

# Personalising Further

October 25, 2022

## Meditation classes to progress into weekly comprehensive retreats

The long-standing weekly meditation class in Colombo started before 1995. The lay teacher Dhammaruwan upon ordination as Bhikkhu Samādhikusalā refrained from active teaching however, a few months later the Colombo class restarted upon request by many who wanted to meditate. Today this group consists of steady practitioners of seven years who started their meditation journey with Bhikkhu Samādhikusalā.

Right From The Start (RFS) program helped many of these newcomers to meditation steadily develop meditation and its peripherals, the meditation culture, discipline and behaviour among others. Buddhists in Sri Lanka are well versed in the Dhamma and Buddhist way of life and the religious culture, however, meditation was reserved for a very few deep-practising recluse monks. This made meditation a new addition for the way of practicing Dhamma.

Many who had the *Samsaric* potential to practice weathered the hardships of meditation and continued. However, due to the pandemic and subsequent changes in lifestyle and economies of countries, uncertainties and global trauma presented new challenges to all meditators in the world.

Despite the difficulties, we continued having classes sometimes with few as six people per group in keeping with COVID-19 restrictions.

At Nirodha retreats we focus primarily on personalised teaching and personalised monitoring of each yogi's practice, this helped us to identify that the period between 2020-2022 had the most debilitating effect on yogis' meditation practice. There were instances where even our frontline meditators were unable to keep a daily sitting practice.

Our teacher Bhikkhu Samādhikusalā was quite concerned about this fact and the dangers of a group turning into yet another religious group where meditation would become non-existent from their spiritual journey.



**Some of the Colombo group who have been practicing with Nirodha for last 7 years**

Weekly classes currently consisted of one-hour meditation followed by a Dhamma Talk, although this provides insightful understanding it must be complemented with daily meditation practice with high standards. If not done so this can create an anomaly where the yogi would get theoretical or negative aspects can develop.

The new addition of a half a day retreat commenced on Oct 23rd, 2022 instead of the two-hour classes that have been there for the past few decades, This was also possible because all the practitioners who are in the current class have done seven or more retreats with Nirodha Retreats Worldwide.