

"AYAM VASSĀNA KĀLO"

"THIS IS THE SEASON OF RAINY RETREAT"



During the period of the rainy retreat, which begins from the full moon day of July each year until the full moon day of October, the above Pali sentence is displayed in a prominent place at temples, where the Theravada monks observe the rainy retreat. The monks who are observing the retreat and the devotees, who frequent temples, are thereby constantly reminded of the retreat period. The display is particularly meant to prevent monks' lapses in obligations and commitments.

What is significant in this regard is that the disciplinary rule to observe the retreat during the rainy season was originally laid down in consideration of the rainy season in the middle country in India. Evidently, the seasons are not the same throughout the Indian subcontinent. Nevertheless, since the introduction of the rule to observe the retreat, the rule has been strictly followed to the very letter, within and outside the country. In spite of the geographical location and the seasonal changes where the Theravada monks live, they followed and still continue to follow the tradition and adhere to the practice of observing the retreat on the originally stipulated day of the year. Throughout the ages, the observance has been in vogue in countries where the Theravada form of Buddhist practice flourished.

CHANTING AND MEDITATION DURING THE VASSĀNA SEASON

From 3rd July to 12th Oct. 2012

The Kāyagatāsati Bhāvanā Ānisamsā
(The Benefits of Mindfulness of the Body)

The Mettānisamsa sutta
(The Discourse on the Benefits of Loving Kindness)

Mettā Bhāvanā
(Meditation on Loving Kindness)
(15 minutes meditation session)

Sunday - 12.30 pm to 1.30 pm
Thursday - 10.30 am to 11.00 am



Tuesday - 8.00 pm to 8.45 pm
Friday - 8.00 pm to 9.00 pm

COME AND JOIN US!

Ti-Sarana Buddhist Association
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