

April 2011

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 2011 – 2012

IMC United Kingdom

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

| | | |
|-----------|-----------------------|---|
| June | 3 – 13, 2011 | |
| July | 8 – 18, 2011 | |
| August | 19 – 29, 2011 | |
| September | 30 – October 10, 2011 | |
| November | 4 – 14, 2011 | |
| December | 23 – January 2, 2012 | |
| February | 3 – 13, 2012 | |
| March | 2 – 12, 2012 | |
| April | 5 – 15, 2012 | <i>Note: this course begins on a Thursday</i> |

IMC Australia (NSW)

| | | |
|-----------|-----------------------|-------------------|
| June | 24 – July 4, 2011 | Mr Michael Fraser |
| September | 23 – October 3, 2011 | Dr Mark Peterson |
| November | 25 – December 5, 2011 | Mr Richard Walsh |
| January | 6 – 16, 2012 | Mr Michael Fraser |

IMC Australia (WA)

| | | |
|----------|----------------------|--------------------|
| August | 19 – 29, 2011 | Mr Douglas Solomon |
| December | 23 – January 2, 2012 | Mr Gregory Solomon |
| April | 6 – April 16, 2012 | Mr Douglas Solomon |

COURSE SCHEDULE 2011 – 2012 continued

IMC Austria

| | | |
|-----------|---------------|--------------------|
| April | 15 – 25, 2011 | Mr Franz Neuner |
| July | 8 – 18, 2011 | Mr Erich Kucher |
| September | 2 – 12, 2011 | Mr Franz Zelsacher |
| October | 21 – 31, 2011 | Mr Hubert Knaus |

IMC USA

| | | |
|----------|-------------------|-------------------|
| May | 13 – 23, 2011 | Mr Michael Kosman |
| June | 24 – July 4, 2011 | Mr Craig Storti |
| August | 19 – 29, 2011 | Mr Michael Kosman |
| October | 21 – 31, 2011 | Mr Craig Storti |
| December | 9 – 19, 2011 | Mr Craig Storti |
| March | 16 – 26, 2012 | Mr Michael Kosman |

Germany

Weekend Courses:

| | | |
|----------|---------------|------------------|
| June | 17 – 19, 2011 | Mr Horst Jughard |
| November | 18 – 20, 2011 | Mr Horst Jughard |

Italy

Weekend Course:

| | | |
|-----|---------------|-----------------|
| May | 20 – 22, 2011 | Mr Renzo Fedele |
|-----|---------------|-----------------|

COURSE SCHEDULE 2011 – 2012 continued

Japan

| | | |
|-------|------------------|----------------|
| April | 28 – May 8, 2011 | Mr James Emery |
| April | 27 – May 7, 2012 | Mr James Emery |

Weekend Courses:

| | | |
|----------|---------------|----------------|
| June | 17 – 19, 2011 | Mr James Emery |
| August | 26 – 28, 2011 | Mr James Emery |
| November | 11 – 13, 2011 | Mr James Emery |
| February | 10 – 12, 2012 | Mr James Emery |

The Netherlands

| | | |
|----------|--------------|----------------------|
| July | 8 – 18, 2011 | <i>At IMC UK</i> |
| November | 4 – 14, 2011 | <i>At IMC UK</i> |
| February | 3 – 13, 2012 | Mr Matthijs Schouten |

Switzerland

| | | |
|-------|------------------|---------------|
| April | 21 – May 1, 2011 | Mr Eugen Jung |
| April | 5 – 15, 2012 | Mr Eugen Jung |

Ukraine

| | | |
|-------|------------------|--|
| April | 29 – May 9, 2011 | |
|-------|------------------|--|

Contact:

| | | |
|------------|-----------------|------------------------------|
| In Ukraine | Oleksandr Nosov | Tel: +380 631 542 077 |
| | | Email: alexandre8n@gmail.com |

SPECIAL DAYS 2011 – 2012

| | |
|---------------------|---|
| April 13 – 16, 2011 | Water Festival |
| April 17, 2011 | Burmese New Year |
| May 17, 2011 | Buddha Day (Full Moon of Kason) |
| June 16, 2011 | Mahāsamāya Day (Full Moon of Nayon) |
| July 15, 2011 | Dhammacakka Day (Full Moon of Waso) |
| October 12, 2011 | Abhidhamma Day (Full Moon of Thadingyut); Anniversary of the Teachers' arrival in the West |
| November 10, 2011 | Festival of Lights (Full Moon of Tasaung Mon) |
| December 11, 2011 | Saya Thetgyi's Demise Day |
| January 19, 2012 | Sayagyi U Ba Khin's Demise Day |



An Excerpt from
The Basic Study of the Buddha's Teachings
and their Correct Application
Compiled by Thray Sithu Sayagyi U Ba Khin

Continued from October 2010 Newsletter

There are three ways of teaching: (1) teaching through similes, also called the “snake charmer’s way”, (2) teaching to effect the escape from the round of birth and death, and (3) teaching like a treasurer.

