

Meditation retreat at Mahayana Triple Gem (Sam Poh) Temple, Brinchang, Cameron Highlands

Dated: 23rd August (Friday) to 30th August (Friday) 2024 (conducted by Bro. Teoh Kian Koon)

A. Introduction:

This Meditation retreat's dhamma sharing is suitable for all participants who may be from **different Buddhist traditions or background with varying meditation experiences**. The emphasis here is on **understanding the Buddha dhamma** and the **awareness-based meditation** as taught by the **Buddha** instead of **focusing on methods and techniques** of meditation. This program was prepared to allow participants to **settle down slowly** into the **retreat proper** via a **less stringent** 1st session where more **dhamma sharing and understanding** will be **emphasized** followed by a **more stringent** 2nd session (27/8 till 30/8/2024) where **noble silence, heedfulness** and the actual **meditative training** will be emphasized.

B. Main Purposes and intent:

1. To **understand** and **realize** the **noble teaching** of Lord Buddha via **sincerely** cultivating the much need **Heedfulness** (or **Appamada**) as emphasized by the Buddha via his **dhammapada verses 21, 22, 23** and his final advice of - '**Appamadena sampadetha**' (before his Parinibbana).
2. To **train ourselves** during the meditation sessions to develop a **very stable daily mindfulness (silent mind with inner awareness)** leading to **heedfulness from the moment** we **commence** our retreat. To diligently maintain **Noble silence** of mind and speech during the **retreat duration**. To cultivate **sati sampajanna (mindfulness and clear comprehension of sincerity of purpose, domains of meditation, suitability, and non-delusion)** as a **sign** of our **respect** for the Sam Poh temple way place.
3. Learn to be **at Ease, naturally relax** and **aware** via **heedfulness most of the time**. Always **move, speak** and **act naturally** but **with inner awareness throughout** the day **to stabilize** your **5 spiritual faculties** cultivation until they become **very stable** and **unshakeable**.
4. With the stable **daily mindfulness** or **awareness nature within**, use it to **cultivate** the **Noble 8-fold path** via **constant creative contemplation, reflection** and **inquiry** into the **Four Noble Truths** leading to the '**perfection**' of all the **Noble 8-fold path factors** of *Right views, Right Thoughts, Right Speech, Right Action, Right Living, Right Efforts, Right Mindfulness* and *Right Samadhi* so that you are **incapable of any evil whenever** you are **heedful**. To maintain this **Heedfulness (or Appamada) training throughout** the day so that we can have the condition to **insight** into the **3 universal characteristics of nature** to **awaken** (to realize the **insight know ledges** and **wisdom** needed to **liberate the mind**) leading to the **realization of Nibbana** (or **cessation** of the form and mind) as taught by the **Buddha**.
5. To **diligently** develop the **understanding** of the following **essential dhamma** as **taught** by the Buddha: the **5 mental hindrances** (or *panca nivaranas*); the **5 spiritual faculties** (or *panca indriyas*); the **3 evil roots** of Greed, Hatred and Delusion; the **3 right views** (*Karma niyama, Citta niyama & Dhamma niyama*); the **12 links**; the **Four Noble Truths**; the **3 turnings** of the **Four Noble Truths**; the **4 foundations of mindfulness**; the **7 factors of enlightenment** (or *satta bojjhaṅgā*); **Dana, Sila** and **Bhavana** & the **5 daily contemplations**.
6. To **silence** our **mundane mind** to **realize** the **True mind** so that we are **constantly aware** within. To stabilize the **silent (meditative) mind** until the **enlightenment factor of Passadhi** (tranquility and stillness of mind) arises. To establish a **very good daily religious routine** for the cultivator to develop a **very stable daily mindfulness** when they revert to their normal day to day cultivation after the 8-days retreat.
7. **Books** to bring along: 1. **Heart Sutra short notes** – 2nd edition; 2. **Chanting books** (normal and retreat versions); 3. Bro. Teoh's **Cultivating the Bodhisattva way** (blue book) & **Unique Dhamma quotes** purple book; 4. The following **new** books: i) **Awareness & Consciousness**, ii) **Path to Nibbana** & iii) **Ultimate realization to transcend life**; 5. **Retreat program** – e-copy. (A Hard copy will be distributed to all retreatants at the retreat).

