin bedrooms.

The rooms can be used as individual bedrooms (add 12€/night; the availability of individual bedrooms depends upon the number of participants).

Food is vegetarian (organic to a large extent)

Costs for food, lodging and organisation (8 days): 440€ plus

Membership *Association Mandorla* (non-profit organization): 10€

We try to keep the costs as low as possible. But if this is too much for you, please contact us for a reduction.

Retreat fee: Donations. According to his tradition Bhante Sujiva does not charge any fees. He depends entirely on donations.

For further information, please contact:

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