

ABHIDHAMMA COURSE

MAY 3 - 5, 2020.

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 *dharmas*. *Dharmas* 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 day Abhidhamma course will be on consciousness (*citta*) as dealt with in the first chapter of Abhidhammattha Sanghaha.

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *Abhidhammattha Sanghaha. A Comprehensive Manual of Abhidhamma*. BPS Paryatti Editions: Onalaska, WA. Chapter I. Compendium of Consciousness (*cittasangahavibhaga*), p. 23 -75.
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



SAYALAY DAW VIMALANANI, born 1972, was awarded the Sasanadhaja Dhammacariya title by Myanmar government in 1999 and has been working as a translator and teacher of Buddhist scriptures in Myanmar and Nepal since. In 2006, after years of training under Ven. Sayadaw U Panditabhivamsa, she started to guide foreign meditators in Satipatthana meditation in Myanmar and abroad.

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 Tondu 17, 6658 Borgnone, 091 243 12 50

REGISTRATION

satipatthana.eu@protonmail.com

COSTS

People, who attend the preceding Satipatthana Meditation retreat, will stay from 2 to 5 May and pay in single room CHF 241, in double room CHF 229 and in dormitory CHF 217. People, who attend the Abhidhamma Course only, will stay from 3 to 5 May and pay in single room CHF 214, in double room 206 CHF and in dormitory CHF 198.

Teacher fee (*dana*) on a voluntary basis.