

An Invitation

DISUK is pleased to announce a rare opportunity to practise an ancient form of meditation, in the Middle Way 4-day retreat with four teachers trained in the Thai monastic tradition.

In this retreat you will learn the Dhammakaya meditation technique. Its simplicity, originality and effectiveness have made the Dhammakaya method greatly cherished in Thailand and its international popularity is growing fast. It is about relaxation, self-discovery, and purification of the mind. As such, the practice of this technique is not in conflict with any religion or creed, and is open to anyone to try for themselves.

About the Meditation Practice

This proven technique was discovered in 1917 by the Most Venerable Phramongkolthepmuni, a renowned Thai Buddhist monk. Dhammakaya is an ancient Indian word that means 'body of enlightenment'. The uniqueness of Dhammakaya meditation is that it teaches about the centre of the body as the natural home of the human mind as well as the inner gateway to enlightenment. The closer your mind is to its natural home, the closer you are to the natural



state of supreme bliss. This kind of happiness is self-sustainable and independent of personal circumstances and external factors.

Dhammakaya meditation also has a moral impact on the mind. It cleanses the mind, so that people who meditate regularly become gentler, kinder, and feel increasingly uncomfortable to harm anyone either by speech or action. Anyone who wishes to give up any unpleasant habit or to acquire a good habit for their personal development or progress in their career should definitely try Dhammakaya meditation. Moreover, we can deepen our spiritual practice by meditation, as we really take time to look within and just be with the present moment.

The retreat

This retreat is suitable for beginners as well as experienced practitioners. In our course the basics are explained, but extended guidance for more advanced practitioners is also provided.

You will be guided and taught by four monks that were trained for many years in the Thai monastic tradition, with international teaching experience.

Programme

The retreat is organized from Friday 2nd to Monday 5th July, in the Ladywell Retreat and Spirituality Centre, Godalming, Surrey. The course starts on Friday morning at 9am, and ends on Monday at 5pm. There are four meditation sessions per day, plus inspirational lectures on meditation, about the development of character, and on how to integrate meditation in your daily life. For those who are interested, you can join a free introductory meditation session held at Wat Phra Dhammakaya London, 2 Brushfield Way, Woking, on Thursday 1st



July, from 6 to 8 pm. This evening will provide an opportunity for newcomers to get to know the organizing staff before the retreat starts.

The Ladywell Retreat Centre

The Ladywell Retreat Centre is situated in pleasant surroundings with extensive, well kept gardens. You can sit in the gardens or enjoy walks in the wider surrounding areas, where you will be thrilled by the abundance of wildlife.

All rooms are single occupancy. The retreat centre offers wholesome, home cooked food and can cater for vegetarian and diabetic diets. During the retreat, in keeping with the practice at our meditation retreats, only breakfast and lunch will be served – no evening meal will be provided, but in the evening light refreshments will be served.

Space is limited, so early registration is recommended. A waiting list will be established after registration is filled.

Registration

People of any religious background (or none) are welcome at our retreat. The minimum age requirement is 18. We request that all participants be in a good state of health and comfortable in rustic surroundings with a genuine desire to learn and practise meditation in our established programme. All participants are requested to abstain from smoking or drinking alcohol.

The Middle Way Meditation Retreat is run by a Buddhist Charity based in the UK which promotes world peace through inner peace. Fees are kept to a minimum and will be used just for the costs of this retreat.

The Standard Rate for the retreat is £185. This fee covers all meals and accommodation. For full time students with a valid student ID we offer a special rate of £150. If you cannot afford the Standard Rate please talk to us and we will offer you a supported rate. The Sponsor Rate is £220. This is a benefactor rate which helps others to come to the retreat who cannot afford the Standard Rate, and it helps to pay for the travel of the meditation teachers from Thailand to Europe for this retreat.

Payment must be made in full by cash (directly at the Meditation Centre in Woking), by cheque (payable to Dhammakaya International Society of the United Kingdom), or bank transfer to Dhammakaya International Society of the United Kingdom (DISUK), HSBC Bank plc Account No: 81419870 Sort Code: 40-02-01

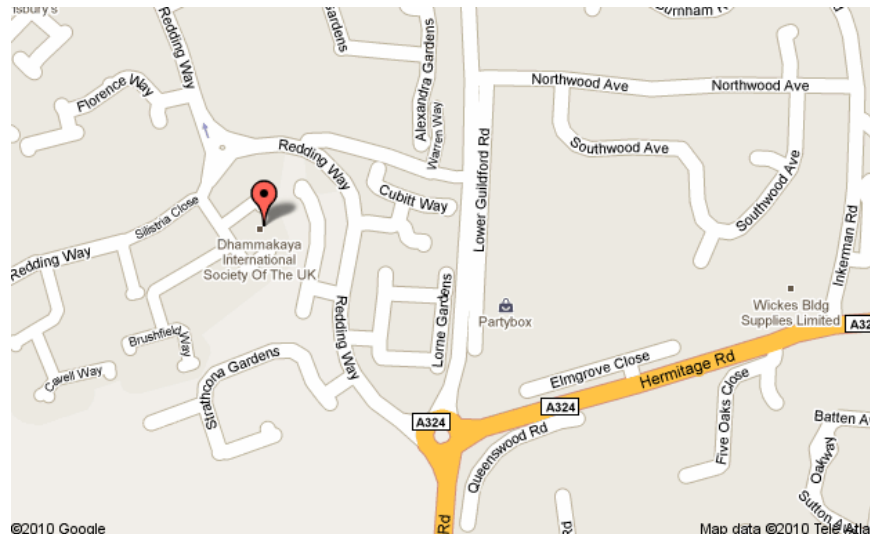
Mail registration forms and a cheque (or any evidence of fund transfer) must be

sent to the following address: Wat Phra Dhammakaya London, 2 Brushfield Way, Knaphill, Woking, Surrey, GU21 2TG

We will confirm your registration and send you detailed information on the facilities at the retreat centre as well as what you will need for the retreat. Registration is open until June 13, 2010. However, places are limited and will be allocated on a first-come first-served basis. Cancellations before April 30, 2010 will receive a full refund. Refunds cannot be claimed after April 30, 2010. For more information please contact 01483 - 47 57 57 or 077-233 727 98, fax 01483 - 47 61 61 or e-mail us at info@watlondon.org.

Route description

From all directions go on the A324 in the direction of Knaphill. Follow the A324 to the junction Hermitage Road/Redding Way. Follow Redding Way for 0.3 miles until you see the Dhammakaya Meditation Centre (church) on your left.



The Middle Way Meditation Retreat

Relax your body, rest your mind and find inner peace



<http://www.dhammadakaya.org.uk/>

Experience genuine happiness from within