

DATES & LOCATIONS IN EUROPE 2006

21. – 23.06.2006 (daily 10 - 17 h)

SATIPAṬṬHĀNA

The well established mindfulness

Perspective of the *Mahāsatiṭṭhāna-Sutta*, the Buddha's most important discourse on Vipassanā-meditation, on how and why to establish mindfulness on the body, feelings, consciousness and “*dhammas*” (mental states). With assistance & translation into German by Aggañāṇī.

EVENING DHAMMA-TALKS (19 – 21 h)

Separate lectures with German translation

21.06. **Sīla, samādhi, paññā.** The three levels of morality, concentration and wisdom.

22.06. **Kālāma-sutta.** The Buddha's discourse on what to believe and accept.

23.06. **Maraṇanussati.** The contemplation on death.

Phat Hue Pagoda, Frankfurt, Germany,

Frankfurt, Hanauer Landstr. 443, www.phathue.de
Information & registration: Claudia Keller, e-mail: info@phathue.de, Phone: 0049-(0)69-48 44 98 50

25.06.2006

SUNDAY in the Burmese Community,
Frankfurt-Offenbach

27.06. – 04.07.2006

PAṬICCASAMUPPĀDA

Dependent origination

Explained with basic Abhidhamma and emphasis on practical aspects in daily life and Vipassanā-meditation. The doctrine of the dependent origination together with *anattā* is considered as the core of the Buddha's Teaching. Understanding it means understanding *Samsāra* and the escape.

With assistance & translation into German by Aggañāṇī.

Seminarhaus Engl, Germany,

located quietly in the country-side of South-Germany near Munich. Website: www.seminarhaus-engl.de,
E-mail: Seminarhaus.Engl@t-online.de,
Phone: 0049-(0)8728-616

4. – 8.07.2006

VISIT AND DHAMMA-TALKS IN AUSTRIA

Graz, 4. – 7.07.

Contact: U Kyaw Soe Win, 0043-676 55 02 489

Vienna, 8.07.

Dhamma-talk with German translation.

Contact: Daw Ah Win, 0043-1-922 8717

14. – 20.07.2006

ABHIDHAMMA III: KAMMA

Chapter V of Abhidhammattha Sangaha

Further studies of Abhidhamma, in particular on Kamma and its result plus practical instructions.

A retreat-like advanced course for people, who have already studied Abhidhamma (at least Chapters I, II, IV, VI of Abhidhammattha Sangaha) preferably in the courses of Sayadaw Dr. Nandamāla.

With translation into Dutch.

Naarden, The Netherlands,

International Theosophical Centre. Information & registration: Jotika, www.xs4all.nl/~gotama.

21. 07.2006 (19 - ca. 21 h)

DHAMMATAALK

Cologne, Stadtraum, Website: www.stadtraum.de,

StadtRaum.Koeln@t-online.de, Ph. 0049-(0)221-5625805

22. – 29.07.2006

ABHIDHAMMA FOR VIPASSANĀ

Fundamental Abhidhamma: Mind and matter

Basics of Buddhist philosophy and psychology plus application in daily life, Vipassanā-meditation and contemplation. Abhidhamma beginners' course on ultimate realities and how the mind works. For meditators, Dhamma-students, Dhamma- and Vipassanā-teachers. Lectures, self-study, questions & answers, instructions for meditation and contemplation, group-meditation.

With assistance & translation into German by Aggañāṇī.

Waldhaus am Laacher See, Germany,

located quietly in the forest near Bonn.

Website: www.buddhismus-im-westen.de,

E-mail: budwest@t-online.de,

Phone: 0049-(0)2636-33 44



COURSES IN MYANMAR

Centre for Buddhist Studies, Sagaing, Myanmar.

Every winter there are offered Abhidhamma-courses in Myanmar in Sayadaw Dr. Nandamāla's Centre for Buddhist Studies (CBS) in Sagaing Hills. Sagaing, the spiritual centre of Myanmar, is located in Upper Myanmar near Mandalay, which can be reached by aeroplane, bus or train from Yangon.

The courses, held in English, will be built up flexible according to the pre-knowledge and interest of the students and will be assisted by the Sayadaw's German disciple Daw Aggañāṇī.

