

SUKHE SIKA ARAMA



MINDFULNESS FOREST LOOKBOOK

Practice /
Training

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SUKHE SIKA ARAMA

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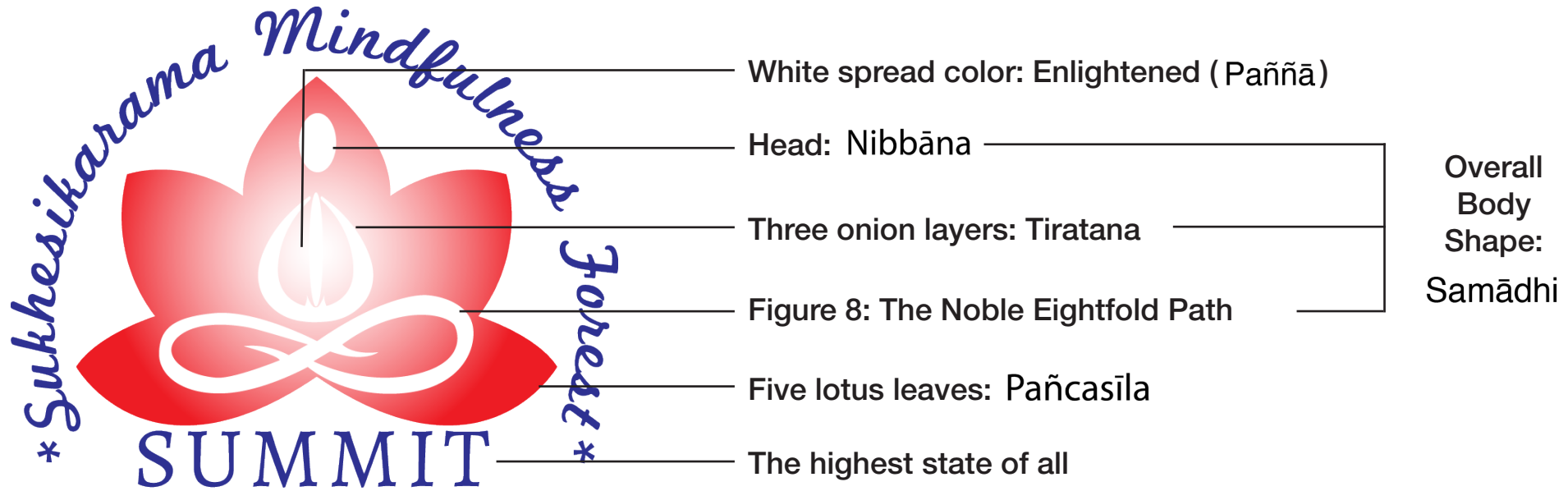
Happiness

