

Successful start to the regular course programme in Dhamma Mudita

On 27 May, the time had finally come - after months of preparation, the first 10-day course in Dhamma Mudita could finally be held. Until shortly before the start of the Anapana session in the hall, many of the helpers who had travelled to the centre were still working to complete the essentials for the course in good time: the tall grass in the walking areas was quickly mowed here and there to create paths for the meditators, a few privacy screens were erected at least in the most critical areas to separate the sexes and many things were tidied up to give the centre a tidy appearance.



From the very beginning, the meditations in the hall were very focussed and intense - which was also reflected in the fact that the hall was well attended even during the times when meditation was possible in the rooms. For those who had been actively working towards this course for years, it was a special feeling of happiness to see that there is now actually a Vipassana centre in Austria. The efforts of the past weeks and months fell away from the Dhamma servers, and the meditations in the well-filled hall could now be really enjoyed by everyone. On Metta Day, 6 June, the joy was written all over everyone's face - and it became so obvious how appropriate the name Dhamma Mudita is for the new centre.



The first 10-day course was followed by a lively weekend with intensive committee meetings and an association meeting in which the experiences from this first course were reviewed and concrete improvements to the conditions at the centre were immediately initiated. The next weekend, the first children's course lasting several days took place in the new centre, which was well attended with fifteen children and young people aged 8 - 14 and a similar number of helpers. With the additional help of the children's parents and friends who had travelled with them, it was possible to do more between the first two 10-day courses at the centre to make the meditators' stay at Dhamma Mudita as pleasant and conducive to meditation as possible.

The fifth of the twelve 10-day courses that will take place at Dhamma Mudita this year begins on 30 July - a huge leap compared to the 5 - 6 courses that have been held in Austria each year so far. It is a great pleasure to see the centre grow and flourish.



