

November 2013

# 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 2013 – 2014**

*Course dates are correct at the time of publishing this Newsletter. Please check [www.internationalmeditationcentre.org](http://www.internationalmeditationcentre.org) for the most up-to-date schedule before applying for a course or making any travel arrangements.*

### **IMC United Kingdom**

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

November	1 – 11, 2013
December	20 – 30, 2013
January	17 – 27, 2014
February	14 – 24, 2014
March	14 – 24, 2014
April	11 – 21, 2014
May	23 – June 2, 2014
June	20 – 30, 2014
July	18 – 28, 2014
August	15 – 25, 2014
September	12 – 22, 2014
October	10 – 20, 2014
November	7 – 17, 2014
December	19 – 29, 2014

### **IMC Australia (NSW)**

November	15 – 25, 2013	Mr Richard Walsh
January	3 – 13, 2014	Mr Michael Fraser
April	11 – 21, 2014	Dr Mark Peterson
July	4 – 14, 2014	Mr Michael Fraser
September	26 – October 6, 2014	Mr Richard Walsh
November	28 – December 8, 2014	Dr Mark Peterson
January	16 – 26, 2015	Mr Richard Walsh

## **COURSE SCHEDULE 2013 – 2014 continued**

### **IMC Australia (WA)**

November	29 – December 9, 2013	Mr Gregory Solomon
August	22 – September 1, 2014	Mr Douglas Solomon
November	28 – December 8, 2014	Mr Gregory Solomon

### **IMC Austria**

October	25 – November 4, 2013	Mr Hubert Knaus
December	27 – January 6, 2014	Mr Franz Zelsacher
February	7 – 17, 2014	Mr Franz Neuner
April	11 – 21, 2014	Mr Erich Kucher
July	4 – 14, 2014	Mr Erich Kucher

#### **Weekend Course:**

November	29 – December 1, 2013	Mr Franz Neuner
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### **IMC USA**

December	6 – 16, 2013	Mr Craig Storti
March	28 – April 7, 2014	Mr Michael Kosman
May	2 – 12, 2014	Mr Michael Kosman
June	20 – 30, 2014	Mr Craig Storti
August	29 – September 8, 2014	Mr Michael Kosman
October	24 – November 3, 2014	Mr Craig Storti
December	5 – 15, 2014	Mr Craig Storti

### **Germany**

#### **Weekend Courses:**

February	14 – 16, 2014	Mr Horst Jughard
May	29 – June 1, 2014	Mr Horst Jughard

## **COURSE SCHEDULE 2013 – 2014 continued**

### **Italy**

#### **Weekend Courses:**

November	15 – 17, 2013	Mr Renzo Fedele
February	28 – March 2, 2014	Mr Renzo Fedele
May	2 – 4, 2014	Mr Renzo Fedele

### **Japan**

April	25 – May 5, 2014	Mr James Emery
August	8 – 18, 2014 ( <i>Aomori</i> )	Mr James Emery

#### **Weekend Courses:**

November	2 – 4, 2013	Mr James Emery
December	27 – 30, 2013 ( <i>Aomori</i> )	Mr James Emery
January	31 – February 2, 2014	Mr James Emery
March	28 – 30, 2014 ( <i>Aomori</i> )	Mr James Emery
July	18 – 21, 2014	Mr James Emery
October	31 – November 3, 2014	Mr James Emery

### **Netherlands**

January	31 – February 10, 2014	Mr Matthijs Schouten
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### **Switzerland**

April	17 – April 27, 2014	Mr Eugen Jung
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### **Ukraine**

April	25 – May 5, 2014	Mr Roger Bischoff
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#### **Weekend Course:**

October	25 – 29, 2013	Mr Roger Bischoff
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## **SPECIAL DAYS 2013– 2014**

November 17, 2013	Festival of Lights (Full Moon of Tasaung Mon)
December 18, 2013	Saya Thetgyi's Demise Day
January 19, 2014	Sayagyi U Ba Khin's Demise Day
January 23, 2014	Sayagyi U Ba Khin's Demise Day (Burmese)
March 15, 2014	Full Moon of Tabaung
March 19, 2014	Mother Sayamagyi's Birthday
March 26, 2014	Sayagyi U Ba Khin's Birthday
April 13-16, 2014	Water Festival
April 17, 2014	Burmese New Year
May 13, 2014	Buddha Day (Full Moon of Kason)
June 12, 2014	Mahāsamāya Day (Full Moon of Nayon)
July 11, 2014	Dhammacakka Day (Full Moon of Waso)
October 8, 2014	Abhidhamma Day (Full Moon of Thadingyut)
October 12, 2014	Anniversary of the Teachers' arrival in the West
November 6, 2014	Festival of Lights (Full Moon of Tasaung Mon)
December 7, 2014	Saya Thetgyi's Demise Day
January 19, 2015	Sayagyi U Ba Khin Demise Day (Western)

## Excerpts from Letters by Sayagyi U Ba Khin to U Sein Lin<sup>1</sup>

**2 June 1960:** I got the letter you sent from New York. I was very happy to hear about your circumstances. I wish you to meditate regularly while you live in America and to make a point to share your merit with and send *mettā* to the good and noble devas. Mr Hislop who meditated with me attained special understanding in the Dhamma. He has understood well the ten steps of Vipassanā knowledge and the ten dangers to Vipassanā along with the *Paṭicca-samuppāda*. I am happy that I was able to help him, but I am especially delighted that an individual has come up who has the ability to carry the burden of spreading the Buddha's teaching in America.

