



Buddhist Discussion Centre (Upwey) Ltd.

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World Fellowship of Buddhists Regional Centre
Associated Institution of the World Buddhist University
Ethnic Communities Council of Victoria Member

Christmas Five Day Retreat Course

The Buddhist Discussion Centre Australia will conduct a 5 Day non-residential Retreat Course from the 27th of December to the 31st of December at 33 Brooking Street, Upwey.

During the year our Centre was most fortunate to be visited by senior Theravada monk, Venerable Vimilaramsi. Bhante Vimilaramsi is a distinguished American Buddhist Monk with more than 40 years practice in meditation. He has taught meditation around the world and regularly conducts meditation retreats in Malaysia, Germany, Indonesia, South Korea, Sri Lanka and throughout the USA. One feature of Venerable Vimilaramsi's approach is that he relies entirely on the actual words of the Buddha as provided in the Theravada Sutta's and he says, he and his students have found much success from this approach.

At the time of his visit to our centre we requested Venerable if we could conduct a retreat at our centre using his taped Dhamma talks and meditation instructions. He encouraged us to do so and offered guidance by his most senior Nun to provide daily written feedback to each student based on their experience on each day of the course. Our Christmas 5 Day Retreat Course this year will be based on the meditation program provided by Venerable Vimilaramsi.

The program for each day will start at 9.30 am and conclude at 9.30pm with vegetarian and non-vegetarian lunch and dinner being provided, and will be conducted free of charge for participants.

We are currently corresponding with Bhante's senior Nun, Sister Khema, to work out a daily schedule and teachings so that the course can be structured over the 5-day period. Further information will be provided as these details are finalised.

Our Christmas break offers each of us an extended period of leisure time after a year of work and our busy daily living. Maybe it's the only opportunity we can experience a longer period of focused Dhamma practice. The purpose of our course is for participants to attain a new level of awareness, insight and awakening which supports true wellbeing and happiness.

If you have any questions please contact Frank Carter on 0408 303550 or by emailing the centre on wbu@bdcu.org.au