Meditation retreat's Dhamma sharing Program:

Day 1: 23rd August 2024 (Friday)

Time	Program
7.30am-8.10am	Meet at Bro. Teoh's house (No. 8 Jalan SS2/80, Petaling Jaya) for breakfast. Otherwise, can arrive by 8.10am.
8.10am-8.30am	Leave for Cameron Highlands after a short puja at Bro. Teoh's place. Alternatively, to leave at 8.10am and have puja on the bus/van, car.
8.30am-12.30pm	Briefing, introduction, and fellowship cum sharing of the dhamma while travelling on bus. To always maintain mindfulness and Heedfulness while travelling.
12.30pm-1.30pm	Arrive at Triple Gem (Sam Poh Temple) Mahayana temple Brinchang, Cameron. Pay respect to Triple Gems and the chief monk (Dang Jia) of Triple Gem temple followed by a short briefing as to where the facilities and rooms are located. Lunch at Temple has been arranged. To maintain mindfulness and heedfulness throughout. Those arriving late please do inform our organizers via our annual retreat group WhatsApp.
1.30pm-3.00pm	Check in to Temple and settle down (can have bath for those who need it). For those who arrive early they can walk around mindfully to familiarize themselves with the way place and help in the setting up of the meditation hall . Also do pay respect to all those Great Beings rupas or images that are <i>worthy of respect</i> .
3.00pm-4.15pm	Opening Puja followed by briefing and meditation instructions by Bro. Teoh. The briefing will be very comprehensive covering retreat objectives , essence of Buddha's teaching , instructions on how to develop the 5 spiritual faculties of Faith (Saddha) , spiritual zeal or resolve (Viriya) , Sati (mindfulness) and Samadhi (collectedness and unwavering mind) leading to appamada or heedfulness to arise the panna/wisdom needed to counter the 5 mental hindrances of mind to develop the meditation. Meditation instructions will include a detailed explanation of what meditation is and how to develop the 2nd turnings dhamma contemplation wisdom to enable one to meditate with understanding . (Note: Cultivation to include the Establishment of a proper daily religious routine leading to a sustained period of continuous heedfulness . <i>This is a must</i> to develop good progress .)
4.15pm-5.00pm	30 minutes of Formal sitting or lying down meditation and 15 minutes of daily mindfulness training via bowing, dhamma contemplation , reflection , and inquiries within the VICINITY of the temple while in walking, standing, or sitting postures. To always maintain continuous mindfulness with awareness within.
5.00pm-5.30pm	Q & A followed by the review of the Heart Sutra short notes book of Bro. Teoh - to develop the proper understanding of the dhamma and the Meditation as taught by the Buddha. Can ask any questions regarding the meditation , dhamma and real-Life application of the Dhamma etc.
5.30pm-6.15pm	Welcoming Dinner - to maintain the Heedfulness and daily mindfulness training at all times.

Day 1: 23rd August 2024 (Friday)

Time	Program
6.15pm-6.45pm	Rest and clean up. To maintain the Heedfulness and daily mindfulness training at all times. Even when answering nature's call - to do it mindfully . (Can also cultivate daily mindfulness via heedful and mindful evening walks and contemplation around the temple areas and its vicinity.)
6.45pm-7.15pm	Evening chanting to develop the spiritual faculties of Saddha, Viriya & Sati.
7.15pm-7.45pm	30 minutes of Formal Sitting or lying down meditation .
7.45pm-9.15pm	Q & A and dhamma discussion and sharing via reviewing the Heart sutra dhamma short notes of Brother Teoh . Closing Puja. Rest.