**18 July 1960:** ... Only today I received a letter and some colour photographs from Mr Hislop. He wrote that he continues to meditate regularly with great faith in the Dhamma, and that members of his association are also practising Ānāpāna. This news makes me think that our mission is going to spread considerably.

My disciples and I are all in good health and happy. May you be well in mind and body and may you be able to live delighting in the Dhamma.

**14 September 1960:** I have heard that the Venerable Webu Sayadaw had the colour pictures you sent [of the Pagoda at IMC-Yangon] and which we then offered to him hung in a place where many could pay respects to it. Apparently the Venerable Webu Sayadaw tells all those who come that this Pagoda is in Sayagyi's meditation centre.

**19 September 1960:** ... At this time, in the whole world, opposing forces have arisen. New York and Washington are places where a great multitude of various forces have gathered, and it is just as you write: we have to think that these have the nature of trying to destroy and defeat, just as a gale or hurricane. When one is shaken and perturbed in this world where these forces have arisen and spread, we have to say that there is no other refuge than the Dhamma. It is my duty to remind you and Connie [U Sein Lin's wife, also a student of Sayagyi] that you should live in such a way that you don't forget the Dhamma that you have got.

**9 October 1966:** ... There is no effect without a cause. I would like to urge you to reflect in accordance with the Dhamma concerning all the different situations that may arise. The results of one's *kamma* are not something which can be known in advance. I believe that in order to make oneself firm one has to make every effort to be complete in the three trainings of *sīla*, *samādhi*, and *paññā*, and in this way one can acquire good results and happiness...

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<sup>1</sup> A devoted student of Sayagyi U Ba Khin, U Sein Lin had gone to live in America shortly before this correspondence began.

In order to receive my *mettā* effectively, you should practise Vipassanā in your house and solicit our *mettā*. If you meditate and then solicit my *mettā-dhātu*, you will benefit greatly.

Before you practise Vipassanā, please practise Ānāpāna daily in order to obtain *samādhi*. Only if your base of *samādhi* is good can your Vipassanā knowledge develop. Only if your Vipassanā knowledge is developed can you effectively receive the *mettā-dhātu* that I am sending.

**10 July 1968:** I am recovering from illness which sent me to hospital for 50 days. It was a great experience. My outlook has undergone a change for the better. I send you the share of merits during the Buddhist lent which please accept. This is a time when you should be very consistent with awareness of *anicca*. It is the antidote for fear of all kinds. It will keep you in good stead, calm and serene in the face of the chaos threatening mankind.

**23 November 1968:** ... When you meditate I wish you to do Ānāpāna first and then advance to Vipassanā. When you obtain *samādhi* after focusing your attention on the nostrils, you will find the characteristic of impermanence, *anicca*, in your body. Wherever you find it, observe impermanence in this place first. It is good if you first observe *anicca* on the top of your head. Observing the situation of the world try to keep in your mind that only the Dhamma can give safety. Meditate with this thought in your mind.

I am always sending *mettā*. Sayama and her family are always staying here now, and she is in good health and happy.

**March 1969:** The time clock of Vipassanā was struck as early as February 1968 when the conflict of forces began. The Burmese year 1330, beginning from April 16, 1968, was a year of great upheaval for me. In fact I was hospitalized for 50 days from April 19, 1968, and again for 25 days from December 18, 1968, on account of prostate trouble. I was virtually an invalid till my last birthday March 13, 1969. The experience during the days of illness has made me understand the nature of forces and the forces of nature more vividly. Hence my ability now to radiate to reach my disciples in any part of the world if only they take the necessary precaution to keep the doors open with the awareness of *anicca*....

**15 January 1971:<sup>2</sup>** ... Though I am practically cured of my affliction I shall not be given permission to travel abroad to teach the Dhamma. As foreigners are also not given visas so that they can come here and meditate (there is a tourist visa of only seven days), I do not get an opportunity to make use of the insight I have gained through my studies and efforts.

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<sup>2</sup> Sayagi U Ba Khin passed away four days after he wrote this final letter to U Sein Lin.

# International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

To locate websites for all countries, see [www.internationalmeditationcentre.org](http://www.internationalmeditationcentre.org)

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