Chuang Yen Monastery 10-Day Meditation Retreat

5 Day Four Sublime Abidings Meditation

March 28 - April 1, 2010 (5 days)

(3 / 27 Saturday, 1:00pm **Registration** * 3:00pm **Orientation** * 7:00pm **Program Introduction**)

Four Immeasurables (Four Sublime Abidings) Meditation, a kind of Samatha, is a (concentration) technique practiced in early Buddhism, aimed at training the mind to remove one's resentment while enlightening loving-kindness, compassion, joy, and equanimity. It is not only a practical way to govern one's anger, jealous, malicious, and meddling mind, but also a great dharma way to open one's happiness in life. It can be regard as a profound foundation for all the meditation practice.

Retreat led by: Ven. Dhammadipa (FaYao)
Venerable Dhammadipa (Fa Yao), presently the abbot of Chuang Yen Monastery, has been ordained as a Theravada monk for twenty two years. He taught in Taiwan, and has been to different countries to study Buddhism. He received his B.A and M.A in Buddhist Studies in Sri Lanka, and his Ph.D in Religion and Philosophy in England, UK. His special preferences are in Abhidhamma and meditation practices, and often stress the importance of the Zen/Ch'an socialization in communities. He reads in Chinese, Japanese, Pali, Sanskrit, French, etc.

5 Day Vipassana Meditation

April 2 - April 6, 2010 (5 days)

(4 / 1 Thursday, 6:00pm **Registration** * 8:00pm **Program Introduction**)

Vipassana is regarded as a Pure Insight meditation technique. One of the foremost meditation methods from Myanmar, it is highly emphasized on developing insights and wisdom for one's own body and mind through vigorous contemplating and comprehending the impermanence, suffering (dukkha), emptiness, and non-self. Through observing objects of four elements, one would see the truth with wisdom.

Retreat led by: Shi, Zhen
Shi Zhen started to guide meditation since 1997. She has guided more than thousands of students, and led many meditation retreats in temples around Southern Taiwan. She is currently teaching at Wisdom Door Meditation Center in Taipei, Taiwan, which holds at least six meditation retreats every year with full registration under her guidance. She spent five years in Sabah, Malaysia, and established Kundasan Meditation Center on January 2008.
Upasika Shi Zhen has profound understanding of Buddha Dharma, and started to practice meditation at age 41. She has been studied from a number of meditation teachers, and been to Sri Lanka, Thailand, Myanmar to learn Pure Vipassana-only and Smatha-and-Vipassana method, etc. She is a rare Upasika as a meditation teacher.

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We highly recommend that participants could join the whole 10 day program such that he or she would be able to gain a thorough understanding in both practices. However, it is not mandatory. If you have any question, please go to our website www.baus.org or call 845-228-4288, ext 104/105 for further information.

You are also welcome to sponsor the vegetarian meal for this retreat. Total amount：$______________

Offering		Offering	
Triple Gem Meal $500		Fortune Meal $500	
Wisdom & Compassion Meal $400		Arahant Meal $400	
Auspiciousness Meal $300		Peace Meal ($any amount)	