



## Vipassana-Meditation

August 17<sup>th</sup> – August 31<sup>st</sup> 2023

**Benedictine Monastery in Scheyern  
Bavaria**

lead by

**Kathryn J. Chindaporn**

and

**Hildegard Huber**

### Tradition

In the course, Vipassanā-meditation will be practiced in the tradition of venerable Ajahn Tong Sirimangalo (Phra Phrom Mongkol Vi). Venerable Ajahn Tong was abbot of the monastery “Wat Phra Dhatu Sri Chomtung” in Thailand and was an eminently respectable meditation-teacher. Ajahn Tong passed away in Dec. 2019 at the age of 96 years. This meditation-technique bases on the tradition of Buddha and is practiced today in monasteries in Thailand. It is an intensive form of the MahasiSayadaw-tradition. The participants will practice attention and so watch the four basics of attention (Body, feelings, intellect and the objects of the intellect) during sitting- and walking-meditation and the daily activities. Because participants will learn by their own experience and their own closely watching, it is not necessary to be religious.

In individual daily interviews (report) the teacher will care for you and give you exercises.

In the *Satipatthana-Sutta* (M 10) Lord Buddha praised the benefit of this training: „*This path which 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.*“

### Teachers

#### **Kathryn Chindaporn**

is a student and teacher of Vipassana for over 30 years, having taught meditation in Thailand and her birthplace Washington State, as well as conducting courses on the West Coast, in Mexico, Puerto Rico, Hawaii, Europe, Israel and India since 1988. In 2000, Kathryn received the Benefactor of Buddhism Award of Chiangmai Province and the Sema Dhammacakka (Golden Pillar of Dhamma Award) in Recognition of

International Dissemination of Buddhism, the latter conferred by HRH Princess Maha Chakri Sirindhorn of Thailand.

### **Hildegard Huber**

Hildegard Huber has practiced vipassana meditation for many years and is a learner of venerable Ajahn Tong. Since 1993 she organized meditation courses in Europe. In 1998 Ajahn Tong authorized her to teach vipassana 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 vipassana-meditation centre build up, which she is leading. There Hildegard is living and teaching since 2006.

Because she has much meditation practice, she is able to path her knowledge of the Buddhist doctrine to us.

**The report can be done in English**

**Everyone who is really interested is heartily invited. It is not necessary to have experience in meditation.**

### **Participation fee**

Donation is base of participation in the course. We do not commend an amount of donation for livelihood, travel-costs and food costs, so that everyone can participate in the course.

The amount of voluntary donation depends on the financial potential of the participant. That follows the Buddhist tradition, which says the value of the Buddhist doctrine can't be balanced with money. Teacher and organizer need money for their own livelihood and for the costs of the course.

Donation and generosity are parts of the spiritual practice. Donation and generosity helps to conserve the Buddhist doctrine and enables everyone to come in contact with.

#### **DANA**

„Dana“ means gift and generosity.

It encompasses the support of those who unselfishly and openly give their time and knowledge to teach the path of calm, insight and compassionate action.

Dana is a way of thanksgiving: a spontaneous grateful offering which stems from the appreciation of that which was received.

Such generosity cannot be forced. It simply opens when the tree of mindfulness blossoms and finally bears fruit.

In the monastery a single room with shower and WC costs 25 € / Night and person. You have to pay the room cash. The money will be encashed, when the rooms are distributed.

### **Liability**

Teachers, the Dhammacari Vipassana-Meditationszentrum gem. e. V. and the Benedictine-monastery Scheyern are not responsible for physical and mental damages, which can occur during the course.

### **Benedictine-monastery Scheyern**

The Benedictine monastery (Schyrenplatz 1, D-85297 Scheyern), is located in the nice landscape of Holledau and has a quiet and spiritual atmosphere. So it is a good place for meditation.

Arrival by train: Destination: Pfaffenhofen a. d. Ilm (between Munich and Ingolstadt). Advisable is an arrival between 14 and 15 a clock. Small groups than can go by taxi to the monastery (10km, ca. 12 €). Taxicenter Pfaffenhofen Tel: (08441) 83033. For unexpected events during the journey please call 0049 172 97 58 761.

Arrival by car: (If possible please take other members of the course along in your car) A9/E45 Munich – Nürnberg, gateway Pfaffenhofen (66). From Pfaffenhofen to Niederscheyern and Mitterscheyern and than to Scheyern.

### **Course information and fee**

The beginning of the course is at 17:00 a clock. The arrival time for the retreat is between 14:00 and 15:00 p.m. The end of the course will be around 09:00 of the last day. All meals are vegetarian. All members should follow the 8 Buddhist rules during their stay (I will abstain from killing, I will abstain from taking something, that is not given to me, I will abstain from amoral desire, I will abstain from lying, I will abstain befuddling drinks and drugs, I will abstain from eating later than 12 a clock, I will abstain from dancing, singing, jewellery, cosmetics and entertainment, I will abstain sleeping at comfortable beds. When the course starts, all members practice “noble silence“. Further everyone gets a working-meditation (not more than one hour a day). That means you assist in the kitchen or somewhere.

### **Please bring:**

- Alarm clock (no mobile phone, please)
- Digital timer (no mobile phone, please)
- Comfortable clothing (favoured white or light-coloured)
- Slippers, thermos flask, cash for ‚Dana‘
- Meditation pillow and underlay or blanket, flowers for the shrine/opening ceremony (white or light coloured)

### **Registration/Contact**

Dhammacari Vipassana-Meditationszentrum e.V.  
Allgramsdorf 8  
84056 Rottenburg a. d. Laaber  
Tel: (08785) 969 877  
Fax: (08785) 969 728

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

For further courses information visit the homepage of Dhammacari Vipassana-Meditationszentrum  
[www.vipassana-dhammacari.com](http://www.vipassana-dhammacari.com)

**Registration (in case you cannot register via e-mail)**

Binding registration for the following course:

15-day Basic Course ☐

10-day Retreat (+2 Days) ☐  
(only possible after successful completion of the Basic Course)

Individual days of practice from..... until.....

Name .....

Street .....

Post Code / City .....

Phone .....

e-mail .....

I will arrive by train ☐

I am offering a ride-share leaving from ..... ☐

I am looking for a ride-share leaving from ..... ☐

Date .....

Signature .....