



## The First Children's Retreat at Nissarana Vanaya

On the 8th of December 2016, there was an unusual and refreshing sight at the Nissarana Vanaya Forest Monastery in Mitirigala. Forty-three young girls and boys, ages ranging from 6 – 26 years, joined the first residential retreat organized for children at the Nissarana Vanaya Meditation Centre for lay yogis.

It was only seven years ago that Nissarana Vanaya Meditation Centre opened its doors to female yogis. Since then, the demand has been increasing, resulting in back-to-back retreats filled to capacity with the majority of participants being female yogis.

The new milestone marks the young children and youth participating in a three-day residential retreat held in noble silence, conducted by the Chief Meditation Master Venerable U Dhammajiva Maha Thero. The theme over the three days was consistent mindfulness, with emphasis on undertaking all activities slowly, mindfully, and silently.

The children attended alternate sessions of sitting and walking meditation, listened to Dhamma talks, participated in questions & answer sessions, and presented their experiences in beautiful verses (කවි). Also, they watched video clips on mindfulness, and were involved in mindful games, in drawing, coloring and other interesting activities. When the children were escorted to the upper monastery, they had the opportunity to see how the forest monks live and practice meditation.

It was an interesting and enjoyable experience for children. Nissarana Vanaya plans to organize more retreats for children on the same theme.



### Children's recitations on their experiences of the retreat

Download Audio Clip: <https://drive.google.com/file/d/0B6kbYxSPyHutOUxkS1JPbHRUNU0/view?usp=sharing>





## Mindful Activities

During the retreat, children had the opportunity to participate in various activities that enhanced their mindfulness. These were carried out slowly, mindfully, and silently. Passing around a bowl of water when seated in a circle, was one such activity. Walking mindfully in between the walking paths proved to be fun. Drawing and reading were also done in silence. Most of the youngsters performed these simple but interesting tasks.

Some of the older boys went up to the upper monastery, climbing the steps very mindfully.







## Nissarana Vanaya Meditation Centre: Expanding Infrastructure and Resources

The Nissarana Vanaya Meditation Centre for lay-yogis has been expanding its infrastructure and resources to meet the increasing demand of retreat applicants. The latter has grown steadily over the past 5-7 years. Presently, accommodation can be provided for 34 female yogis in dormitory style, with three shower-toilet facilities and washing machines.

Last year, a new section was opened on the first floor providing accommodation for 20 male yogis. This facility includes five rooms with en-suite bathrooms, each shared by four yogis. On the second floor, a new area to accommodate 36 female yogis was completed recently, consisting of nine rooms each with four beds and en-suite bathroom facilities. This section includes a spacious pantry and a washing machine.

On the third floor a large open space is now available for walking meditation or for group sitting.

The Dhamma talks and Q & A sessions, conducted by the venerable Bhikkhus, take place on the first floor in a spacious hall with excellent acoustics.

The Nissarana Vanaya Meditation Centre for lay-yogis can now accommodate 70 female and 20 male yogis, i.e. a total of 90.

Residential meditation retreats range from one-day to ten-days, and occasionally 14-days. The Nissarana Vanaya retreat schedule and annual calendar, with details of the organizer of each retreat, and the procedure of applying are published on [www.nissarana.lk](http://www.nissarana.lk).



### Useful links

Application Download

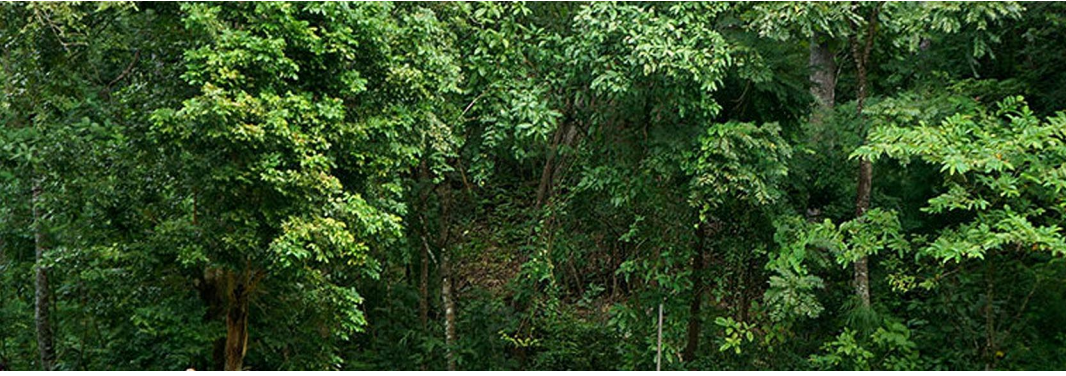
<http://www.nissarana.lk/pdf/Application.pdf>

