

## Guidance of individual practice:

There is the possibility for individual guidance in person according to the contents of this website inform of meetings and individual retreats with personal counselling. Online sessions are not offered. More information [info@cetovimutti-theravada.org](mailto:info@cetovimutti-theravada.org)

This offer is only for people who have already decided to follow the Buddhist path of insight and wish to follow a religious path of inner liberation, and who have meditation experience in retreats and wish to be guided according to the contents of this website. There should be daily time for dhamma practice of at least 2 hours of formal meditation and practice of sammā sati and the Brahmavihārā in daily life. Life should be focused on the inner path of liberation and not on worldly success. One should follow ethical rules, (at least 5 sila), one should not have taken drugs or consumed alcohol for at least one year. This offer is not for beginners, curious ones, undecided ones, seekers to try out. For this purpose, the Buddhist seminar houses in Germany, such as Haus der Stille in Roseburg or Waldhaus am Laacher See, offer a wide range of courses. This offer is also not suitable for people who want to use Dhamma practice for worldly success, as well as for people who teach other spiritual techniques (yoga, MBSR etc.).



When working with the Buddha's teachings, the main aim is to systematically develop meditation practice. The Buddha's teachings are a practical way of practising, primarily in seclusion (*viveka*), in order to see how the things that make up life are (*yathābhūtaṃ*). It is not about dealing with certain topics in a philosophical way and forming an intellectual opinion. There is a danger of ego-building (*micchā diṭṭhi*) and arrogance (*māna*). Rather, it is about systematically learning and practising both samatha- and vipassanā-meditation in order to explore deeper and deeper levels of the mind and to liberate the mind from mental defilements through this clear seeing from a concentrated mind. This inner work requires a withdrawal from everyday life and a certain amount of time. It is therefore also not about creating the perfect, good person through Buddhist practices in everyday life.