

## MEDITATION RETREAT IN BRAHMA VIHARA ARAMA, BALI, INDONESIA FROM 7-19 DECEMBER 2010

An Insight (Vipassana) Meditation Retreat was held in Brahma Vihara Arama in Bali from 7-19 December 2010 led by

Bhante Raja. A total of 57 devotees signed up for this retreat which was conducted in 3

groups: The first was a 13-day retreat from 7-19 Dec which had 7 meditators including Bhante Raja.

The second was a 7-day retreat from 7-13 Dec with 23 meditators and the third was a 5-day retreat from 15-19 Dec with 27 meditators.

During the retreat, the meditators started their day with walking and sitting meditation at 4.30am followed by morning puja. Breakfast was served at 6.30am and lunch at 11.00am. All meditators observed the Eight Precepts. They had only breakfast and lunch and no meals after that. At the end of the day, there was a sharing session after the evening puja .

Meditators shared with Bhante and their fellow meditators their meditation experiences and problems they might have encountered.

On the last day of the retreat, a Dana was offered to Bhante Raja by the meditators.

In the evening, we invited Bhante Javana , Resident Monk of Brahma Vihara Arama and the local villagers to join us for the evening puja.

Though the retreat was a first time experience for many meditators, they found it beneficial for both the mind and the body.