|

Location /
Environment

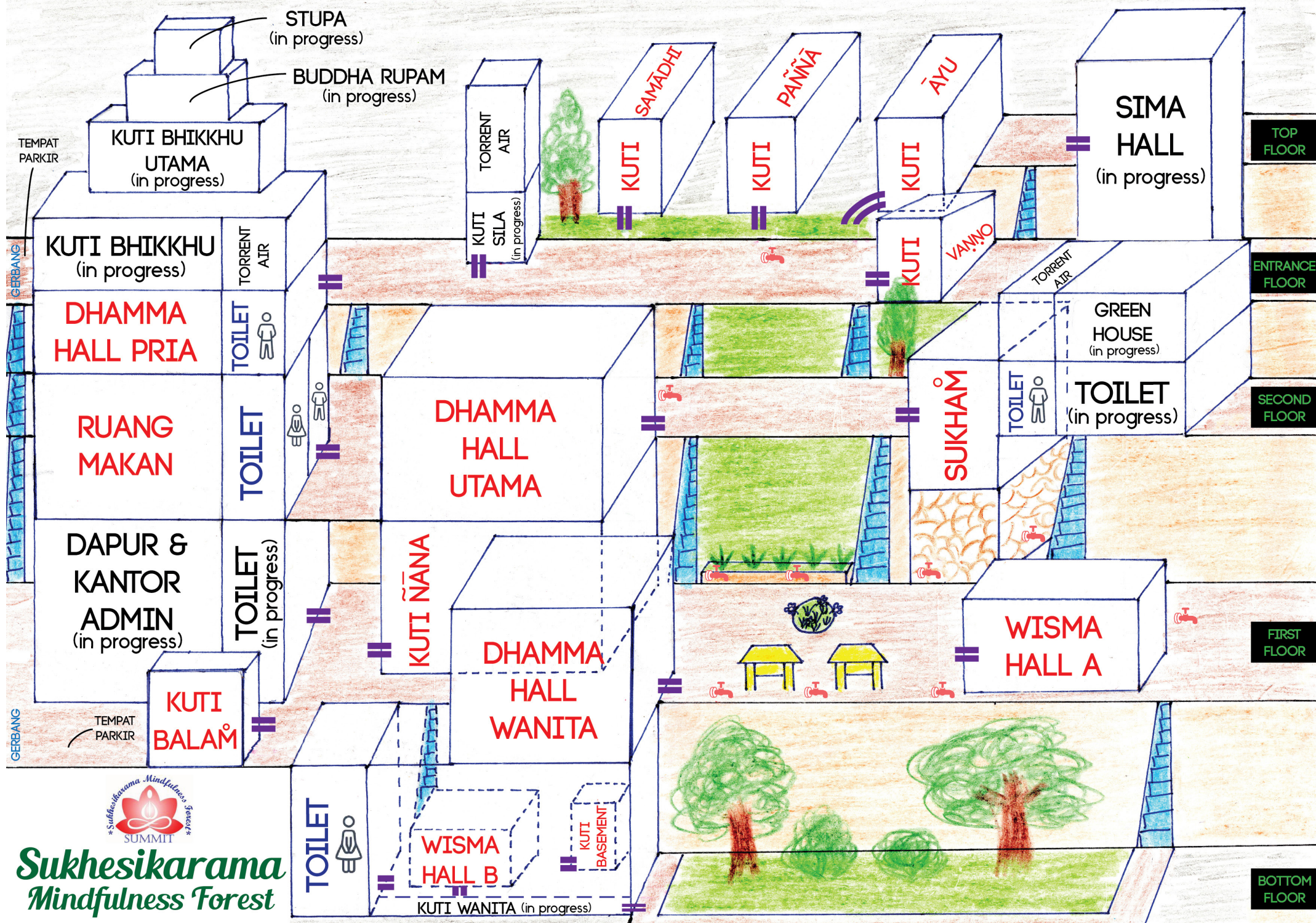
**An environment to train ourselves
in pursuing eternal happiness**

Summit Profile



SUMMIT is located at Kampung Bakom Dusun Barulimus, Desa Cikancane Kecamatan Sukaresmi, Kabupaten Dati 2, Cianjur - Jawa Barat 43254.

The land is approximately around 1.8 hectares in wide. Situated on a hill outside Jakarta within 3 hours trip. The forest environment is peacefull and quiet suitable for meditation getaway.



Sukhesikarama
Mindfulness Forest

Groundbreaking



Initial groundbreaking in 2009 before the construction of the now Sukhesikarama Mindfulness Forest. The area is now buried right under the **white Buddha Rupam** inside Main Dhamma Hall.

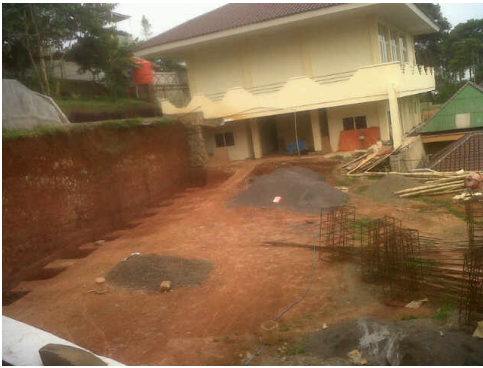


Construction Development



Main Dhamma Hall and Kuti **Ñāna**
finished constructing in 2011.
As for now Main Dhamma Hall is
mainly used for Dhamma Talk.

