

AJAHN SUCITTO

FROM CITTAVIVEKA MONASTERY IN WEST SUSSEX, ENGLAND



FIRM CENTRE, OPEN HEART

TUE 11 FEB - TUES 18 FEB 2020
BOOKINGS@BRCIXOPO.CO.ZA

One of the principle aims of meditation is to experience greater warm-heartedness - towards others and oneself. The absence of this is a major source of suffering, linked to anxiety, depression and mistrust. On this retreat, we will be cultivating the inner strength that supports and protects the heart so that its natural kindness and compassion can illuminate our lives. The retreat will include guided meditation, teachings, chanting and devotional practice, qi gong, sharing presence with fellow retreatants, questions and answers. As this is a semi-monastic retreat, all Internet connections should be disabled and phones switched off.

Ajahn Sucitto is a British-born Buddhist monk. He has been a monk since 1976 and is based in Cittaviveka Monastery in West Sussex, England. He teaches all over the world and has taught in South Africa on several occasions. He is also the author of many books; these are published for free distribution and can be downloaded from his website www.ajahnsucitto.org.