

June 2019

NEWSLETTER

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom

IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA



COURSE SCHEDULE 2019 – 2020

Before making travel plans to come for a course, please double check the dates with the relevant Centre or group or on the global home page www.ubakhin-vipassana-meditation.org.

IMC United Kingdom

Courses taught by Mr Roger Bischoff:

| ————— 2019 ————— | |
|------------------|-------------------|
| June | 21 – July 1, 2019 |
| July | 19 – 29, 2019 |
| August | 9 – 19, 2019 |
| September | 6 – 16, 2019 |
| October | 11 – 21, 2019 |
| November | 15 – 25, 2019 |
| December | 20 – 30, 2019 |

| ————— 2020 ————— | |
|------------------|--------------------|
| January | 17 – 27, 2020 |
| February | 28 – March 9, 2020 |
| April | 10 – 20, 2020 |
| May | 15 – 25, 2020 |
| June | 12 – 22, 2020 |
| July | 17 – 27, 2020 |
| August | 21 – 31, 2020 |
| September | 18 – 28, 2020 |
| October | 16 – 26, 2020 |
| November | 13 – 23, 2020 |
| December | 18 – 28, 2020 |

IMC Australia (WA)

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|----------|-----------------------|--------------------|
| August | 9 – 19, 2019 | Mr Douglas Solomon |
| November | 22 – December 2, 2019 | Mr Douglas Solomon |
| March | 27 – April 6, 2020 | Mr Douglas Solomon |
| July | 24 – August 3, 2020 | Mr Gregory Solomon |
| November | 20 – 30, 2020 | Mr Douglas Solomon |

COURSE SCHEDULE 2019 – 2020 continued

IMC Australia (NSW)

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|-----------|------------------------|-------------------|
| June | 14 – 24, 2019 | Mr Richard Walsh |
| August | 9 – 19, 2019 | Dr Mark Peterson |
| September | 27 – October 7, 2019 | Mr Michael Fraser |
| November | 22 – December 2, 2019 | Mr Richard Walsh |
| January | 31 – February 10, 2020 | Mr Roger Bischoff |
| April | 10 – 20, 2020 | Dr Mark Peterson |
| June | 12 – 22, 2020 | Mr Michael Fraser |
| August | 7 – 17, 2020 | Mr Richard Walsh |
| October | 2 – 12, 2020 | Dr Mark Peterson |
| November | 27 – December 7, 2020 | Mr Michael Fraser |

IMC Austria

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| July | 12 – 22, 2019 <i>in Italian and English</i> | Mr Renzo Fedele |
| August | 23 – September 2, 2019 | Mr Franz Zelsacher |
| October | 25 – November 4, 2019 | Mr Hubert Knaus |
| December | 27 – January 6, 2020 | Mr Franz Zelsacher |

IMC USA

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|----------|-------------------|-------------------|
| June | 21 – July 1, 2019 | Mr Craig Storti |
| August | 9 – 19, 2019 | Mr Michael Kosman |
| October | 11 – 21, 2019 | Mr Michael Kosman |
| December | 20 – 30, 2019 | Mr Michael Kosman |

Germany

Weekend Course:

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| March | 27 – 29, 2020 | Mr Horst Jughard |
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Italy

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| July | 12 – 22, 2019 <i>at IMC Austria</i> | Mr Renzo Fedele |
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COURSE SCHEDULE 2019 – 2020 continued

Japan

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|-------------------------|------------------|-------------------------------------|
| August | 9 – 19, 2019 | Mr James Emery (<i>in Aomori</i>) |
| April | 28 – May 7, 2020 | Mr James Emery (<i>in Osaka</i>) |
| August | 7 – 17, 2020 | Mr James Emery (<i>in Aomori</i>) |
| Weekend Courses: | | |
| June | 8 – 10, 2019 | Mr James Emery (<i>in Osaka</i>) |
| July | 12 – 15, 2019 | Mr James Emery (<i>in Osaka</i>) |
| October | 12 – 14, 2019 | Mr James Emery (<i>in Osaka</i>) |
| November | 22 – 24, 2019 | Mr James Emery (<i>in Osaka</i>) |
| January | 11 – 13, 2020 | Mr James Emery (<i>in Osaka</i>) |
| June | 12 – 14, 2020 | Mr James Emery (<i>in Osaka</i>) |
| July | 22 – 26, 2020 | Mr James Emery (<i>in Osaka</i>) |

Netherlands

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|----------|--------------------|----------------------|
| February | 28 – March 9, 2020 | Dr Matthijs Schouten |
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Russia