Day 2, 3 & 4: 24th to 26th August 2024 (Saturday to Monday)

Time	Program
5.45am -6.15am	Wake up and clean up.
6.15am - 6.45am	Morning puja followed by simple morning mindfulness cum stretching exercises. (To bring along a pair of 1 or 2 kg hand exercise weights)
6.45am-7.15am 7.15am-7.30am	A total of 30 minutes of Formal sitting + 15 minutes meditation Q & A. (Or 15 minutes break for those helping with their morning duties).
7.30am - 8.30am	Morning breakfast + clean up and rest. To maintain the daily mindfulness training at all times (even while resting) + Cultivation of daily mindfulness via Heedful and MINDFUL walking and contemplation around the temple vicinity after meal.
8.30am-9.00am	Morning chanting and reflections.
9.00am- 10.00am	Minimum 45 minutes of Formal sitting & walking or lying down meditation followed by 15 minutes of daily mindfulness training via standing in contemplation, bowing etc. as before.
10.00am-12.00pm 12.00pm-12.15pm	Q and A cum reporting of meditation followed by dhamma sharing via review of the Heart Sutra dhamma book of Brother Teoh. (15 minutes break for those helping with their duties).
12.15pm-12.45pm	Lunch – to maintain daily mindfulness and heedfulness at all times.
12.45pm-1.30pm	Rest and clean up as before. To maintain the daily mindfulness training and Dhamma contemplation at all-time even during resting period.
1.30pm-3.00pm	Puja followed by briefing by Bro. Teoh on how to: i) strengthen the 5 spiritual faculties of Saddha, Viriya, Sati, Samadhi and Wisdom (Panna) to root out the opposite 5 mental hindrances of sensual desire, ill-will, sloth and torpor, restlessness of mind and doubt. ii) develop the understanding of the following essential Dhamma: 4 right efforts + 5 ways to overcome wrong or unwholesome thoughts, 5 daily contemplations,

Day 2, 3 & 4: 24th to 26th August 2024 (Saturday to Monday)

Time	Program
	3 evil roots of Greed, Hatred and Delusion, 5 aggregates of form and mind, 12 links, 4 Noble Truths, 4 foundation of mindfulness, 7 factors of Enlightenment & importance of devotional practices or puja etc. (everyday different topic.)
3.00pm-4.00pm	45 minutes of Formal meditation via sitting or lying down or walking followed by 15 minutes of daily mindfulness training via bowing & Dhamma contemplation, reflection, and inquiries within the vicinity of the temple area while in a standing, walking, sitting, or lying down postures. Always be natural, relax and joyful.
4.00pm-5.15pm 5.15pm-5.30pm	Q & A followed by the Review of meditation reporting - to develop the proper understanding of the cultivation, the Dhamma and the Meditation as taught by the Buddha. Can ask any questions regarding the meditation, the Dharma and real-Life application of the Dharma etc. + closing puja. (15 minutes break for those helping with their duties).
5.30pm-6.00pm	Dinner - to maintain the daily mindfulness training at all times.
6.00pm-6.40pm	Rest and clean up. To maintain the daily mindfulness training at all times (even when answering nature's call also to do it mindfully). Cultivation of daily mindfulness via mindful evening walks and contemplation around the temple areas.)
6.40pm-7.10pm	Evening chanting to develop the spiritual faculties of Saddha, Viriya & Sati.
7.10pm-7.40pm	Minimum 30 minutes formal Sitting meditation to stabilize one's mindfulness and Samadhi.
7.40pm-9.15pm	Q & A and dhamma discussion and sharing via reviewing of the Heart Sutra dhamma short notes book of Bro. Teoh. Closing Puja. Rest.

Day 5, 6 & 7: 27 August to 29 August 2024 (Tuesday to Thursday):

Time	Program
5.45am -6.15am	Wake up and clean up.
6.15am - 6.45am	Simplified morning puja followed by simple morning mindfulness exercise.
6.45 am-7.15am 7.15pm-7.30pm	30 minutes of Formal sitting or lying down meditation + 15 minutes of bowing or walking meditation. (15 minutes break for those helping with their duties).
7.30 am- 8.30am	Morning breakfast + clean up and rest. To maintain the daily mindfulness training at all times (even while resting) + Cultivation of daily mindfulness via Heedful & MINDFUL walking and contemplation around the temple vicinity.
8.30am-9.00am	Puja followed by morning chanting and reflections.
9.00am- 10.00am	45 minutes of Formal sitting & walking or lying down meditation followed by 15 minutes of daily mindfulness training via contemplation and bowing etc.

