

# Residential Meditation Retreat with Ven. Uda Eeriyagama Dhammajiva Thero

(Chief meditation master at Nissarana Vana Hermitage, Meethirigala, Sri Lanka)

## The Venerable Teacher



Ven. Uda Eeriyagama Dhammajiva Thero is well known as a Dhamma scholar with a wide knowledge of Tripitaka Dhamma and as an eminent member of the sangha community. He is a pupil of the most renowned meditation master, most venerable Mathara Gnanarama Maha Thero.

Venerable Dhammajiva Thero authored several Dhamma books. He has translated some Burmese Dhamma books into Sinhala as well.

Now the Venerable Thero is the chief meditation master of Meethirigala Nissaranavanaya Forest Monastery.

Ven Thero visited Dhamma Sarana Buddhist Temple in Melbourne first in 2006 and then again in 2007 and 2008. Ven Thero soon became a very popular teacher among the international community for both Samatha and Vipassana meditation.

**Venue :** [Candlebark Farm](#), 531 Healesville-Kooweerup Road, Healesville  
Melway Ref 284 E6 VicRoads Country Map Ref 80A5

**Period :** Friday 5th Jan (from 05:00 PM) to Saturday 16th Jan 2010 (to 05:00 PM)

**Cost** for the full program :\$350.00

**Cost** for the 4 day program :\$200.00



## Format and etiquette during retreat

•Retreat will be held according to the Theravada Buddhist tradition - Participants will be guided in both Samatha and Vipassana meditation.

•**Noble silence will be observed.** Conversation between participants should occur only if absolutely necessary. Participants are advised to abstain from any conversation as a consideration towards other participants.

•Eight Precepts will be observed:

- 1.Abstain from killing.
- 2.Abstain from stealing.
- 3.Observe celibacy.
- 4.Abstain from false and harsh speech.
- 5.Abstain from alcohol and drugs - no smoking.
- 6.Abstain from eating after mid-day.
- 7.Abstain from dancing, listening to or playing music, watching performing arts, wearing ornaments, perfumes and makeup.
- 8.Abstain from using luxurious seats and beds.

•Participants are required to be mindful and quiet at all times. When entering and leaving the Meditation Hall. Sit quietly and be courteous at all times. Please endeavor not to stretch legs in the direction of the Buddha statue or the teacher, as a mark of respect. Avoid objects such as keys and plastic bags or rustling clothes, which may cause noise.

Mobile phones must be switched off – Strictly in Meditation hall.

Please avoid using mobiles unless really necessary

• It is preferable that all participants attend all sessions of the Retreat. A bell will be rung to indicate the session times. If you are unable to attend certain sessions, please discuss with, or notify the teacher of the problems that have arisen, so that he could help you overcome them.

• Your absolute devotion to mindfulness and enjoyment of the peace and serenity should be your main and only goal during the retreat.



## Accommodation:

Shared accommodation is available. *If you are a heavy snorer* please let organisers know to make appropriate sleeping arrangements.

## What to bring?

- Comfortable clothing (of material that does not rustle). [The expected average local temperature is around Min 15 – max 35 deg C]. White or light coloured garments are preferable during the retreat.
- Bedding (sheets, pillow-slips, quilt if needed) – Very clean mattress, pillow and blanket will be provided.
- Toiletries, towels and insect repellent.
- Both indoor and outdoor footwear.
- Meditation cushion and rug or shawl. A cushion of 4 – 5 inch thick for sitting would be appropriate.
- Alarm clock, torch, umbrella and flask will be useful.
- Medicare card in case of an emergency and **ANY MEDICATIONS YOU ARE TAKING SHOULD BE CORRECTLY LABELLED. PLEASE DO NOT BRING ANY VALUABLES**

## Volunteer Duties:

During the retreat a roster would be made available for helpers in the following areas: offering food to the Teacher, ringing the bell, helping in the general tidying up during mealtimes. Please avoid bringing special offerings to the monk. Only the person rostered for the day would be looking after the monk's needs.



## Arrival and the program

**Arrival: Friday 5th January 2010 between 5pm and 6pm.** Room allocations along with a detailed timetable of the program will be made available on registration.

Car owners could park their cars at the car park.

Program commences at 8pm (05/01/2010) in the Meditation Hall. (Please refer the attached layout plan)

Daily events and the times will be discussed with the teacher and will be displayed.

### **Completing the Form & Further Information**

It is a requirement by law to provide Candlebark Farm management with a list of names and addresses of all participants, which will be treated confidentially. So, please pay careful attention to all details when filling the application form.

