

ABHIDHAMMA COURSE FROM JULY 5 to 7, 2021

The Abhidhamma Pitaka is the last of the three baskets (Pali: *pitakas*) constituting the Pali Canon, the scriptures of the Theravada Buddhism. The other two parts of the Canon are the Vinaya Pitaka and the Sutta Pitaka.

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 *dhamma*, which are the material phenomena (*rupa*), the mental factors (*cetasikas*) and the consciousness (*citta*).

The focus of the three days Abhidhamma course will be on the mental factors (*cetasikas*) as dealt with in the second chapter of Abhidhammattha Sanghaha.

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *Abhidhammattha Sanghaha. A Comprehensive Manual of Abhidhamma*. BPS Paryatti Editions: Onalaska, WA. Chapter II. Compendium of Mental Factors (*Cetasikasangahavibhaga*), p. 76-114.
https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Ashin Janakabhivamsa (n.d.). *Abhidhamma in Daily Life. The Principle of Physical and Mental Processes*.
http://www.saddhamma.org/pdfs/books/Abhidhamma_in_daily_life_Janak_a.pdf
Sayadaw U Silananada. *Handbook of the Abhidhamma Studies I*. Selangor Buddhist Vipassana Meditation Society (SBVMS): 2012.
<https://abhidhamma-studies.weebly.com/-dhamma-downloads.html>



SAYALAY DAW VIMALANANI is a Nepalese nun who has studied and trained with 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.

DATE

From Monday, 5th July to Wednesday, 7th July 2021

PLACE

Haus der Besinnung and Uelligerhaus in Dicken/SG.
www.hausderbesinnung.ch

LANGUAGE English

ORGANISATION

Barbara Widmer, Hangstrasse 33, 3044 Innerberg, 076 307 75 46
Elisabet Eppler-Pfäffli, Via Tondü 17, 6658 Borgnone,

REGISTRATION satipatthana.eu@protonmail.com

COSTS

People, who attend the preceding Satipatthana Meditation retreat, will stay from 4 to 7 July 2021 and pay in single room CHF 220, in double room CHF 210 and in dormitory CHF 200. People, who attend the Abhidhamma Course only, will stay from 5 to 7 July 2021 and pay in single room CHF 200, in double room 190 CHF and in dormitory CHF 180.
Teacher fee (*dana*) on a voluntary basis.