

“AYAM VASSĀNA KĀLO”

“THIS IS THE SEASON OF RAINY RETREAT”



The Vassāna season, generally known as the rainy season, commences in July and concludes in October. During this season of monsoon rains, wandering ascetics including the disciples of the Buddha found traveling around difficult. They also wished to avoid causing damage to the environment by trampling on fresh shoots and other creatures that thrive during the period. As such, most ascetics took up temporary residences in an “āvāsa” or rains retreat.

The Buddha, who was appraised of this situation by His disciples, carefully considered their concerns and granted them permission to reside within temples during this period while the lay people looked after their welfare. Monks wandering the countryside during the year teaching the Dhamma can therefore rest and meditate. For laypersons, it was an opportunity to seek spiritual guidance, offer alms and learn the Dhamma. Thus, these three months of Vassāna are considered a holy period where both monks and laity can engage in meritorious activities.

CHANTING AND MEDITATION DURING THE VASSĀNA SEASON

From 15th July to 21st Oct. 2011

AṬṬHAVĪSATI PARITTA - The Protective Chant of the Twenty Eight Buddhas
(*Recitation for Protection*)

BUDDHĀNUSSATI BHĀVANĀ - Meditation on the Buddha
(*15 minutes meditation session*)

Sunday - 12.30 pm to 1.30 pm

Monday - 10.30 am to 11.00 am

Tuesday - 8.00 pm to 9.00 pm

Thursday - 10.30 am to 11.00 am

Friday - 8.00 pm to 9.00 pm



COME AND JOIN US!

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