

## Agenda

The Meditation Center is open all the year now.

Each one can enrol individual as follows:

- For the 15-days-Basic course
- For a Retreat: for 10 days
- Weekend or single days for practicing meditation

In our homepage you can find the dates, when Hildegard Huber or onother teacher will be here in the Center

Subjekt to alterations

## Registration

By Internet: [www.vipassana-dhammacari.com](http://www.vipassana-dhammacari.com)

By Mail: [vipassana@dhammacari.de](mailto:vipassana@dhammacari.de)

By Fax: 0049 – 87 85 – 96 98 77

Or by Post

From..... till .....

Arriving time at train station at ..... o'clock.

Name: .....

Adress: .....

Postcode/city .....

Phone./e-mail: .....

Date/signature: .....

## Contact



Dhammacāri Vipassanā-Meditationszentrum e. V.

Allgramsdorf 8, 84056 Rottenburg a. d. Laaber

Tel.: (08785) 969 877

E-Mail: [vipassana@dhammacari.de](mailto:vipassana@dhammacari.de)

Internet: [www.vipassana-dhammacari.com](http://www.vipassana-dhammacari.com)

**All those seriously interested, with or without meditation experience, are very welcome to participate**

## Travel information

By train:

destination „Neufahrn NB“(Lower Bavaria). After prior notice, a pick up by car from this station can be organised (10€/pick up) or by Taxi, call 0049-(0)8771-15 51 or 0049-(0)175-430 88 99.

By car:

**From the North:** A 93 Munich-Regensburg, exit No. 51 Elsendorf/Rottenburg, resp. exit No. 55 (Hausen). In Rottenburg drive in the direction of Neufahrn, turn right in Inkofen towards Türkenfeld/Hohenthann. After approx. 200 meters, turn right to “Allgramsdorf”. In Allgramsdorf the only paved road which turns west leads to the meditation center.

**From the South/Munich:** A 92 Munich-Deggendorf; exit No. 15 (Essenbach/Rottenburg). Go through Hohenthann in the direction of Rottenburg, before Türkenfeld turn right in direction to Neufahrn and Andermannsdorf. Appr. 35m after the small village “Rahsdorf” turn left to “Allgramsdorf”. In Allgramsdorf the only paved road which turns west leads to the meditation Center.



DHAMMACĀRI  
VIPASSANĀ  
MEDITATIONSZENTRUM

SONNENTHAL

## Line of tradition

The Vipassanā meditation is practised in the tradition of Ven. Ajahn Tong Sirimangalo (Phra Dhammamangalajarn), a highly respected meditation teacher and abbot of the temple „Wat Chomtong“ in Thailand. This tradition is still practised in Thai temples on the basis of the handed down teachings of Lord Buddha. It is an intensive form of the Mahasi Sayadaw tradition combining walking and sitting meditation. Vipassana is a training of the mind which, through mindful contemplation of all arising mental and physical phenomena, allows the practitioner to learn seeing aspects as they really are and not as they appear to be. Due to the fact, that the practitioner gains the Vipassanā insights through his own experience and own contemplation, no confessional binding is necessary.

*In the Satipatthana-Sutta (M 10) Lord Buddha praised the benefit of this training: “This path everyone must walk alone and for himself leads to the purification of beings, to overcome sorrow and grief, to the disappearance of pain and suffering, to attain the right path, to experience Nibbana. It is named the Fourfold Awakening of Mindfulness.*

## Meditation Center and Accomodation

The Dhammacari Vipassana Center is situated in Sonnenthal near Allgramsdorf/Rottenburg on Laaber. It is embedded in the hilly countryside of Lower Bavaria, Germany. This quiet spot offers ideal conditions for meditation.

The house has been given for meditation. Running costs are covered by voluntary donations in accordance with the Buddhist tradition. In this way each participant takes an active part in Dhammacari Vipassana Meditation Center according to his individual possibilities. This enables all seriously interested people to participate as well. The food is vegetarian/organic. Part of each meditation course is one hour working meditation in the house or garden. The house has a biological sewage system. For this reason we ask to use only biologically soluble soaps, shampoos, etc.

## Mediation teacher

### Hildegard Huber (Dhammacāri)

Hildegard Huber has been practicing Vipassanā meditation for many years and is a learner of Venerable Ajahn Tong. Since 1993 she has been organizing meditation courses across Europe. In 1998 Ajahn Tong authorized her to teach Vipassanā meditation. Since 2004 Hildegard has directed her life to Dhamma. After a heavy disease and an intensive informative convalescence there was a possibility to act as a meditation teacher. So the Dhammacari Vipassanā-meditation centre build up, which she is leading. Since 2006 Hildegard is living and teaching here.

Because she has much meditation practice, she is able to path her knowledge of the Buddhist doctrine to us. The course can be done in English.

## Conditions of courses

During the entire course the participants should commit themselves to adhere to the eight buddhist rules of moral conduct:

1. to abstain from killing any living creature/ 2. to abstain from taking what is not given/ 3. to abstain from all sexual activity/ 4. to abstain from speaking what is not true/ 5. to abstain from all intoxicants (alcohol, drugs)/ 6. to abstain from eating solid food after 12 Noon/ 7. to abstain from sensual entertainment (dancing, singing, reading, listening to the radio), and bodily decoration (jewels, perfume, cosmetics)/ 8. to abstain from sleeping on high or luxurious beds

The courses are conducted in noble silence.

Each participant is guided by the meditation teacher in daily discussion (report), during which the exercises are given and explained.

## To bring with you

The meditation teacher and the Dhammacari Vipassana Meditation Center e. V. cannot accept any liability for physical and psychological damages, which may arise during the participation in the course.

## Participation fee

The participation in the courses is based on donation. We specifically do not give any recommendation for a donation to the teacher, in some cases travel expenses, as well as for the house, room and board. This is in accordance with the Buddhist tradition, that the value of the teaching cannot be measured in money. However, the teacher is dependent on voluntary donations (Dana) for their livelihood, resp. for the expenses for food and lodging in order to be able to continue the teaching. Giving and generosity are active aspects of any spiritual practice. They help to maintain the teaching and to make it available to everyone.

## Daily Retreat

For those who cannot or do not wish to attend a continuous basic meditation course at Sonnenthal there is the possibility to integrate the course over a period of 12 weeks in their every daylife.

Prerequisites/Commitments:

1. willingness to participate for 12 weeks
2. adherence to the 5 Buddhist rules of virtue (not to kill, not to take that which is not given, right speech, no unwholesome sexual activities, renunciation of substances which can cloud the mind)
3. meditate for at least two hours every day
4. once a week report (discussion) with the teacher
5. at the end of the course stay 4 days in the meditation center

Those who have already completed a basic course can do an at-home retreat in eight weeks.

## Liability

The meditation teacher and the Dhammacari Vipassana Meditation Center e. V. cannot accept any liability for physical and psychological damages, which may arise during the participation in the course