

April 2010

NEWSLETTER

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

TEACHERS

Mother Sayamagyi:

IMC United Kingdom

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA

U Khin Zaw:

IMC Yangon (Myanmar)



COURSE SCHEDULE 2010 – 2011

IMC United Kingdom

**Courses under the guidance of Mother Sayamagyi assisted
by Mr Roger Bischoff:**

May	14 – 24, 2010
June	18 – 28, 2010
July	23 – August 2, 2010
August	20 – 30, 2010
September	24 – October 4, 2010
October	22 – November 1, 2010
November	19 – November 29, 2010
December	24 – January 3, 2011
January	28 – February 7, 2011
March	4 – 14, 2011
April	8 – 18, 2011

IMC Australia (NSW)

July	9 – 19, 2010	Mr Richard Walsh
October	15 – 25, 2010	Dr Mark Peterson

COURSE SCHEDULE 2010 – 2011 continued

IMC Australia (WA)

August	27 – September 6, 2010	Mr Douglas Solomon
December	24 – January 3, 2011	Mr Gregory Solomon

IMC Austria

July	9 – 19, 2010	Mr Franz Zelsacher
August	13 – 23, 2010	Mr Erich Kucher
October	29 – November 8, 2010	Mr Hubert Knaus
December	31 – January 10, 2011	Mr Erich Kucher

IMC USA

May	14 – 24, 2010	Mr Michael Kosman
June	4 – 14, 2010	Mr Craig Storti
August	20 – 30, 2010	Mr Michael Kosman
October	22 – November 1, 2010	Mr Craig Storti
December	10 – 20, 2010	Mr Craig Storti

Germany

Weekend Course:

August	6 – 8, 2010	Mr Horst Jughard
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COURSE SCHEDULE 2010 – 2011 continued

Italy

August 20 – August 30, 2010 *At IMC UK*

Weekend Courses:

May 7 – 9, 2010 Mr Renzo Fedele

September 17 – 19, 2010 Mr Renzo Fedele

December 3 – 5, 2010 Mr Renzo Fedele

Japan

April 28 – May 8, 2011 Mr James Emery

Weekend Courses:

July 23 – 25, 2010 Mr James Emery

September 4 – 6, 2010 Mr James Emery

November 12 – 14, 2010 Mr James Emery

February 19 – 21, 2011 Mr James Emery

The Netherlands

November 19 – 29, 2010 *At IMC UK*

Weekend Course:

July 2 – 4, 2010 Mr Matthijs Schouten

Switzerland

April 21 – May 1, 2011 Mr Eugen Jung

SPECIAL DAYS 2010

April 27	Buddha Day (Full Moon of Kason)
May 27	Mahāsamāya Day (Full Moon of Nayon)
June 26	Dhammacakka Day (Full Moon of Waso)
October 12	Anniversary of the Teachers' arrival in the West
October 23	Abhidhamma Day (Full Moon of Thadingyut)
November 21	Festival of Lights (Full Moon of Tasaung Mon)
December 22	Saya Thetgyi's Demise Day
January 19, 2011	Sayagyi U Ba Khin's Demise Day



ADVICE FROM SAYAGYI U BA KHIN

Sayagyi U Ba Khin said:

The Buddha and the Dhamma can destroy suffering and give happiness. But who is giving this happiness? The Buddha isn't giving it to you. It is the awareness of impermanence, *anicca*, that you experience inside you that gives you this happiness.

Those who have acquired understanding through *vipassanā* have to keep up their meditation in order not to lose, to be cut off from, the awareness of *anicca* again. We have to meditate. And how do we have to meditate? Fix your mind on the nostrils and observe your respiration. Remain quiet. Work in order to attain *samādhi*, calmness.

Don't break your moral precepts, *sīla*. The only precept I am afraid of for you is the one about speaking untruth. If you tell a lie, nothing will happen to me, but, because you are lying, the base of morality will lose strength and consequently your *samādhi* will lose strength. Speak only the truth, act in a straight way. In this way you will re-establish the strength of your *samādhi*.

I want to give you a warning, however. Morality, *sīla*, should be the *sīla* the Buddha taught. Concentration, *samādhi*, should be the *samādhi* the Buddha taught, and *paññā*, insight, should be the insight the Buddha taught.

Whoever meditates developing in these three trainings of morality, concentration and insight – understanding clearly their purpose – will, in this time of practice and liberation, attain the path and fruition states of Nibbāna.

If you meditate developing pure *sīla*, (morality), *samādhi* (calmness of mind) and *paññā* (insight) and reach real appreciation of impermanence (*anicca*), real appreciation of unsatisfactoriness (*dukkha*), and real appreciation of no-self (*anattā*), then don't go to the teacher and ask how latent bad kamma are eliminated. Experience it for yourself.

Experiencing this you will have to understand for yourselves how your burden is diminished. Having understood this, if you work hard and meditate rising step by step, you will not only come to an actual understanding of the Four Noble Truths, you will, according to your perfections (*pāramī*), and even if they are very small, experience Nibbāna for yourselves.

ADVICE FROM MOTHER SAYAMAGYI

Recently Mother Sayamagyi advised a student on how to be with Dhamma:

When you come home in the evening after running here and there all day, you are tired. You sink into a chair and think “Oh, I am tired”. You relax your body and mind.

Don’t think. Just be relaxed and calm. Then your attention will automatically go to the breath. You do not need to do anything. You don’t need to breathe harder. You are breathing anyway. Maybe you feel a little bit of warmth below the nose.

If you are calm like this, you will slowly come to understand what is true of nature. This is what the Buddha taught.



International Meditation Centre

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