



Yoga & Meditation



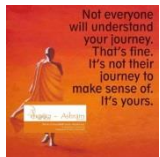
Taken from The Ashram's web site.



The word Ashram (also known as ashrama) stems from the Sanskrit word srama which means "making an effort towards liberation".



An ashram is a spiritual retreat centre which has a serene ambience of those ashrams from two to three thousand years ago. This gives you peace and tranquility where people occasionally wish to attend a conducive retreat or recuperate and re-energize towards their spiritual rejuvenation. This can be done both individually and collectively. A retreat can reinforce the day to day discipline and for that we need to integrate spirituality in our lives by inculcating mindfulness that yields fruits of discipline of the mind. Spirituality is a way of life and not just a means of relief but a journey to one's own liberation.



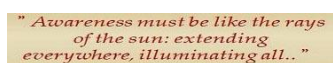
An ashram creates an environment to magnify the way for the path to freedom, by finding and exploring who you really are, by being the teacher and student yourself, at the same time. To seek what the truth is about who we are in this delusion of life. At the ashram you learn how to be happy with nothing.

An ashram gives a deep rooted vision of life, to offer a place which can help you find your way back to your inner peace and consciousness. Realization one's own self.



The right motivation generates the positive thought pattern we need to discover and preserve ourselves, to engage, to respect and honour, to like and to love the world in oneness. You may find the ashram providing the most beautiful variety offering a sense of environment, surrounded by its pristine nature for your purpose, while allowing you the opportunity to live, to be in harmony, with nature and ultimately to connect with the universe.

At the ashram you can feel the consistent love of nature through the moderate heat and the blossoming flowers. This is the time when life re-generates and refreshes flora and fauna.



accept every day as it comes.

At the same time, we should allow and cherish a blossoming feeling towards life and connect with external and internal existence of self. This helps to

Experience inner calmness, an eternal bliss brought from the freeing yourself of emotional burdens, physical burdens, restraints, stresses that stem from the day to day battle of living in a complex society.



Meditation is a fundamental means to discipline one's mind, freeing it of disruptive thoughts, a process that can only be achieved through practice. At the ashram, the teachings of the Buddha are largely practiced and expounded if necessary.

There is no one else who can do it for you. You have to achieve it on our own by paying attention to what is happening.



You are invited to take this journey and to discover and explore who and what you are.

The first step might be difficult but pay attention to the moment and what's happening in another moment, in totality.

Keep the mind calm and relaxed until you do nothing to realize what the reality is. That's what meditation is all about.

To start your journey to knowing reality, you are provided with a place in a beautiful and peaceful landscape in Sri Lanka with food and space for lodging.

The purpose of religion is to train the mind, not to blindfold mankind with dogma.

By controlling the mind we calm our senses and gain deep relaxation.

When talking of controlling the mind, it does not mean brainwashing.

A person must control his own mind willingly and through personal effort.

The mind which is fully controlled and purified will be free from mental disturbances and can see many things not perceivable by others with their naked eyes.



Today many people from the entire world, irrespective of their religious beliefs, have become aware of the benefits gained through meditation. The immediate purpose of meditation is to train the mind and to use it effectively and efficiently in our daily life.

Stepping in to the ashram for spiritual reawakening as we deal with the demands of everyday life which we are sometimes unable to absorb or come to terms with, gives the time and space needed for introspection, reflection, contemplation and meditation.

Staying at the ashram allows attendance to spiritual activities in a disciplined way so that you can go back strengthened in the practice and richer in experience.



Since what we think, say and do affects the atmosphere wherever we are, it is important to cherish such a place as the ashram with right thoughts and actions.

The ultimate aim of meditation is to seek freedom from the wheel of 'samsara' – the cycle of birth and death. Even though it is a most difficult task, it can be obtained through right

effort and dedication here and now and if one aspires to achieve spiritual growth and its benefits through serious meditation the ashram is the place for you.

It is appropriate to reiterate what the prospects of the benefits are because sometimes we lose sight of the real aims of Buddhist meditation.

Most people resort to wrong methods and habits to find peace and happiness.

They seek them from outside of themselves instead of looking within themselves.

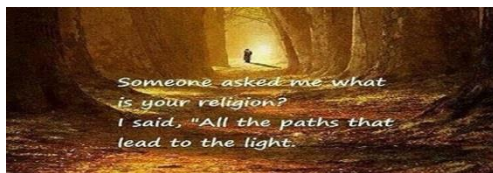
Introspective and introverted thinking is largely lacking in these methods, therefore many find themselves in deeper complexities and suffering due to wrong choices when trying to find peace and happiness.

People become delusional in trying to overcome their miseries by seeking to please their senses; they drink, gamble and dance under the illusion that they are enjoying happiness.

Sense stimulation or sense pleasures do not really bring peace and happiness in the level of expectation, only a temporary relaxation.

The more we try to please the senses through sensual pleasures, the more we will become slaves to the senses. We call addiction.

There will be no end to our craving to satisfaction in this way.



The ashram provides the platform to uplift people's inner mental development and spiritual growth by the techniques of Modern Psychology, Hinduism, Buddhism and Christianity, to give harmony of mind through spiritual retreats, meditation, yoga and Ayurveda treatments in different levels

A refuge from the ordinary and a perfect get away from the constant busy routine of life.