Retreat Timetable

<http://www.nissarana.lk/meditate-with-us/retreat-timetable/>

Coming on Retreat

[http://www.nissarana.lk/doc/Guide\\_to\\_Yogis\\_Draft\\_10-04.docx](http://www.nissarana.lk/doc/Guide_to_Yogis_Draft_10-04.docx)



## Retreat Calendar 2017: Some Highlights

### 3 Day Residential Retreat - Vipassana Meditation Centre, Kalalgoda

Dates: From 26 – 29 January, 2017.

Organizers: Ms Dilhara Fernando

<http://www.nissarana.lk/event/silent-retreat-nissarana-vanaya-7-days-3-2-2-3-2-2/>

### 10 Day Residential Retreat - Nissarana Vanaya (English Medium)

Dates: From 12 – 22 February, 2017.

Organizer: Ms Lakshmi de Zoysa

<http://www.nissarana.lk/event/silent-retreat-nissarana-vanaya-7-days-3-2-2-2/>

### 5 Day Residential Retreat Nissarana Vanaya - for School Teachers

Dates: From 15 – 20 April, 2017.

Organizer: Ms Isha Suriyapperuma

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-3/>

### 10 Day Residential Retreat Nissarana Vanaya - for Sil Meniyos

Dates: From 21 April – 1 May, 2017.

Organizer: Ipalogama Pradeepa Maniyo

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-3/>

One-day meditation retreats to be conducted by Ven. Chandaratana Thero in Sinhala will begin in January 2017. Please contact Mr. Lakmal Nandasiri on [lakmal.nishanta@gmail.com](mailto:lakmal.nishanta@gmail.com) for more information.

### First Ten-day Meditation Retreat Conducted by Venerable Chandaratana Thero

The first ten-day meditation retreat conducted by Venerable Chandaratana in Sinhala, was held at Nissarana Vanaya from the 15th - 25th December 2016. This was the first occasion at which, in the absence of the Chief Meditation Master (Venerable Dhammajiva Maha Thero) a ten-day meditation retreat was conducted at Nissarana Vanaya.

In the 2017 retreat calendar, a day is set aside in each month for a one-day retreat conducted by Venerable Chandaratana Thero. These would be in addition to the monthly, English medium three-day retreats at Kalalgoda and the monthly one-day retreats at Sri Gnanarama temple in Thalawathugoda, and Lanka Vipassana Centre in Colombo.

### Dhamma Talks at Nissarana Vanaya

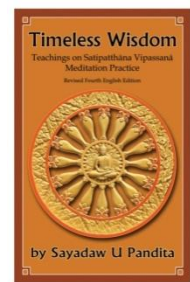
Most of the Dhamma Talks delivered by Venerable Dhammajiva Maha Thero and other monks at Nissarana Vanaya during the past two decades, can be accessed on [nissarana.lk/audio-and-publications/dhamma-audio-archive/](http://nissarana.lk/audio-and-publications/dhamma-audio-archive/)

Above link allows access to many of the talks delivered in the early days, as well as those given in the upper monastery.

In case there are difficulties in downloading these talks please email

[nissaranavanaya@gmail.com](mailto:nissaranavanaya@gmail.com)

### Timeless Wisdom



The revised fourth English edition of the priceless teachings on the Satipatthana Vipassana practice by the most respected venerable Sayadaw U Pandita (1921-2016) is soon to be published in Myanmar.