**Meditation Retreat at Mahayana Triple Gem Temple, Brinchang, Cameron Highlands**

**Dated:** 15th March **(Friday)** to 23rd March **(Saturday)** 2018(conducted by Bro. Teoh Kian Koon)

**A. Introduction:**

This meditation retreat caters for all participants who may be from **different** *background* or *Buddhist traditions* with *varying meditation experiences*. The emphasis here is on the **understanding** the **Buddha dhamma** and the **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 first** session where more **dhamma understanding** will be **emphasized** followed by a **more stringent** second session (19/3 till 23/3/2019) where **noble silence, heedfulness** and the **meditative training** and **actual cultivation** 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** **183, 21, 22**, **23** and his final advice - ‘**Appamadena sampadetha’** before his parinibbana**.**
2. To **train ourselves** during the meditation retreat 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 meditatio**n, suitability** and **non-delusion) as a sign** of our **respect** for the 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** until they become **very stable** and **unshakeable**.
4. With the stable **daily mindfulness** or **awareness** 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 view, Right Thoughts, Right Speech, Right Action, Right Living, Right Effort, 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 the cultivator can have the condition to **insight** into the ***3 universal characteristics of nature*** to **awaken (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 **essential dhamma as taught by** the Buddha. The **important essential dhamma** as taught by the **Buddha** are: 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 & Dharma 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 **silent** 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 of mind) arise. To establish **a very good daily religious routine** for the cultivator to develop a **very stable** **daily mindfulness** when they revert back to their normal day to day cultivation after the 9-days retreat.
7. **Books to bring along**: 1. **Heart Sutra short notes** book; 2. **Chanting books** (normal and retreat version); 3. **Cultivating the Bodhisattva way** (blue transcript book); 4. **Retreat programme**.

