

Annual Meditation Retreat #8 at Mahayana Triple Gem (Sam Poh) Temple, Brinchang, Cameron Highlands. Dated: 14th March (Saturday) to 22nd March (Sunday) 2020 (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 (18/3 till 22/3/2020) 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 21, 22, 23, 183** 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 meditation, 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 (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 as to **enable** the cultivator to have the condition to **insight** into the **3 universal characteristics of nature** to **awaken (realize the insight knowledges 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 important **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 & 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 mind** until the **enlightenment factor of passadhi** (tranquility and stillness 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: 14th March 2020 (Saturday)

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 2 nd 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 <i>worthy of respect</i> .
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 mind to develop the meditation. Meditation instructions will include 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 . <i>This is a must to develop good progress.</i>)
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 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-6.00pm	Dinner - to maintain the Heedfulness and daily mindfulness training at all time.

Day 1: 14th March 2020 (Saturday)

Time	Programme
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	Evening chanting to develop the spiritual faculties of saddha, viriya & Sati.
7.15pm-7.45pm	30 minutes of 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: 15th to 17th March 2020 (Sunday to Tuesday)

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 after 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- 10.15am	Minimum 60 minutes of Formal sitting & walking or lying down meditation followed by 15 minutes of daily mindfulness training via standing in contemplation, bowing, and walking etc.
10.15am-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 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 to overcome the 5 mental hindrances ; ii) 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.)

Day 2, 3 & 4: 15th to 17th March 2020 (Sunday to Tuesday)

Time	Programme
3.00pm-4.15pm	60 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 relax walking, standing or sitting postures.
4.15pm-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 Dhamma 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 stabilize 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: 18th to 21nd March 2020 (Wednesday to Saturday):

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	15 minutes of bowing or walking meditation followed by 45 minutes of Formal sitting or lying down 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- 10.15am	60 minutes of Formal sitting & walking or lying down meditation followed by 15 minutes of daily mindfulness training via contemplation and bowing etc.
(20th March 2020)	(Taking of the Bodhisattva vows) – Optional
10.15am-11.00am	

Day 5, 6,7 & 8: 18th to 21nd March 2020 (Wednesday to Saturday):

Time	Programme
10.15am-12.00am	Q and A cum reporting of meditation followed by Dhamma 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 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 & Dhamma 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 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	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.
7.30pm-9.15pm (21.3.2020)	<p>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 programme.</p> <p>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 constant daily mindfulness & N8FPath cultivation in daily life.)</p>

22.3.2020 (Sunday) – Day 9: Last day of retreat.

Time	Programme
6.00am -6.30am	Wake up and clean up.
6.30am - 6.45am	Morning puja + morning chanting.

22.3.2020 (Sunday) – Day 9: Last day of retreat.

Time	Programme
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 session.
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: 6/1/2020.