

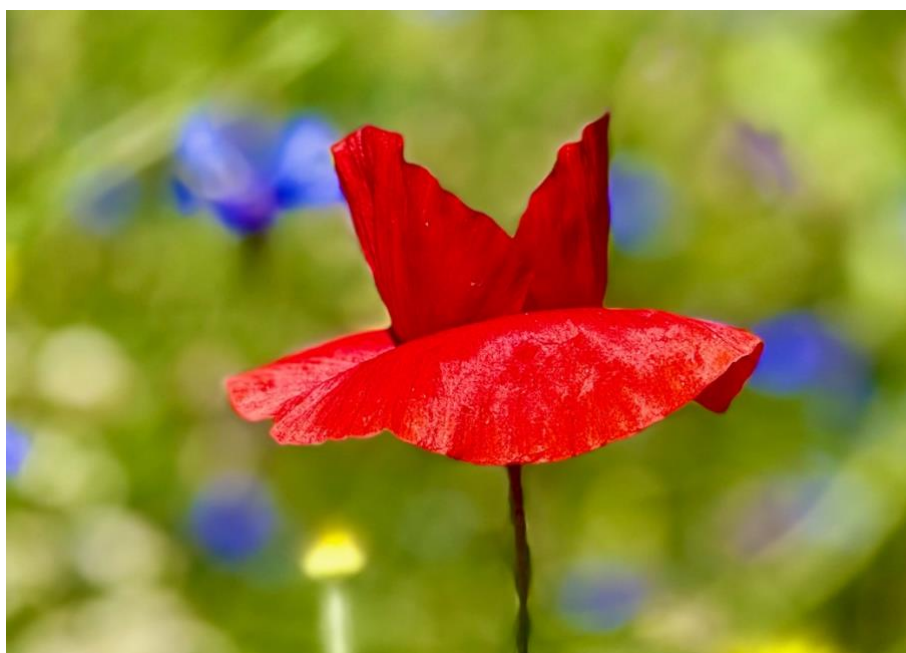
*"What will it be like at the new Dhamma Mudita meditation centre? With this question in mind, I travelled to Rechberg on 27 May to give service at the first 10-day course at Dhamma Mudita. A lot had happened since my last visit at the beginning of May - everything was ready for the 10-day course at the new centre in Austria.*

*We were a small but excellent team in the kitchen and in management. The centre teachers from Dhamma Mudita looked after the meditators and in the kitchen we quickly developed a well-coordinated working relationship in a benevolent and mutually supportive atmosphere. The feedback notes we received showed that the meditators were very satisfied and grateful. There were also suggestions for possible improvements. The entire course was very calm.*

*Full of joy at the success of the first course, I left to return on 18 June to sit on the second 10-day course together with new and old students.*

*Just as many things had developed in nature - many of the flowers that had been sown had opened their blossoms in the meantime - hard-working helpers had also worked on improving the conditions for the second 10-day course to run smoothly: A better privacy screen had been erected between the women's and men's areas, the entrance area to the dining rooms and the kitchen now looked more inviting, the walls in the dining rooms had been covered with cloths for better acoustics and various other things. Sitting in the hall proved to be very pleasant - I also experienced the accommodation in the same way. The service team provided us with delicious food and ensured that the course ran smoothly.*

*Grateful for this experience under the loving care of the teachers, I wish all those responsible and future students a continued blossoming of Dhamma Mudita."*



*„I am happy to share some reflections from my first experience as a server.*

*It was truly a blessed time helping out in the kitchen. I only served for 7 days, and I felt quite sad not to have been there for the full course. The team of volunteers I worked with made this time incredibly meaningful, and I am very grateful for the connection and harmony we shared.*

*Through this experience, I came to understand the importance of service in Dhamma. It was a powerful opportunity to integrate meditation into daily life and observe how it helps bring awareness to my work habits and shifting moods. Naturally, I also gained many insights—especially noticing how the ego can arise in different situations, and how simply observing and letting go makes such a difference.*

*This time in service has deepened my motivation and understanding of how to apply Dhamma in my everyday life. Since then, I’ve been meditating twice a day more regularly and with greater ease than even after my initial course.*

*I feel truly blessed to have met such wonderful people.“*