Construction Development



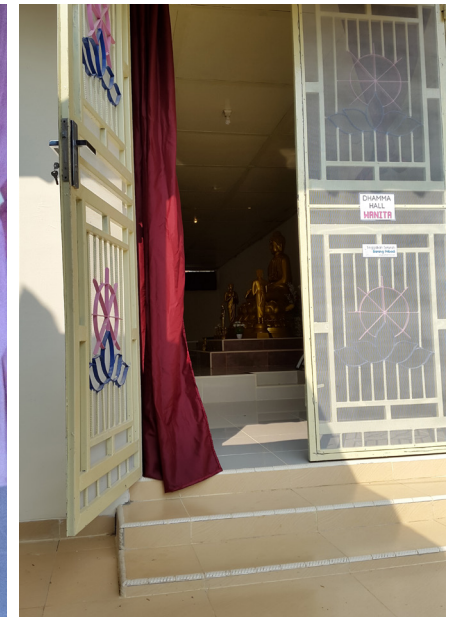
In the process of constructing the second complex beside the Main Dhamma Hall. The **Seven Floors Complex** since 2014 readily functions as **Dining Hall at the 2nd floor** and **Male Dhamma Hall at the 3rd floor**. In early 2016 the construction will concentrate on progressing the 4th floor for Kuti Bhikkhu.



Construction Development



Female Dhamma Hall sits nicely besides Kuti Ñāna . Functioning starts from Des 2015.



Construction Development



Sima Hall with its four floors is still in progress. Approximately will be completed as soon as early 2018.



Retreat Poster



Ehipassiko.... Let`s Prove It..

Hidup sebagai manusia sangat sulit terjadi,
sebuah kehidupan diibaratkan sebuah lilin,
dimana lilin itu pasti berakhir
selama kita masih memiliki BERKAH dalam hidup ini,
sangatlah baik jika kita terus mengembangkannya,
sebelum lilin kehidupan manusia berakhir.

Mari realisasikan ajaran Sang Buddha melalui :
Retreat Vipassana Bhavana
Selama 10 hari di akhir Tahun 2012
21 Desember 2012 - 01 Januari 2013
di Sukhesikarama Mindfulness Forest
Summit ~ Bakom
Vipassana Acariya = Y. M Bhikkhu Gunasiri

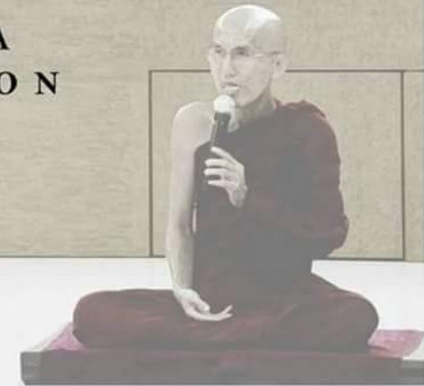
Info & Pendaftaran melalui Telp & Sms
Ibu Hartati : 085711280701
087880808295

Oleh diri sendiri kejahatan di lakukan
Oleh diri sendiri seseorang menjadi suci
Suci atau tidak suci tergantung pada diri sendiri
tak seorangpun yang dapat mensucikan orang lain

Meditation Poster **Then**

VIPASSANA MEDITATION RETREAT

10 Days Mindfulness



Dibimbing oleh :

Y.M Bhikkhu Gunasiri

Tanggal :

24 Desember 2015 s/d 3 Januari 2016

Lokasi :

Sukhesikarama Mindfulness Forest,
Kampung Bakom, Dusun Baru Limus,
Kel. Cikancana, Kec. Sukaresmi,
Cianjur.

Scan for



BIAYA GRATIS!!!

Bagi yogi yang ingin bergabung dengan
rombongan, dapat berkumpul di Tempat
Meditasi Ariyasacca (TMA) pada
23 Desember 2015, berangkat berkala
dari pukul 10.00 sampai 18.00.

Info :

Hartati Gunawan - 08577.642.111.8

Suat - 0813.88030.138

(PIN BB - 514C431C)

(Whatsapp - 0877.89252.388)

Lokasi TMA - Komplek Duta Harapan Indah
Blok. KK no. 62
Jalan Kapuk Muara
Jakarta Utara - 14460



www.sukhesikarama.weebly.com



Meditation Poster **Now**

Full Time Yogi



In 2013 SUMMIT gained one full time Yogi, a doctor who has abandoned her career in pursuit of eternal bliss. And in 2015 two more people joined on the journey.

VIPASSANA MEDITATION RETREAT

2012 Meditation Retreat



In the early days, the participants were only around **30 people**.

