

Congratulations on discovering the “OH WOW” experience of the TWIM practice on your retreat!

Now, we don't want to abandon you as you are ending your online or physical retreat. So, here's how we offer to continue to support you after you leave:

- 1. You can write us with questions about your practice or requests further training.**
You can write **David Johnson** at david@dhammasukha.org and he will answer or give it to Bhante.
- 2. WE invite you to join the Dhammasukha Discussion Group online** to get answers to any questions that come up at www.YahooGroups.com . This is a private training support site. Please ask questions and the room usually comes alive with answers. The group is monitored by David Johnson and Sister Khema and supported by Bhante Vimalaramsi. You may request membership by clicking on a yahoo group icon on the homepage at www.dhammasukha.org . There are hundreds of worldwide members. When you request admission, PLEASE let us know what retreat you attended or online retreat you took. Be sure to read the DESCRIPTION for this list at Yahoogroups.com For many years, rules for this room were set up by request of the tech sangha members each year in review. The rules are enforced by member requests. No solicitation is allowed in the room. The group has been ongoing since 2003.
- 3. An ongoing Foundation Meditation Training program is available at the website.** This is a good place to begin learning about Buddhism in relation to your TWIM practice. Also, if you want to lead a meditation group or become a supported mentor, this is a first level training assistance. We offer temporary or full monastic training opportunities at DSMC for both men and women. Contact Ven. Khanti Khema/David Johnson for more information if interested.
- 4. www.dhammasukha.org offers a nice selection of English speaking retreats and also there are materials offered in many other languages.** There are also General talks on various supporting subjects. You can find these talks by clicking on TEACHINGS> and then on DHAMMA TALK LIBRARY. There is a large collection of retreats that were held in Joshua Tree, CA. and elsewhere. Each retreat gives you 7- 10 days of Dhamma talks and support in video and audio and some have transcripts.
- 5.** There is a well-established FACEBOOK page for Bhante V attended by David Johnson and a Facebook page is developing now for Ven. Khanti Khema.
- 6. *NEW: Short on Time? We now have a number of talks listed in a special index listing topics and times and including transcripts to follow to assist anyone using English as a Second language. There is also a list of SNIPPETS you can listen to by Bhante Vimalaramsi that are a few minutes up to 30 minutes in length. Contact sisterkhema@dhammasukha.org***
- 7. Online retreats** are presently taught once a month. There are 4 active instructors for this distance retreat program. The teach out of Australia, Indonesia, Sri Lanka, and the USA. Go to “TRAINING”>>RETREAT PROGRAMS>> ONLINE RETREATS>>. Just read over the description posted AND SUBMIT A CONTACT REQUEST.
- 8.** Mentors and Group leaders list has now been formed. It is posted on line. Check the list to see if anyone is near you for advice or discussion about your practice.

9. **Planning a PERSONAL RETREAT on site at DSMC in Missouri? This is highly recommended to boost your progress in person.** Contact David Johnson to help you coordinate your visit. He will help with your dates, residence set up, transportation to the center, any costs, and offer advice for travel arrangements.

10. **TO improve our Retreats we ask that you** Please **send David Johnson post retreat comments by email.** We want your input to help us improve our presentations. On the last day of your retreat, please send us the following with short clear answers.

RETREAT REPORT: Please give us your first name and the Date and Location of the Retreat.

1. Were the Dhamma Talks clear for you?
2. Did you feel like you could ask questions when you needed to concerning Dhamma Talk material?
3. Were the interview support responses helpful?
4. Did you feel you had good access for questions & answers on different topics from your teachers of interviews and talks?
5. What was most helpful in the retreat for your practice?
6. What was difficult?
7. (If an onsite retreat) Did your residence provide you with the necessities that you needed during your stay?
8. Other comments about your experience and the facility?
9. Would you recommend this kind of a retreat and practice to others?

Send your report to david@dhammasukha.org

NOTE: Two books have been recommended for ongoing students.

→ One book is called **“Living without Fear and Worry”** by Ven. K.Sri Dhammananda is available at Ven. K. Sri Dhammananda books online. People from all religions find this book helpful for life.

→ Also, if you get the Majjhima Nikaya, the Middle Length Sayings by Bhikkhu Bodhi through Wisdom publications, they sometimes have used copies at lower prices. Instead of reading without guidance, we suggest, to begin with, that you try to follow along in a sutta while you listen to Bhante Vimalaramsi present a Dhamma talk on that same text.

More Support:

- **Download the app called “Bhante Vimalaramsi” from the google play or iphone store and stay caught up with talks and events at DSMC. It is free.**
- **Download the PODBEAN app and listen to a talk on this free app by Bhante on his podcast channel.**
- **Follow Bhante on Facebook for frequent photos and updates**
- **Check the news section on our web page to the left on our front Website page for updates and news.**
- **Purchase Bhante’s books on Amazon.com There are many! Or download for kindle.**

Lastly, Please help support this growing American Forest Sangha Tradition and its center by contributing whenever you can through [PayPal](#) or [Network for Good](#) online or you may mail a donation to the center

Why support the center? DSMC is dedicated to Research, Practice, Preserving, and teaching the early Buddhist teachings. It’s truly a one of a kind Buddhist quest in America. TWIM is not only fun, but works really well all the time and helps people around the world. We are working 24/7 to build this center for you and hope you will share what you have learned with others. Pass it forward! We hope to find many sincere monks and nuns in the future to help us firmly grow. DSMC is now teaching in English and preserving Pali in the US and other countries for better understanding of this rare Buddhist Teaching that was lost in translation for so long. We pledge it should never get lost again.

You are invited to visit DSMC in Missouri for an onsite personal retreat again or for a first experience. Investigate at www.dhammasukha.org . If you would like to help with this effort in any other way, please contact us.

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Facebook Bhante Vimalaramsi community page and Ven. Khanti Khema Community page.