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|----------|-----------------------|-------------------|
| June | 7 – 17, 2019 | Mr Roger Bischoff |
| November | 1 – 11, 2019 | Mr Roger Bischoff |
| January | 3 – 13, 2020 | Mr Roger Bischoff |
| May | 1 – 11, 2020 | Mr Roger Bischoff |
| July | 3 – 13, 2020 | Mr Roger Bischoff |
| October | 30 – November 9, 2020 | Mr Roger Bischoff |

Singapore

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|----------|--------------|-------------------|
| December | 4 – 14, 2020 | Mr Roger Bischoff |
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Switzerland

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|------------------------|---------------|---------------|
| March | 19 – 29, 2020 | Mr Eugen Jung |
| Weekend Course: | | |
| October | 4 – 7, 2019 | Mr Eugen Jung |

COURSE SCHEDULE 2019 – 2020 continued

Ukraine

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|----------|------------------------|-------------------|
| August | 23 – September 2, 2019 | Mr Roger Bischoff |
| November | 29 – December 9, 2019 | Mr Roger Bischoff |
| March | 13 – 23, 2020 | Mr Roger Bischoff |
| May | 29 – June 8, 2020 | Mr Roger Bischoff |
| August | 7 – 17, 2020 | Mr Roger Bischoff |
| October | 2 – 12, 2020 | Mr Roger Bischoff |

SPECIAL DAYS 2019 – 2020

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| June 17, 2019 | Mahāsamāya Day (Full Moon of Nayon) |
| July 16, 2019 | Dhammacakka Day (Full Moon of Waso) |
| October 12, 2019 | Anniversary of the Teachers' arrival in the West |
| October 13, 2019 | Abhidhamma Day (Full Moon of Thadingyut) |
| November 11, 2019 | Festival of Lights (Full Moon of Tasaung Mon) |
| December 12, 2019 | Saya Thetgyi's Demise Day |
| January 19, 2020 | Sayagyi U Ba Khin's Demise Day |
| January 28, 2020 | Mother Sayamagyi's Demise Day |



THE IMPORTANCE OF POSSESSING WISDOM TO ACQUIRE MERIT

*Blind is this world, few are they who see clearly.
As few as the birds that escape from a net
Are they who go to a blissful state.*

When Sayagyi U Ba Khin went to the Venerable Webu Sayadaw at the Sayadaw's birthplace north-west of Mandalay to ordain as a bhikkhu for ten days, the news spread amongst Sayagyi's disciples in Mandalay. Two ladies decided that they wanted to use the occasion to make merit and bought a set of robes to offer to Sayagyi U Ba Khin when he was a monk. They travelled all the way to Ingyinbin and made their offering. When, later on, the Webu Sayadaw found out what had happened, he disapproved. He had intended Sayagyi U Ba Khin to practice the *ti civara dhutaṅga*, a practise where the bhikkhu lives with only one set of three robes to practise renunciation, and this had been foiled by the two ladies with their offering of additional robes. Sayagyi U Chit Tin, in telling the story, added that Sayagyi had used this as an example of how the lack of understanding can lead to an unskilful deed (*akusala*), even when the volition seems good.

In his book, *Abhidhamma in Daily Life*, Ashin Janakabhivamsa, a famous scholar and teacher, explains that the story of Attadattha, who separated himself from the other bhikkhus to practise meditation when others were lamenting the forthcoming Mahā Parinibbāna of the Buddha, also included this aspect. He says the Buddha intended to say that someone who does not have the ability to help others should not attempt to do so, but should only help himself. Trying to help others without possessing the necessary perfections and understanding will only lead to harm for oneself and for others.

Mother Sayamagyi said that Sayagyi U Ba Khin once observed that whenever people did things for him, like cooking for example, the result was mostly unsatisfactory — not because people were lacking good intentions or skills, but because they were lacking in wisdom. The higher the teaching or the person one is dealing with, the more understanding is needed to bring the effort to a successful conclusion. In Sayagyi's case it was mostly Mother Sayamagyi who had the ability to do things well for him.

This blindness because of a lack of insight is most strikingly illustrated in the story of the weaver's daughter. Only the weaver's daughter was able to understand four questions put to her by the Buddha whilst the people around her were blind to their meaning. The girl had practised for three years the meditation which the Buddha had taught all of them on a previous occasion. Therefore her mind was clear and she was able to comprehend the words of the Buddha.

In daily life we are often similarly blind to what is right action and what is wrong action. Because of this the Buddha taught right conduct, a wider term for *sīla*. He did so also in a very easily understandable form in the Jātaka tales, the stories of the past lives of the Buddha. In Buddhist countries the Jātaka tales are some of the texts used most frequently to instruct bhikkhus and lay people alike. They are invaluable for meditators who would like to make progress in their practice.



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