(1) The snake charmer’s way: In this method the teacher has forgotten that the primary benefit of the Buddha Dhamma is the escape from the conditioned world and the attainment of the path and fruition stages of Nibbāna. This person who is lost to the path and fruition stages teaches like a snake charmer with the intention of oppressing and controlling others with his knowledge. This type of person does not know the real benefit of the Dhamma and is unable to experience the taste and essence of the Dhamma. Therefore this way of teaching the scriptures is called the snake charmer’s way.

(2) Teaching to effect the escape from the rounds of birth and death: This way of teaching can have two aims: (a) to cause people to escape from this world and attain the path and fruition stages of Nibbāna in the dispensation of this Buddha or (b) to cause people to fulfil the perfections (*pāramī*) through the practice of morality and calmness of mind and the other noble practices.

(3) The treasurer’s way: The arahats who have attained freedom from defilements in the dispensation of the Buddha, aim to establish the teachings for a long time to come, and in order to ensure the continuation of the teachings, they teach the scriptures. The arahats who called the Buddhist councils practised this way of teaching and by their instruction they protected and guarded the noble Teachings.

The first discourse of the Buddha, called the Dhamma-cakka-pavattana-sutta, is the source from which the great river of sweet water called the Teachings springs. The scriptures consist of the 84,000 sections of Suttanta, Vinaya and Abhidhamma. The Dhamma-cakka-pavattana-sutta incorporates the Four Noble Truths: the truth of suffering, the truth of the origin of suffering, the truth of the ending of suffering, and the truth of the path leading to the end of suffering.

These are the pivot of the Buddhist faith. To establish this pivot, the truth of suffering has to be understood completely and with this understanding the cause of suffering is removed and destroyed. Doing away with the cause of suffering, suffering ceases and Nibbāna is attained.

It is very important to always keep in mind the fact that in order to attain Nibbāna the Eightfold Noble Path has to be practised and that only this practice has the power to lead the seeker to the understanding of the path and fruition stages of Nibbāna.



International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

- IMC UK Splatts House, Heddington, Calne, SN11 0PE, UK.
Tel: +44 1380 850 238, Fax: +44 1380 850 833
Email: imcuk@internationalmeditationcentre.org
www.internationalmeditationcentre.org
- IMC NSW PO Box 3059, Bonnells Bay, NSW 2264, Australia.
Tel: +61 2 4970 5433, Fax: +61 2 4970 5749
Email: 10days@imcnsw.com, www.imcnsw.com
- IMC WA 1525 Jacoby Street, Mahogany Creek, WA 6072, Australia.
Tel: +61 8 9295 2644, Fax: +61 8 9295 3435
Email: imcperth@inet.net.au, www.imcperth.org
- IMC Austria A-9064 St. Michael/Gurk 6, Austria.
Tel: +43 4224 2820, Fax: +43 4224 2820 32
Email: mail@imc-austria.com, www.imc-austria.com
- IMC USA 4920 Rose Drive, Westminster MD 21158, USA.
Tel: +1 410 346 7889, Email: imc@ubakhin.org, www.ubakhin.org
- Canada IMC Canada, 4 Old York Crescent, Kitchener, Ontario, N2B 3G3, Canada.
Tel: +1 519 896 0533
- Germany Sayagyi U Ba Khin Gesellschaft, In der Wann 39, 35037 Marburg, Germany. Tel: +49 6421 34 660, www.subk-vipassana.de
- Italy Mr Renzo Fedele, Via Euganea 94, 35033 Bresseo PD, Italy.
Tel: +39 049 9900 752, Email: renzo1fed@yahoo.it, www.ubakhin.eu
- Japan Sayagyi U Ba Khin Memorial Trust, 2-2-22 Minato-Machi #209, Naniwa-ku, Osaka City 556-0017, Japan.
Tel./Fax +81 6 6649 2105, Email: emery@waltz.plala.or.jp
- The Netherlands Sayagyi U Ba Khin Stichting, Centrumlaan 10, 6869 VE Heveadorp, The Netherlands.
Tel: +31 26 3332554, Email: info@ubakhin.net, www.ubakhin.net
- Singapore Sayagyi U Ba Khin Memorial Association,
522 East Coast Road, #12-03 Ocean Park, Singapore 458966.
Tel: +65 6242 2389, Fax: +65 6224 5484,
Email: lmsongteng@gmail.com
- Switzerland Sayagyi U Ba Khin Gesellschaft, c/o Eugen Jung, Abendstrasse 30/119, 3018 Bern, Switzerland.
Tel: +41 31 991 6141, Email: eugen.jung@hispeed.ch www.ubakhin.ch
- Belgium Address as for Netherlands. Tel./Fax: +32 2 351 4559
- USA Mr Joe McCormack, 23 Via Capistrano, Tiburon, CA 94920, USA.
(West Coast) Tel: +1 415 789 0153, Fax: +1 415 789 0193
Email: mccormack23@comcast.net