

Meditation Center Estonian Theravada Sangha

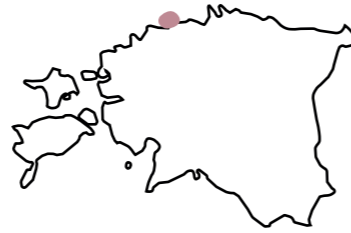
Meelearenduskeskus Eesti Theravaada Sangha

LOCATION

Aegna, Estonia

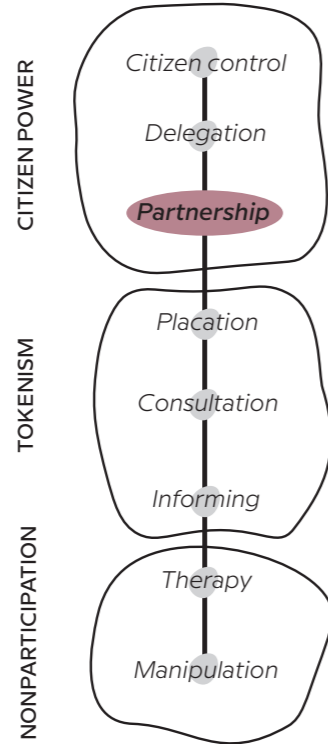
TIME PERIOD

Since 2014



THE PROJECT

The project takes place North-East from Tallinn on the Island of Aegna in a building built before the Second World war and used by Estonian officers. During the Soviet regime, the building hosted recreation center. The intended goal or desire that the project sought to achieve was, and still is, to teach Buddhism and meditation. Thus, the main activities/functions of this space are meditation, relaxation, research and teaching.



place. The work of the center would not be possible without financial support, from **private donations to institutional support of the Asian universities, as well as from Estonia, from the University of Tartu.**

RESULT

Eight years after its beginning, the **project seems to have partly achieved its targeted goals.** Indeed, the center has only been in operation for a few years and some projects are still ongoing. However, given the fact that it relies mostly on donation, the work accomplished remains impressive. The implementation of this project has benefited the local cultural life, but also to the economic activity of the island, especially in summer with tourism which explains why most of the final users have positively perceived the actions of the meditation center. However, we must highlight the fact that **the only two locals were not receptive and willing to accept the changes on the island.**

DESCRIPTION OF THE SPACE

The Aegna can be defined as remote due to its insular condition and its rural character (it is fully covered by forests). In addition to these characteristics, the island lacks economic activity, daily-life-support facilities and good transportation links. This explains why **locals, when asked, consider this place as extremely remote (5/5).** In terms of transportation links, the island is characterized by a multitude of paths that connect its different parts by foot. There are only few public spaces, but their quality is good considering the small nature of the island.

Thitañāna (Dr. Andrus Kahn) and his determination to develop the teaching of meditation and Buddhism in Estonia. Moreover, the importance of the other monks that perpetuate the project shall not be forgotten.

ROLE OF THE LOCAL COMMUNITY & METHODS USED

In 2014, Andrus Kahn began to create a meditation center on the island. With other monks, they started to renovate the building and develop activities related to spiritual practices. From the organization of conferences to the publication of literature, the actors of the project are willing to teach these practices in the island, but also at the scale of the country. The local community is well involved in the activities. In fact, inhabitants from Tallinn and tourists are increasingly numerous to reach this peaceful

WHAT MAKES THE SPECIFICITY OF THE PROJECT

The meditation center project in Aegna island would not have been possible without **Venerable**



Estonian Theravada Sangha monks ©Kirke Tatar



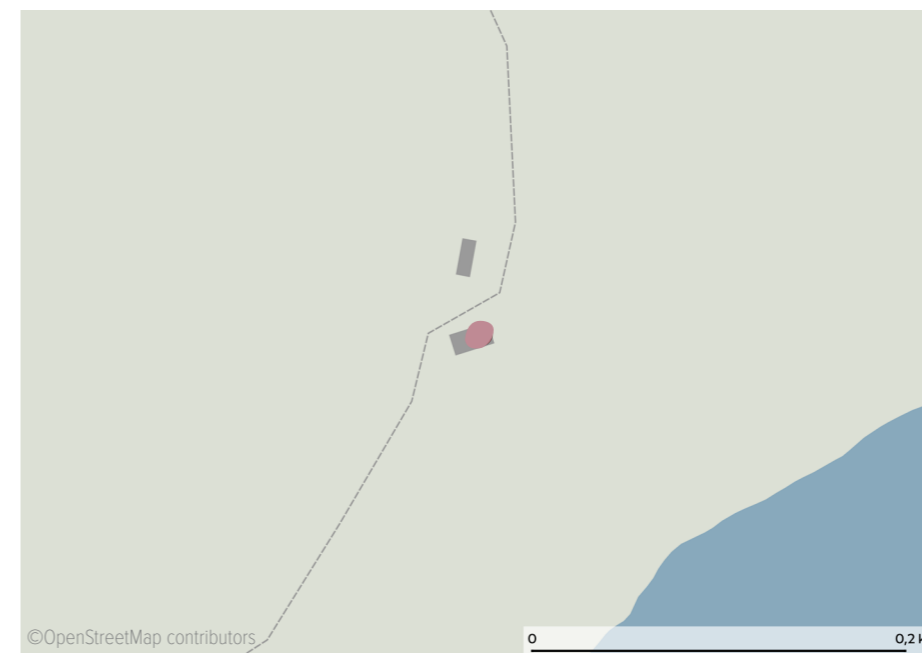
Monk doing the dishes ©Kirke Tatar



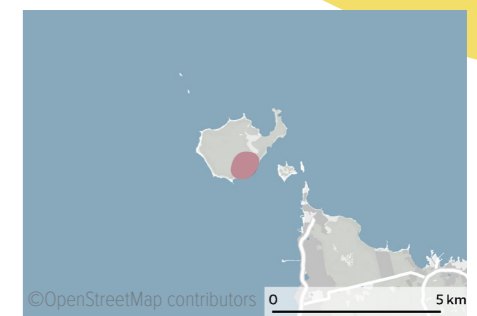
A window at the temple ©Kirke Tatar



The meditation center is surrounded by forest ©Kirke Tatar



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Aegna, Harjumaa, Estonia

more about this project