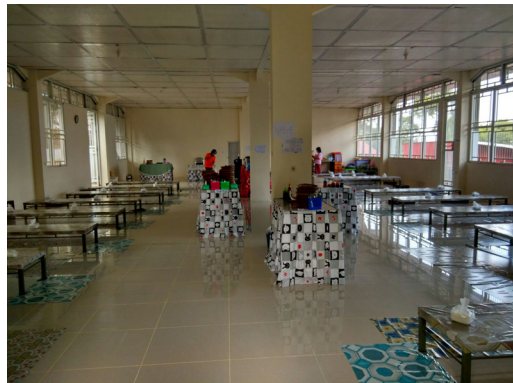


Right from the start Y.M. Bhikkhu Gunasiri taught everyone to do the three postures of vipassana meditation: standing, walking, and sitting.

Decent foods were served to fulfill each Yogi needs. And every worths were taken always from donation.



2015 Meditation Retreat



The first meditation retreat in 2015 was held in 16 July 2015 - 26 July 2015.
The participants were around 150 people.



Latest Meditation Retreat



The last meditation retreat was held on 24 December 2015 - 3 January 2016 during Christmas and New Year holidays. The participants were excessively increased to **200 participants**.

Latest Meditation Retreat



Meditate under the Bodhi Tree inside a valance away from bugs.



Latest Meditation Retreat



Sharing session inside Main Dhamma Hall after 10 days of meditation.

OTHER EVENTS

One Day Mindfulness



Y.M. Bhikkhu Gunasiri holds once a week a One Day Mindfulness program in **Cipinang Jail**. Guiding many people who were arrested for narcotics offense without discrimination.

One Day Mindfulness



Vihara Dharma Suci, Pantai Indah Kapuk



Vihara Dhamma Vijja, Teko



Vihara Tri Dharma, Cianjur

Social Charity



Constant social charities were held at nearby poor area / Vihara in Jakarta.

Kathina



Grand Asia Hotel



Cipinang Detention Centers



Tempat Meditasi Ariyasacca





Dhamma Talk



DHAMMATALK

TAMU yang DATANG dan PERGI

Bagaimana kita Bisa Berdamai Dengan Dukkha Sehari-hari?

ENTRANCE EXIT

FEAR DISGUST JOY ANGER SADNESS

Bagaimana Pula Kita Bersahabat Dengan Sukha Sehari-hari?

Mari hadir Dhammatak *Bhante Gunasiri*, seorang guru meditasi Vipassana yang banyak membimbing di berbagai tempat/daerah dan telah banyak yang merasakan manfaatnya.

Pembicara:
Venerable *Bhikkhu Gunasiri*
Center Hutan meditasi Beliau di "SUMMIT"-Bakom, rutin mengadakan retreat-retreat dan terbuka sepanjang tahun, mengfasilitasi bagi yogi yang ingin berlatih intensif, maupun tahap pengenalan & lintas agama.
Metode pengajaran Beliau yang fleksibel, mudah dimengerti dan sangat memberikan manfaat, serta khasiat dalam kehidupan sehari-hari terutama perihal cara memahami serta menyikapi pikiran & perasaan.

Moderator:
Harry Sutanto M.Psi, Cht

MC:
Ten Giok Cu

Untuk Registrasi, Hubungi:
Lily Salfi 087782177222 / 5647EB9
Siuyen 081584270247 / 25F1F3F2
Format SMS/WAP/BBM : Nama/ Usia/ Alamat / No Hp

Tempat & Waktu:
Pasific Ballroom
Hotel Grand Asia
Bandeng - Jakarta Barat
Minggu, 4 Okt 2015
Jam : 12.30-16.00

Untuk berdana hubungi:
Yenny Dwiyanthie 0818657737 / 217EF4E6
Yani Ng 087877523977 / 7CDCE62F
Suat 087789252388 / 514C431C

No Rekening:
Bank BCA Acc# 179-0087-301
a/n Yenny Dwiyanthie/Ng Heryani

Sponsored by:
GRAND ASIA HOTEL

Organized by:
BodhiSivali



Recent Dhamma Talk in 2015 with approximately 700 participants.

Not waiting for a Time *to meditate*
But give a lot of time *to meditate*

– Y.M. Bhikkhu Gunasiri



bit.ly/SUMMIT-BAKOM



<http://sukhesikarama.weebly.com>



Sukhesikarama Mindfulness Forest

INFO: SUNIATI TAN - (0877-8925-2388) | BBM PIN: 514C431C