

ONLINE ABHIDHAMMA LECTURES

by Ven. Sayalay Daw Vimalanani

Scheduled from July 14 to 15, 2025



SAYALAY DAW VIMALANANI is a Nepalese nun who has studied with and was trained by Ven. Sayadaw U Pandita in Myanmar since 1991. In 1999, she completed the Sasanadhaja Dhammacariya degree which qualifies her to teach the Buddhist scriptures. Currently she teaches in the International Buddhist Meditation Center in Nepal and abroad. She translated "Yamaka Pali", the sixth book of the Abhidhamma Pitaka, from Pali to Nepali.

The Abhidhamma Pitaka is one of three baskets (Pali: *pitakas*) constituting the Pali Canon, the scriptures of the Theravada Buddhism.

The primary concern of the Abhidhamma is to understand the nature of the experience, the conscious reality. To understand this, there is made a detailed analysis of the reality as it presents itself in meditative introspection. It is shown that the ultimate reality consists of a multiplicity of fundamental components, which are called *dhammas*. *Dhammas* fall into two classes. The unconditioned *dhamma* that is solely *nibbana* and the conditioned *dhammas*, which are the material phenomena (*rupa*), the mental factors (*cetasikas*) and consciousness (*citta*).

The focus of the two days Abhidhamma Lectures will be Chapter VII, the Compendium of Categories. In this chapter the ultimate realities (*citta*, *cetasika*, *rupa* and *nibbana*) and its 72 entities get arranged into different categorical schemes that fall under four headings: a compendium of defilements; a compendium of mixed categories, which include items of different ethical qualities; a compendium of the requisites of enlightenment; and a compendium of the whole, an all-inclusive survey of the Abhidhamma ontology.

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (PDF eBook 2012). A Comprehensive Manual of Abhidhamma. The Abhidhammattha Sangaha of Acariya Anuruddha. Chapter VII. Compendium of Categories. (*Samuccayasangahavibhaga*). 264 - 292. BPS Paryatti Editions: Onalaska, WA.
https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Sayadaw U Silananda (2014). *Handbook of the Abhidhamma Studies* (Vol. III, 2nd ed.). Chapter Seven. 1-102. Majujaya Indah Sdn Bhd: Kuala Lumpur.
<http://www.dhammadownload.com/File-Library/Dr-Silananda-Bhivamsa/HandBook-Of-Abhidhamma-Studies-Volume-3-by-Silananda.pdf>
Narada Maha Thera (1987). *Abhidhammattha Sangaha of Anuruddhacariya. A Manual of Abhidhamma* (Fifth ed.). Chapter Seven Abhidhamma Categories. 361-396. Buddhist Missionary Society: Kuala Lumpur.
http://www.buddhanet.net/pdf_file/abhidhamma.pdf
Ashin Janakabhivamsa (2014). *Abhidhamma in Daily Life. The Principle of Physical and Mental Processes*. Budaedu.org: Taipei City.
https://media.dharmaseed.org/documents/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf

COMMUNICATION SOFTWARE and LANGUAGE

The lectures will be pre-recorded and available on Skype chat for thirty days. After the lectures there are live discussions in English via Skype.

Date

Monday, July 14 and Tuesday, July 15, 2025

COSTS

The lectures are for free. Teacher fee (*dana*) on a voluntary basis.

ORGANISATION and REGISTRATION

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