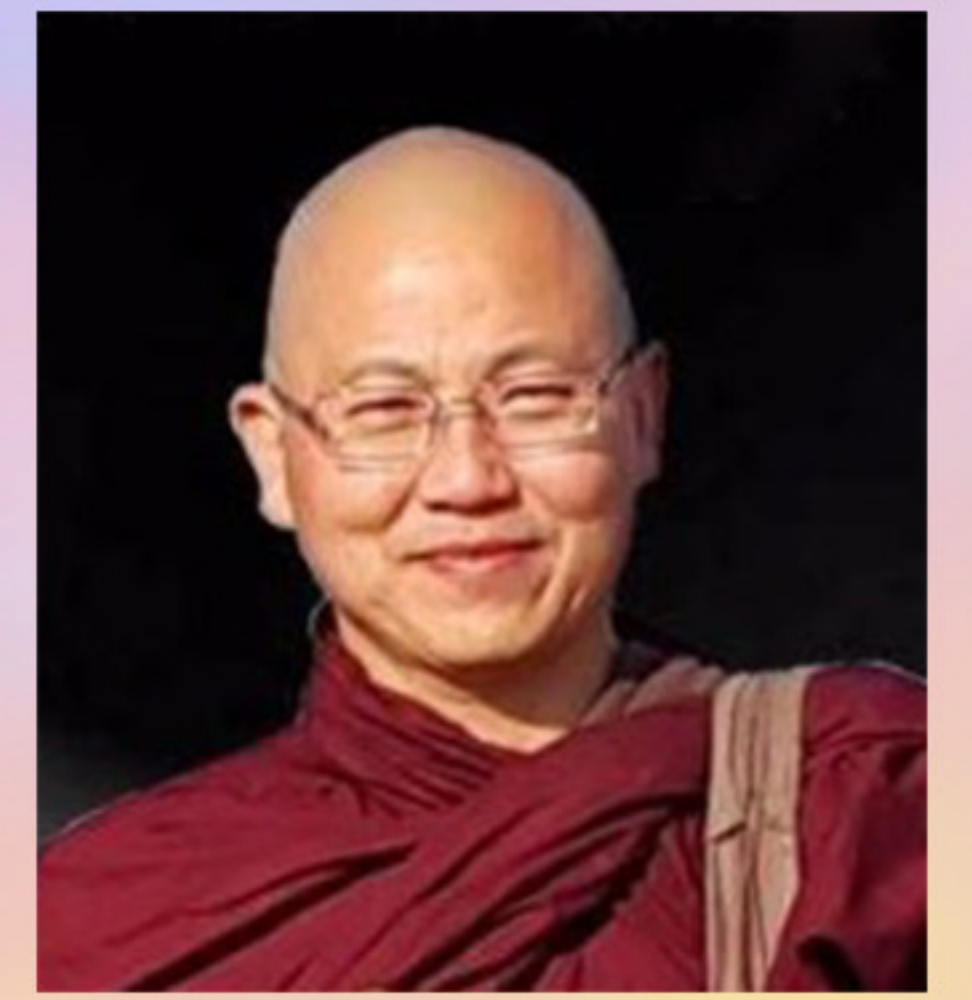


南加州禪三

Three-Day Meditation Retreat

2017

入出息念 Ānāpānasati



Teacher 導師

Venerable U Buddharakkhita 佛護尊者

Time 時間 : April 21-23, 2017 (9:00am - 5:00pm)

Place 地點 : UBEF 妙林蘭若, Hacienda Heights, CA

Teaching 開示 : **Decoding Ānāpānasati** 解密入出息念

Meditation method 禪修方法 : **Ānāpānasati** 入出息念

Language in teachings 語言 : **English & Chinese**

Register at  www.wisdomlife.info

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請自備蓋腳巾,備有午齋結緣

1971年出生于馬來西亞檳城。

2009年在帕奧禪師座下受具足戒成爲比丘，並親近吉祥尊者修禪。2010年，尊者前往緬甸帕奧禪林的六個月密集禪修，並得到帕奧禪師親自傳授止觀禪法。尊者通曉中英雙語，目前在古晉兜率天修行林協助資深禪師 Sayadaw U Kañcana 教導內部僧衆與在家居士修習止觀禪法。

Born on 1971 in Penang, Malaysia. He ordained as a bhikkhu in 2009 under The Most Venerable Pa Auk Sayadaw, began to train under Ven. U Mangala. The Venerable attended the 6-month intensive retreat in 2010 led by The Most Venerable Pa Auk Sayadaw in Pa Auk Tawya Forest Monestary at Maylemine, Myanmar. Under the Sayadaw's guidance, Ven. Buddharakkhita completed the Samatha and Vipassana course of the Buddha outlined by the Visuddhimagga.

The Venerable is fluent in both english and chinese and is currently assistant teacher to Ven. U Kañcana in Tusita Hermitage (Kuching), teaching meditation to monks, nuns and laity.

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