**VIPASSANA RETREAT @ Matang**

**18 Dec – 29 Dec 2013**

**Bhante Gavesi**

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**01 Briefing and Walking Meditation**

**02 Wrong Thoughts and Sitting Meditation Instruction**

**03 What is Mindfulness**

**04 Sustaining the Mindfulness and Wisdom**

**05 Considerations of Intentions and Domain of Objects**

**06 Purpose of Vipassana and Shaping our Daily Lives**

**07 Dealing with Physical and Mental Unpleasant Feelings (Hokkien and English)**

**08 Dealing with Body and Mental Pleasant Feelings (Hokkien and English)**

**09 Overcoming Mental Defilements (Hokkien and English)**

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**12 Questions And Answers (Hokkien and English)**

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