



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

BDC Easter Retreat Course

A three-day Easter Retreat Course based on the practice mindfulness, chanting, Buddhist meditation and meritorious action will be held at the Buddhist Discussion Centre Australia in Upwey from Friday the 30th of March to Sunday the 1st of April 2018.

The Buddhist Discussion Centre Australia has offered courses and classes for many years to help people develop mindfulness, compassion, meditation and wisdom to live happily and have inner strength to deal with the complexities and difficulties that are often part of our daily life.

The Buddhist teaching of mindfulness is called Right Mindfulness and explains that mindfulness is most beneficial and effective when it is accompanied by positive mental states and attitudes such as kindness, morality, meditation and patience. Each of these wholesome mental factors can be developed in ourselves and together contribute directly to us experiencing a happy and positive life.

Right Mindfulness is a foundation of the Buddhist Path which teaches us to use our precious life to

- Purify our mind
- Live wisely in accordance with the Truth
- Extinguish suffering and grief

Our course will start each day at 10.00am and finish around 9.00pm. It is a non-residential course hence a later starting time.

The course will comprise different activities each day such as for example several chanting sessions of up to 30 minutes each, several meditation sessions, some research and study time, a Dhamma teaching and periods of mindful activities. The mindful activities will be a range of meritorious tasks to help look after the centre or work on Dhamma projects. This could be maintenance work, gardening, preparing meals, cleaning and so on.

The course will be led by resident Teacher and Abbot Anita Carter and also Buddhist Monk Master Yi will attend to give teachings on Saturday the 31st of March.

The course is free of charge.

MAY YOU BE WELL AND HAPPY

You are welcome to visit our Websites:
www.bdcu.org.au - www.chanacademy.org