

CONTEMPLATION COURSE

CHEUNG CHAU, HONG KONG
Xavier House, June 11-13, 2010

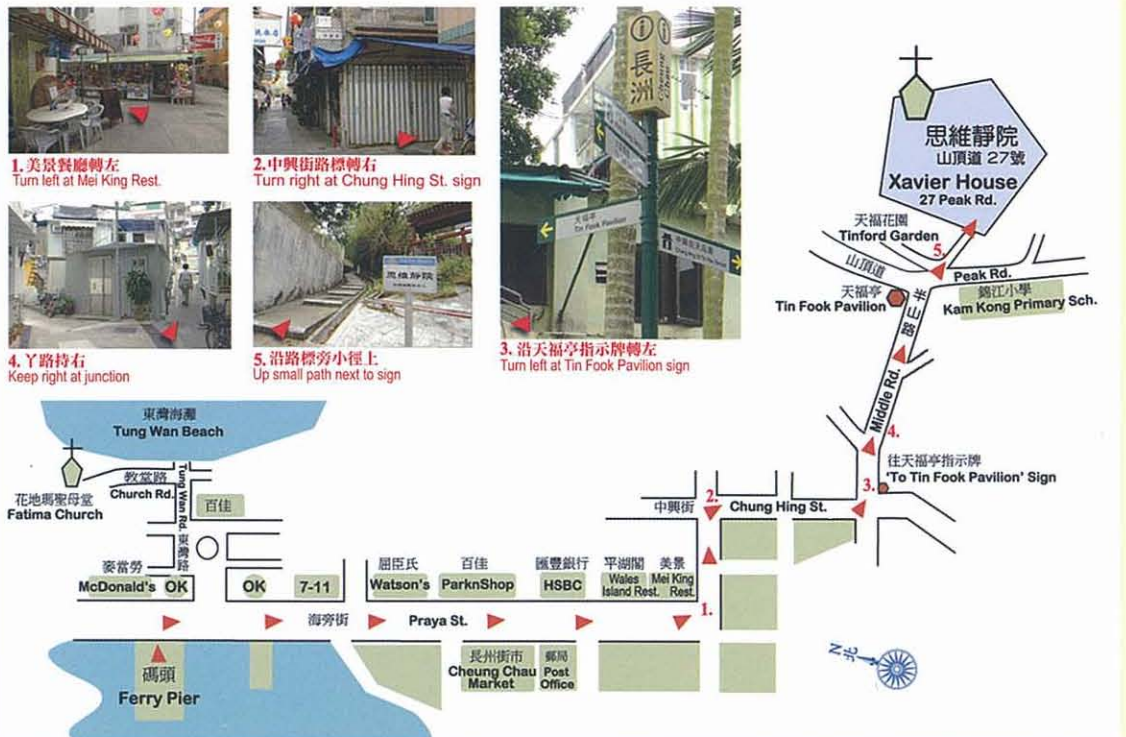
Application:

CIBE, Center for International Business Ethics, Huixin Xijie 18, Beijing 100029 China

Ms. Liu Yan, e-mail-address: liudrsk51244@gmail.com Tel.: 8610 6491 5691 (office); 86 13811923200

Place:

Xavier House is a beautifully located quiet spot on top of Cheung Chau Island, a 40 minutes ship ride away from Hong Kong. It offers a wonderful view on the sea.



"IN ACTIONE CONTEMPLATIVUS" — CONTEMPLATIVE IN ACTION

● Goal

Contemplation offers busy people a simple way to get rid of nervous distractions, to reach inner calm and enjoy life more fully. It is actually an easy method of meditation focused on the perception of one's own breathing, body and one word, such as "Abba", "Jesus" or "Om". Contemplation is both rooted in the tradition of Zen and of the Christian Orthodox "Prayer of Jesus" which can be practised by atheists as well as by people with a religious background. This meditation does not require any previous qualifications. It is however necessary to have a certain psychological equilibrium in order to make progress in the exercise of Contemplation and being able to integrate Contemplation into one's daily life.

Usually the practise of Contemplation inspires to try to understand insights from major Oriental and Western wisdom traditions and stories. The course is open to all religious denominations. It is optional to join the celebration of the mass and the Contemplative prayer of adoration.

Meeting point: Entrance of Pier Ferry No. 5, towards Cheung Chau Island, Hong Kong, Friday, June 11, 5.10 pm

● Staff

Director: Dr. Stephan Rothlin, Association for International Business Ethics, Hong Kong, Chairman

Liaison: Ms. Liu Yan, Center for International Business Ethics, Beijing, China

Costs: 1000 HK\$, NON including the ferry ride



Time Schedule

Friday, June 11, 2010

6.30 pm: Dinner

8.00 pm - 8.40 pm: Introduction into the Place and the course (Matteo Ricci Room)

Saturday, June 12, 2009

7.30 am - 8.00 am: Tibetan exercises for body and mind (optional) (Xavier Chapel)

8.00 am: Breakfast

9.00 am - 9.30 am: Instruction on integrating texts into daily life (Matteo-Ricci Room)

9.30 am - 11.00 am: Contemplation: practice 1 (Xavier Chapel)

11.00 am - 11.30 am: Individual encounter with the director (optional) (Beda Chang Room)

11.45 am - 12.20 am: Mass (optional) (Ignatius Chapel)

12.30 am: Lunch

2.00 pm - 2.30 pm: Instruction on Contemplation as serving others: Action oriented
Contemplation: "In Actione Contemplativus" (Matteo Ricci Room)

2.30 pm - 4.00 pm: Contemplation: practice 3 (Xavier Chapel)

4.00 pm - 5.30 pm: Individual encounter with the director (optional) (Beda Chang Room)

5.30 pm - 6.15 pm: Group Sharing: What do I take home? (Matteo Ricci Room)

6.30 pm: Dinner

8.00 pm - 8.20 pm: Instruction on Adoration (Matteo Ricci Room)

8.30 pm - 9.30 pm: Adoration in the chapel (Xavier Chapel)

Sunday, June 13, 2009

7.30 am - 8.00 am: Tibetan exercises for body and mind (optional) (Xavier Chapel)

8.00 am: Breakfast

9.00 am - 9.30 am: Instruction on Integrating Contemplation into daily life (Matteo-Ricci-Room)

9.30 am - 11.00 am: Contemplation: practice 2 (Xavier House)

11.00 am: Check out