Day 5, 6 & 7: 27 August to 29 August 2024 (Tuesday to Thursday):

Time	Program
(27th Aug 2024) 10.00am-10.30am (28–29 th Oct 2023) 9.00am-10.30am	(Taking of the Bodhisattva vows) – Optional 60 minutes of Formal sitting & walking or lying down meditation followed by 30 minutes of daily mindfulness training via contemplation and bowing etc.
10.30am-11.45am 11.45pm-12.00pm	Q and A cum reporting of meditation followed by Dharma sharing via review of Heart Sutra dhamma book. (15 minutes break for those on duty.)
12.00pm-12.30pm	Lunch at Temple. To maintain mindfulness and heedfulness throughout.
12.30pm-1.30pm	Rest and clean up as before. To maintain the daily mindfulness training , dhamma contemplation at all-time even while resting and moving around.
1.30pm-3.00pm	60 minutes of Formal meditation via sitting and walking or lying down postures followed by 30 minutes of daily mindfulness training via bowing & Dharma contemplation, reflection, and inquiries, etc. within the vicinity of the temple area while moving around in the walking, standing, or sitting postures. (Always be natural and maintain relaxation of form and mind and awareness at all times.)
3.00pm-5.15pm 5.15pm-5.30pm	Q & A followed by the Review of meditation reporting - to deepen one's proper understanding of the cultivation, the dhamma and the Meditation as taught by the Buddha. Can ask any questions regarding the meditation, the dhamma and real-Life application of the Dhamma etc. + closing puja. (15 minutes break for those on duty.)
5.30pm-6.00pm	Dinner - to maintain the Heedfulness training at all times.
6.00pm-6.40pm	Rest and clean up. To maintain the Heedfulness training at all-time even when resting or while having an evening walk and doing dhamma contemplation around the temple vicinity.)
6.40pm –7.00pm	Evening chanting and reflections.
7.00pm-7.30pm	30 minutes of Formal Sitting and walking or lying down meditation.
7.30pm-9.15pm 7.30pm-9.15pm (29.8.2024)	Q & A and dhamma discussion and sharing via reviewing of the Heart Sutta dhamma notes that I had given out earlier on. Closing Puja. Rest. Closing ceremony (Part 1) - <i>Formal introduction</i> and <i>personal sharing</i> cum feedback by all retreat participants including suggestions (if any) from them on how to improve on future retreat program . Closing Dharma and advice by Bro. Teoh on how to continue the cultivation after returning to normal daily life followed by acknowledgement of <i>thanks, accounts reporting, rejoicing, asking for forgiveness and closing Puja</i> . (Importance of having a good religious routine to develop the stability of daily mindfulness & N8FPath cultivation in daily life during post retreat.)

30.8.2024 (Friday) – Day 8: Last day of retreat.

Time	Program
6.00am -6.30am	Wake up and preliminary final clean-up & packing before leaving at 9.10am.
6.30am - 6.45am	Morning puja + morning chanting.
6.45am-7.15am	30 minutes of Final Formal sitting or lying down meditation.
7.15am - 8.00am	Morning breakfast and final cleaning up and packing. To maintain the daily mindfulness training at all-time even while resting.
8.00am-8.45am	Closing ceremony (part 2): Expression of thanks and gratitude towards the temple management and Fa Chan Sifu. And presentation of gift/souvenir and offering of donation and cash support to the abbot, monks, and staffs of Triple Gem temple. Follow by asking for forgiveness from all and group photo.
8.45am-10.15am	Continuation of closing Dharma and <i>formal introduction</i> and <i>personal sharing by all Kalyanamittas</i> .
10.15am-11.00am	Quick packing - leaving today. Final cleaning up and proper handing over of well clean-up rooms back to temple management before checking out from temple. Farewell & exchange of greetings. We will <i>have lunch along the way</i> . Lunch will be sponsored by our retreat common fund. Lunch location will be decided later. Leave for PJ/KL at 3.15pm or latest 4.15pm and expected arrival time is at about 5.30pm or 6.30pm.

The above 8 days Meditation retreat at Cameron Highlands was conducted by Bro. Teoh Kian Koon.

Dated: 25th June 2024.