



WALDHAUS
AM LAACHER SEE

Programm 2015 – Kurs 25 / Seite 1 von 2
Upul Gamage – LEBENDIG durch ACHTSAMKEIT
Vipassana aus Sri Lanka. Schweigekurs.

Kurssprache Englisch.

Dienstag, 26. Mai – Sonntag, 31. Mai / 5 Tage – KB € 50 + UB + Spende

Das Retreat wird sich nach dem Tagesplan des Meditationszentrums Nilambe richten, mit stiller Sitz- und Gehmeditation, Anleitungen und Vorträgen.

Objective of a Meditation Retreat

Meditation is to identify, propagate and develop the good spiritual qualities and abilities within us. Those good spiritual abilities and qualities help us to live happily and peacefully and to guide others to do so as well. We have to be properly trained for this. Meditation does not happen automatically. You have to be trained with effort. There are three steps for this. First one is to know, we should be able to differentiate between what should be done and what should be avoided. This is what is called 'Pajanathi' in Pali language. The Sathipattana Sutta which is considered as the handbook for meditation and used by almost everybody for meditation is structured in this manner.

The first step in that is 'pajanathi' – to know. We should know what is to be done. Therefore by a meditation class or a meditation retreat, the first thing to be considered is what is meditation? Why should we meditate? How should we meditate? We should know all these. To know is an acquired knowledge may be from a book or a teacher. Without that basic knowledge and background, the totality of meditation would neither be achieved by anybody nor could anybody meditate properly.

Maybe, you could learn a small aspect of meditation and continue on that, but that will not give you the enormous benefits that could be derived from Buddhist meditation and the transformation within, will not happen.



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Living in this present moment

Usually we all live in the present. Nobody can live either in the past or the future. But we are not aware that we can live only in the present. Therefore we live in a psychological world either in the past memories or future expectations, but we build these psychological worlds also in the present. That is we can do anything only in this present moment. Nobody can do anything either in a by-gone moment or moment to-become. But we just use and waste this moment by turning pages of the past memories and live in those and be in a dream world of expectations. A person who is in either of those cannot meditate. One has to come to the present moment to meditate. This living in the present moment is not the ultimate of meditation. To start meditation you have to be in the present moment. Living in the present moment is one of the most important factors for meditation. Therefore, before any meditation object the most important thing is to identify the mind which goes to the past and the future. Whatever the meditation method you use, initially mind travels. It either goes to the past or to the future. First of all you must recognize this traversing mind.



Upul ist der Nachfolger von Godwin im internationalen Meditationszentrum Nilambe in Sri Lanka, das er auch seit 2000 leitet.