**Family Contact** : For emergencies during the retreat your family could phone you on 03 5962 4727 or send a text message to Daya - mobile 04183 77229

**Meals:** All meals breakfast & lunch would be vegetarian. Tea, coffee, milk and fruit juice will be available at all times. If someone needs dinner or special milk due to medical reasons please make sure to organise it by yourself. There is a cook on site to prepare lunch and roster will be provided for yogi's to help him quietly to organize lunch/dana and cleaning etc.

Usually for breakfast, bread, cereal and fruits will be available. You can make your toast bread/tea/ coffee by yourself quietly and clean the plates without making any noise.

Noble silence will be observed at all times.

There will be two boxes, envelopes, pens and paper kept in the meditation hall for Questions.

#### **Help required:**

If you require any services or any items are needed, please write your name, room number and the items required or services required and place it in the box. If any items to be purchased, please put the money and the details in envelopes and place them in the box. Coordinators will attend to these requests for you.

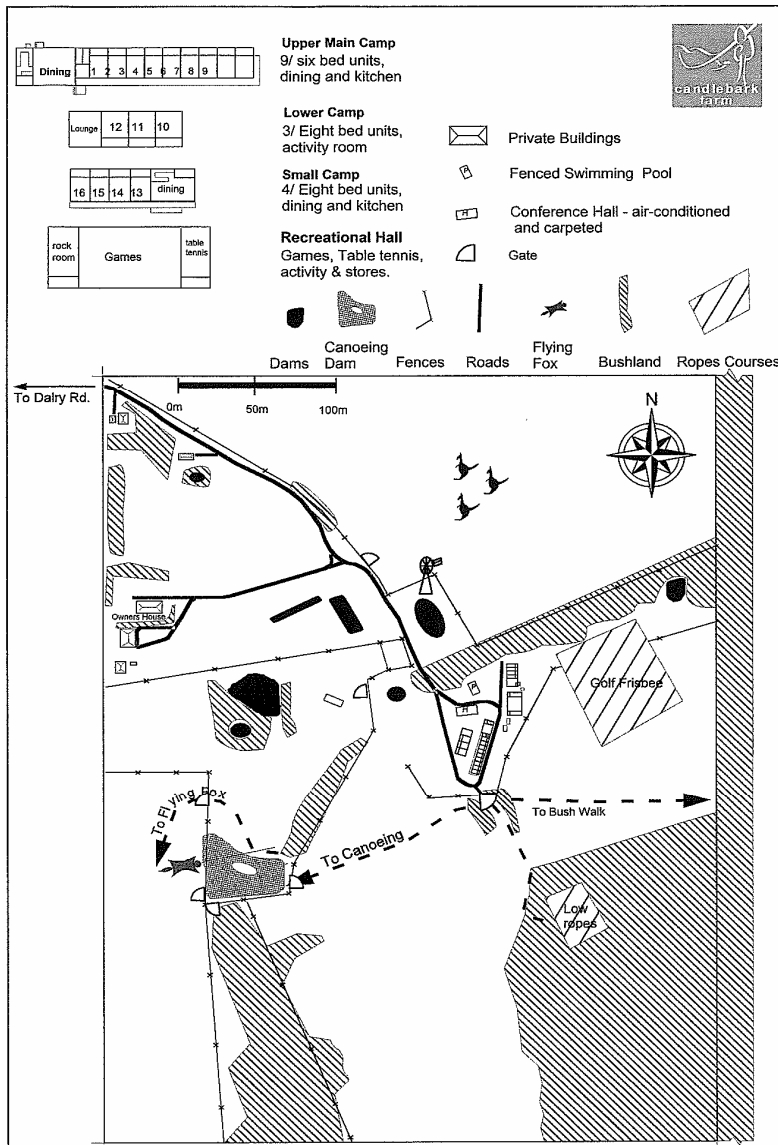
For urgent matters please contact Badra (ladies) / Chitra or Daya (Gents).



## Questions for Bhanthe

To ask any questions from Ven. Bhanthe during the general discussion sessions, please write the questions and place them in the provided box before the session.

Individual times will be provided later to discuss meditation progress with Ven. Bhanthe (“Kamatahan”). The instruction sheet will be provided for each yogi, “how to prepare for asking questions from Bhanthe” and “how to report the progress”. Usually 10 minutes for each session (unless later changes, depend on the number of yogis in the re-treat).



Map of Candlebark Farm

