

ABHIDHAMMA LECTURES, December 3 to 4, 2022
by Ven. Sayada Daw Vimalanani



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.

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 on consciousness (*citta*) and its classification by way of feelings (*vedana*), roots (*hetu*), functions (*kicca*), doors (*dvara*), objects (*alambana*), and bases (*vatthu*).

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *A Comprehensive Manual of Abhidhamma*. The Abhidhammattha Sangaha of Acariya Anuruddha. BPS Paryatti Editions: Onalaska, WA. Chapter III. Compendium of the Miscellaneous (Pakinnakavibhaga). 114-149.
https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Sayadaw U Silananada (2012). *Handbook of the Abhidhamma Studies* (Volume I). Chapter Three. 340-431. Selangor Buddhist Vipassana Meditation Society (SBVMS): Selangor.
<http://www.abhidhamma.com/Abhid-Lectures-1.pdf>

Narada Maha Thera (2002). *Abhidhammattha Sangaha of Anuruddhacariya. A Manual of Abhidhamma*. Chapter III – Miscellaneous Section. 166-230. 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.com: Taipei City. https://abhidhamma-studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf

DATE: From Saturday, December 3 to Sunday, December 4, 2022.

TRANSMISSION and LANGUAGE: The language is English. The lectures will be transmitted via Skype.

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REGISTRATION: satipatthana.eu@protonmail.com

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