

Chan Meditation Retreat "Silent Illumination"

Žarko Andričević, teacher
Dharma heir of Master Sheng Yen

January 19 to January 26, 2013

The **7-day-retreat "Silent Illumination"** will begin at 6 pm on January 19, 2013, with a Dharma talk by Žarko Andričević and will end after lunch on January 26. It will take place in Haus Sein, Brunneggasshalde 37, 3011 Bern, Switzerland.

The retreat will take place in silence. The day begins at 6 am, ends at 10 pm and consists of a number of 30 or 40 minute periods of meditation, including walking meditation and Yoga exercises. Dharma lectures will be given daily and participants will have opportunities for interviews with the teacher. The retreat will be conducted in English.

Žarko will be assisted by Chang She, Chan teacher, Bern.

You can find complete information on our website <http://www.chan-bern.ch>

Retreat location: Haus Sein, meditation hall, Brunneggasshalde 37, 3011 Bern

Retreat fee (including vegetarian meals):

	Without lodging	
7 days	CHF 480	Euro 400
5 days	CHF 400	Euro 340
3 days	CHF 300	Euro 250

Lodging for a limited number of participants is available in a room with several beds or in the meditation hall.

	Lodging in a room with several beds		Lodging in the meditation room	
7 days	CHF 600	Euro 500	CHF 540	Euro 450
5 days	CHF 480	Euro 400	CHF 420	Euro 350
3 days	CHF 340	Euro 290	CHF 320	Euro 270

Participants with limited financial resources may apply for a discount on the participation fee.

Additional information: Participants who wish to sleep in the meditation hall should please bring a sleeping bag. Participants should arrive on January 19 before 5 pm.

The **prerequisite for acceptance** to the retreat is at least 6 months of experience in Buddhist meditation practice. The retreat can be attended on 3, 5, or 7 days. Preference will be given to those applying for 7 days.

Application: The application form and the retreat fee should be sent by January 15, 2013 to: Hildi Thalmann, Brunneggasse 16, 3011 Bern, Tel. 031 352 22 43, hthalmann@gmx.net

Bank transfer: Account owner: Thalmann Hilde „Chan“, 3011 Bern,
Account no: PC-Konto 30-186096-6
IBAN CH15 0900 0000 3018 6096 6; BIC POFICHBEXXX.

With the bank transfer your participation is accepted if there are free places available.

The Chinese character above means „to sit“.

Retreat Teacher



Žarko Andričević has been studying and practicing Buddhism since 1975. He teaches Buddhism and Yoga and is the founder and director of Dharmaloka, a Buddhist community in Zagreb, Croatia. In 1996 he began practicing with Chan Master Sheng Yen and received Dharma transmission in 2001. He guides retreats in various countries of Europe and often goes to lead intensive retreats at the Dharma Drum Retreat Center in Pinebush, Upstate New York. He also represents Dharma Drum Mountain (DDM) at international conferences, e.g. at the reunion of religious leaders at G20 meetings or at UN climate conferences. He is the leader of the Committee for Buddhism and Society of the European Buddhist Union.

Master Sheng Yen was one of the greatest contemporary Buddhist Chan monks. He received transmission in the two major Chan lineages Caodong (jap. Soto) und Linji (jap. Rinzai). He founded Dharma Drum Mountain (DDM) of Chinese Humanistic Buddhism. As a scientist he promoted the education of monastics and socially engaged Buddhism as well as interreligious dialog.

Retreat Assistant: Chang She, Chan teacher, Bern. After many years of practice in Christian contemplation and Japanese Zen she became a follower of Master Sheng Yen in 2004 and has since then attended many retreats guided by him and his Dharma heirs. In 2008 she was given permission to teach by Master Sheng Yen.

The meditation room in „Haus Sein“



The retreat will take place in "Haus Sein", downtown Bern, where a community of 14 people lives. The base is a spiritual lifestyle, an open and mindful treatment of each other and of the environment. Apart from the regular Chan meditations and Chan retreats we offer meditations independent of any particular religious belief for people living in the house and from outside. A 7 day retreat with Zarko is held

every January. In 2008 Master Chi Chern und Guo Jun Fashi held a 3 day retreat here.