

The Bojjhangas : A Monastic Daylong Retreat on Awakening

(via Zoom)
with

Ajahn Kovilo & Tan Nisabho

Sunday July 10, 2022

9 am to 4:30 pm, PDT



The Topic: Join monastics Ajahn Kovilo and Tan Nisabho of Seattle-based Clear Mountain Monastery (<https://www.clearmountainmonastery.org/>) for a day of meditation and teachings on the Bojjhangas, or Seven Factors of Awakening, Sunday, July 10th, via Zoom. Hosted by Bellingham Insight Meditation Society, the retreat will delve into how we can cultivate qualities such as energy, mindfulness, and samadhi in order to find peace in meditation and in life.

The Teachers:

Ajahn Kovilo is an Ohio-born monk who, having been introduced to meditation through the Goenka tradition, first entered the monastery in 2006. After receiving full ordination from Ajahn Pasanno and Ajahn Amaro at Abhayagiri Buddhist Monastery in California in 2010, Ajahn Kovilo spent the next decade training at monasteries in the Ajahn Chah tradition in America and Thailand. In 2020, after a year practicing at a Pa Auk Sayadaw monastery, Ajahn Kovilo enrolled at the Dharma Realm Buddhist University in Ukiah, California where he is currently studying Pali and Sanskrit among other courses. After finishing his studies, Ajahn Kovilo will join the Clear Mountain Monastery in person.

Tan Nisabho After finishing college in 2012, Ven. Nisabho (addressed as “Tan Nisabho” in the Thai custom) left his native Washington to go forth as a Buddhist monk in Thailand. He received full ordination the following spring under Ajahn Anan, a senior disciple of renowned meditation master, Ajahn Chah, and spent the following years training in forest monasteries throughout Thailand, Australia, and the US. While staying with some of the lineage’s most respected teachers, he grew to believe the Thai Forest Tradition’s balance of communal life with solitary forest dwelling, careful adherence to the monastic precepts, and focus on meditation represented a faithful embodiment of the original Buddhist path and that such a path could yield great fruit in the heart even amidst the complexities of modern life. He currently resides in Seattle as part of Clear Mountain Monastery’s aspiration.

To Register: [Use this link to register](#) for the Retreat

Retreat details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered.

Opportunities to donate (give dana) are below.

Dana for Clear Mountain Monastery:

<https://givebuttr.com/iLhEo7>

Donations to help offset BIMS organizational costs may be made by check or PayPal (US Funds only).

Bellingham Insight Meditation Society

PO Box 1182

Bellingham, WA 98227

<https://www.paypal.me/BIMSRetreats>