



# 1-Day Meditation Retreat on Contemplation of Feelings

Venue: Penang Bodhi Heart Sanctuary • Penang, Malaysia

23rd June 2013\*

(Conducted in English and Chinese)

**Organizer: Appamāda Vihari Meditation Center, Penang**

Open for online registration on 1st March 2013 at

[www.sayalaysusila.org](http://www.sayalaysusila.org)

Registration will close on 26th May 2013

## ● Program Description



In this retreat, Sayalay Susilā will show you how to contemplate different **types of feelings**, a foundational practice for all Buddhists. Dependent on feeling, craving comes to be, and craving is the cause of all sufferings. Learning how to see the impermanence of feelings severs this link to craving and prevents it from developing, thus freeing oneself from suffering.

## ● About Sayalay Susilā

Sayalay Susilā has been a Theravada nun for the last 21 years. Sayalay started her vipassanā insight meditation during her university days, while obtaining a degree in Mass Communications (1988) at USM in Malaysia. Before ordination, she practiced intensively as a full-time practitioner for one and a half years. After her ordination, in 1991, she practiced under the guidance of the well-known Venerable Sayadaw U Pandita in Panditarama Monastery, Myanmar, until 1994, at which time she began to practice under the guidance of the Venerable Pa Auk Tawya Sayadaw at the Pa Auk Meditation Centre, Myanmar, for more than a decade.

Sayalay Susilā was born in 1963, in the state of Pahang, Malaysia, and was ordained as a nun at the age of 28, at the Malaysian Buddhist Meditation Centre (MBMC) in Penang, Malaysia. She speaks fluent English, Hokkien, Chinese, Malay, and Burmese. Beginning in 2000, with the encouragement of her teacher Pa Auk Sayadaw, Sayalay Susilā began to teach the Abhidhamma in Taiwan, Malaysia, Singapore, and Australia.

Since 2002, when she conducted a 10-day Abhidhamma course in Toronto, Sayalay Susilā has traveled extensively in the U.S. and Canada, teaching Abhidhamma and Meditation. Sayalay Susilā's dhamma talks, which have been widely praised as lucid and precise, have been given at North American Buddhist centres such as Spirit Rock (California) and the Barre Centre for Buddhist Studies (Massachusetts).

Sayalay has conducted many meditation courses in USA, Concentration and Insight, at Bhavana Society monastery in West Virginia, Bodhi Monastery in New Jersey, Southern Dharma Retreat Centre in North Carolina, etc. She has published the books Unravelling the Mysteries of Mind and Body Through Abhidhamma in both English and Chinese and The Nine Attributes of the Buddha in Chinese.

**\*Check in: 23 June 2013 - 8.30 a.m. Check out: 23 June 2013 - 5.00 p.m.**

**For more information, please go to:**

**Website: [www.sayalaysusila.org](http://www.sayalaysusila.org), [www.sayalaysusila.net](http://www.sayalaysusila.net) or [sayalaysusila.marveltech.biz](http://sayalaysusila.marveltech.biz)**

**Blog: [www.sayalay-susila.blogspot.com](http://www.sayalay-susila.blogspot.com) Facebook: [www.facebook.com/sayalaysusilaretreat](http://www.facebook.com/sayalaysusilaretreat)**

**For enquiries, please call: Bro. Boon Tat (016-4542693 after 3 p.m.) or Sis. Ai Poh (012-4938277)**

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