**Meditation Retreat Programme:**

| **Day 1:** 15th March 2019(Friday) | |
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| **Time** | **Programme** |
| 7.30am-8.10am | Meet at Bro. Teoh’s house (No. 8 Jalan SS2/80, Petaling Jaya) for breakfast.  Otherwise can arrive by 8.00am. (Those gathering at SJBA to arrive at SJBA by **7.30am** latest as bus leaves for Bro. Teoh’s house for 2nd pick up at **7.35am** sharp.) |
| 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. |
| 8.30am-12.30pm | Briefing, introduction and fellowship cum sharing of the dhamma while travelling. |
| 12.30pm-1.00pm | 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 short briefing as to where the facilities and rooms are located. |
| 1.00pm-1.30pm | Lunch at Temple. To maintain **mindfulness** and **heedfulness** throughout. |
| 1.30pm-2.15pm | Check in to Temple and settle down (have bath for those who need it). For those who are early they can walk around **mindfully** to ***familiarize*** themselves with the way place and pay respect to all those rupas or images that are *worthy of respect*. |
| 2.15pm-3.30pm | **Opening Puja** followed by **briefing** and **meditation instructions** by Bro. Teoh. The briefing will be **very comprehensive** and it will **include, retreat objectives, 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 the **appamada or heedfulness** to arise the **panna (**or wisdom) **needed** to **counter** the **5 mental hindrances** of mindto develop themeditation**. Meditation instructions** willinclude the **detail explanation** of **what is meditation** and how to develop the **2nd turnings** dhamma **contemplation wisdom** so that the meditation can be done **with understanding. (Cultivation** to include the **Establishment** of a **proper daily religious routine** leading to a **sustained** period of **continuous heedfulness.** *This is a* **must** to develop **good progress.)** |
| 3.30pm-4.30pm | 45 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 maintain ***continuous*** mindfulness ***with awareness within*** at all time. |
| 4.30pm-5.30pm | Q & A followed by the review of the **Heart Sutra** short notesbook 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-6.00pm | Dinner - **to maintain** the **Heedfulness** and **daily mindfulness training** at all time. |
| 6.00pm-6.45pm | Rest and clean up. To maintain the **Heedfulness** and **daily mindfulness** training at all time. 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 | 30 minutes of **Formal Sitting** or **lying down meditation**. |
| 7.15pm-7.45pm | Evening chanting **to develop** the **spiritual faculties** of saddha, viriya & Sati. |
| 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**: 16th to 18th **March 2019** (Saturday to Monday) | |
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| **Time** | **Programme** |
| 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 **2 or 3 kg** hand exercise **weights**) |
| 6.45am- 7.30am | 30 minutes of Formal sitting & 15 minutes of ***walking or bowing*** meditation. |
| 7.30am - 8.30am | Morning breakfast + clean up and rest. To maintain the **daily mindfulness training** at all time (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- 10.30am | **Minimum 60 minutes** of **Formal** sitting & walking or lying down meditation followed by 30 minutes of **daily mindfulness** training via standing in contemplation, bowing etc. as before. |
| 10.30am-12.00pm | Q and A cum reporting of meditation followed by dhamma sharing via review of the Heart Sutra dhamma book of Brother Teoh. |
| 12.00pm-12.30pm | Lunch – to maintain daily mindfulness and heedfulness at all time. |
| 12.30pm-1.30pm | Rest and clean up as before. To maintain the **daily mindfulness training** and **Dharma contemplation** at all-time even during resting period. |
| 1.30pm-3.00pm | Puja followed by briefing by Bro. Teoh on how to:   1. strengthen the 5 **spiritual faculties of saddha**, **viriya, sati, Samadhi** (the **unwavering** or **collected mind**) **and wisdom (panna)** to overcome **the 5 mental hindrances - sensual desire, ill-will, sloth and torpor, restlessness of mind and doubt**; 2. develop the understanding of the following essential Dharma: 4 right efforts + 5 ways to overcome wrong or unwholesome thoughts, 5 daily contemplations, 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-4.30pm | ***60 minutes*** of Formal meditation via ***sitting or lying down*** or ***walking*** followed by 30 minutes of ***daily mindfulness training*** via bowing & Dharma contemplation, reflection and inquiries within the vicinity of the temple area while in a relax walking, standing or sitting postures. |
| 4.30pm-5.30pm | Q & A followed by the Review of meditation reporting - to develop the proper understanding of the cultivation, the Dharma 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. |
| 5.30pm-6.00pm | Dinner - to maintain the daily mindfulness training at all time. |
| 6.00pm-6.40pm | Rest and clean up. To maintain the daily mindfulness training at all time (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 | Minimum 30 minutes formal Sitting meditation to stablise one’s mindfulness and Samadhi. |
| 7.10pm-7.40pm | Evening chanting to develop the spiritual faculties of saddha, viriya & Sati. |
| 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 & 8:** 19th to 22nd **March 2019** (Tuesday to Friday): | |
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| **Time** | **Programme** |
| 5.30am -6.00am | Wake up and clean up. |
| 6.00am - 6.30am | Simplified morning puja followed by simple morning **mindfulness** exercise. |
| 6.30 am-7.30am | 45 minutes of Formal sitting or lying down meditation followed by 15 minutes of bowing or walking meditation. |
| 7.30 am- 8.30am | Morning breakfast + clean up and rest. To maintain the daily mindfulness training at all time (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- 10.30am  **(21th March 2017 )**  10.30am-11.00am | 60 minutes of Formal sitting & walking or lying down meditation followed by 30 minutes of daily mindfulness training via contemplation and bowing etc.  **(Taking of the Bodhisattva vows) – Optional** |
| 10.30am-12.00am | Q and A cum reporting of meditation followed by Dharma sharing via review of Heart Sutra dhamma book. |
| 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 contemplationat 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-5.30pm | Q & A followed by the Review of meditation reporting - to deepen the **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. |
| 5.30pm-6.00pm | Dinner - to **maintain** the **Heedfulness training** at all time. |
| 6.00pm-6.40pm | Rest and clean up. To maintain the Heedfulne**ss 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**  **(22.3.2019)** | 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) - *Formal introduction* and *personal sharing* cum feedback by all retreat participants including suggestions (if any) from them on how to improve on future retreat **programme**.  Closing Dharma and advice by Bro. Teoh on **how to continue** the ***cultivation*** after returning **to normal daily life** followed by ***acknowledgement*** of *thanks, accounts reporting, rejoicing, asking for forgiveness and closing Puja.* (***Importance*** *of having* ***a good religious routine*** *to develop the* ***constant*** *daily mindfulness* & N8FPath cultivation in daily life.) |

| **23.3.2018 (Saturday) – Day 9: Last day of retreat.** | |
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| **Time** | **Programme** |
| 6.00am -6.30am | Wake up and clean up. |
| 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 cleaning up. To maintain the **daily mindfulness training** at all-time even while resting. |
| 8.00am-8.45am | ***Closing ceremony (part 2):*** Expression of thanks to the temple management 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-9.10am | **Quick packing -** leaving today. Final cleaning up before checking out from temple. Saying of farewell. We will ***have lunch at Kampar*** then group **may** visit **Mangala Lodge** (tentative proposal). Lunch will be sponsored by our Kalyanamitta fund. Leave for PJ/KL at 2.15pm or 4.15pm and expected arrival time is at about 4.30pm or 6.30pm. |

Above 9 days annual Meditation **retreat -** conducted by Bro. Teoh Kian Koon.

**Dated: 10/1/2019.**