

## **Chuang Yen Monastery Four-Week Meditation Retreat**

During the four-week period, Venerable Dhammadipa (Thomas Peter Gutmann) will lead a retreat focus on Samatha and Vipasyana meditation and the practice of 6 and 10 paramitas as given in the Theravada and the Northern Buddhist Tradition. The practice of “4 heavenly abodes” will be emphasized in the Samatha meditation. Practical instructions will be given for this practice with reference to the Jataks (Birth stories of the Buddha), Suttantas and Theravada and Mahayana Abhidharma.

Prajnaparamita, being the summit of all the Buddhist practices, will be introduced to the practice of the four Brahmaviharas. Other paramitas (perfections) will be explained to support the Samatha and Vipasyana practice as well by giving examples from the southern and northern Buddhist tradition. The emphasis will be on the practical side of the samatha and vipasyana practice as paramita, and present theoretical background of these practices.

### **MEDITATION INSTRUCTOR: VENERABLE DHAMMADIPA**

Born in Czechoslovakia, Venerable Dhammadipa is a world-renown meditation teacher, with deep understanding of meditation in both Theravada and Mahayana traditions. In 1987, he received traditional Theravada ordination in Sri Lanka, where he practiced meditation under Venerable Nanarama Mahathera. In 1989, he received ordination as a Mahayana monk in Hsi Lai Temple, Los Angeles. In 1996, he practiced meditation with the meditation master Venerable Pa Auk Sayadaw in Myanmar, and is considered by the Sayadaw to be the first of his Western disciples qualified to teach meditation. Over the past ten years, Venerable Dhammadipa has taught meditation at western and Asian monasteries and universities around the world.

### **DATE: OCTOBER 29<sup>TH</sup> THROUGH NOVEMBER 27<sup>TH</sup>, 2010**

The retreat will start on Saturday morning, October 29<sup>th</sup>, and will end Saturday afternoon, November 27<sup>th</sup>. Participants may join the retreat by arriving any Friday evening, October 28, November 5, 12, or 19, and may stay for one, two, three, or four weeks.

**FORMAT :** Each day of the retreat will include intensive meditation practice, walking meditation, yoga, and personal interviews with Venerable Dhammadipa and his assistants. During the retreat, Venerable Dhammadipa will also give Dharma talks. The Dharma talks will include meditation instruction and teachings on the “four Brahmaviharas” to have a profound understanding in Samatha and Vipasyana meditation and Paramitas. Dharma talks will be given in English, with a summary in Chinese if needed.

**PARTICIPANTS :** Meditators of all ages are invited to attend. Each participant should be able to sit comfortably in meditation for one hour.

**FEE:** Chuang Yen Monastery is run on the basis of donation, it welcomes your donation to help cover its costs for hosting this retreat. However, those with limited financial resources are most welcome, even if they cannot make a donation. A donation is welcome when participants register on the first day, or at the end of the retreat. All offerings to the Buddha or Sangha are welcome. If you send a donation check, please address it to: 2020 Route 301, Carmel NY10512. Please make all checks payable to B.A.U.S. On the check, please indicate the type of donation intended (whether it is for the retreat in particular, or for the Sangha in general).

**TO REGISTER :** Download the registration form from the BAUS website, [www.baus.org](http://www.baus.org). Or, obtain an application form at Chuang Yen Monastery (CYM).

**LOCATION:** Chuang Yen Monastery, 2020 Route 301, Carmel, NY 10512.  
Driving directions may be found at [www.baus.org](http://www.baus.org).

**TRANSPORTATION:** Participants can take train from Grand Central Station to Cold Spring or Brewster, then take a taxi (*Cold Spring taxi* (845) 265-8294, *Brewster taxi* (845) 278-8830, (845) 279-6552, (845) 279-1390). For transportation from NYC directly to the monastery, please contact private shuttle Vanguard Int'l Travel Inc. at 718-888-1016, 718-886-8868.

### **FOR ADDITIONAL INFORMATION:**

Sunandi [cym@baus.org](mailto:cym@baus.org) (845) 228-4288 extension 104 or  
Reverend Sudharma, [bauscym@aol.com](mailto:bauscym@aol.com), (845) 225-1819 extension 115