In CBS the eight precepts (*sīla*) should be observed. Two Burmese vegetarian meals are served. Further information on the centre, the courses, conditions and registration: Aggañāṇī (see “Contact” on last page)

3. – 24.11.2006 (approximately)

ABHIDHAMMA: Paṭṭhāna Pañhāvāra

Advanced course only for old students.

In CBS, Sagaing, Myanmar

3. – 12.01.2007 (planned)

FUNDAMENTAL ABHIDHAMMA

Basic course on nāma-rūpa (mind and matter)

Citta, cetasika, rūpa, and basics on mental process (*vīthi*). Special 10 days-course for foreigners.

International Theravāda Buddhist Missionary University (ITBMU), Yangon, Myanmar

ABHIDHAMMA

Abhidhamma, the third part or “basket” of the Pāli-canon, is the “higher teaching” of the Buddha, the Buddhist philosophy or psychology. It is a very systematic, logical, verifiable and applicable analysis, synthesis and causality of the reality and of a human being. Abhidhamma is not at all a “dry” subject or only scholastic, but fits perfectly especially to Vipassanā-meditation.

THE TEACHER

Sayadaw Dr. Nandamālābhivaṃsa, born in Myanmar (Burma) in 1940, was educated in Mandalay and with 16 years of age he already passed Dhammācariya-(Dhamma-teacher) and then the most difficult Bhivaṃsa-examination. He also studied in Sri Lanka at the Kelaniya University in Colombo (M.A.) and got his Ph.D. in India. Because of his excellent knowledge of the Buddhist scriptures and his teaching experience he was rewarded many high distinctions and titles.

In Myanmar together with his elder brother he is leading the traditional, well-reputed study-monastery “Mahāsubhodayon” in Sagaing Hills. He is rector of the “International Theravāda Buddhist Missionary University” in Yangon and of “Sītāgū International Buddhist Academy” in Sagaing. In Myanmar and abroad, since some years in Europe too, he is giving courses mainly on Abhidhamma for Western Vipassanā-teachers, -students and meditators.

He is the founder and leader of

“Dhammavijjālaya,

Centre for Buddhist Studies” (CBS)

in Sagaing, which is connected to Mahāsubhodayon Monastery and serves foreigners for further studies and practice.

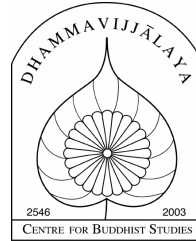
The Sayadaw’s teaching method is very individual, lively, practical and practicable with many examples and references from daily life, from the Suttas, Abhidhamma-books and commentaries. Sayadaw is teaching in English and with a lot of humour and Mettā.

Self-study is necessary within all his Abhidhamma-courses, to become familiar with the structure and logic of Abhidhamma and the most important Pāli-terms. Formal meditation-periods are included too.

REMARK ON FEES AND DĀNA

The **fees for the courses in Europe** are given by the seminar-houses or organizing associations respectively and cover accommodation, meals and a fee for the organisation-expenses together with a contribution for the flight-ticket of the Sayadaw and his Burmese Kapiya (attendant) normally.

Sayadaw Dr. Nandamāla is teaching free of any charge and in his centre there are even no fees (except a small contribution for the meals) – it is running only on **dāna** (donation, that means giving out of generosity and thankfulness – in Buddhism this is the foundation of any practice and spiritual progress). For the further development of his centre, publications, etc., donations are necessary and welcome in order to let benefit more people who are searching for knowledge, truth and real happiness.



CONTACT

Centre for Buddhist Studies
Mahāsubhodayon Monastery
Sagaing Hills, Sagaing, Myanmar
Phone: (+95)072-213 11

Aggañāṇī (*attention: phone may change!*)

E-mail: agga@abhidhamma.de, agganyani@ginko.de

Phone: (+49) 0176-223 19 868

Jotika Hermsen

St. Pieterspoortsteeg 29-1, 1012 HM Amsterdam,

The Netherlands, E-mail: gotama@xs4all.nl,

Phone: (+31) 020-626 49 84

Newsletter on Sayadaw’s activities:

Sign in by e-mailing to agga@abhidhamma.de

Websites (in preparation): www.abhidhamma.com
and www.abhidhamma.de (in German)

Audio-recordings: mp3-CD’s of various courses are available on request to Aggañāṇī or hilpert@dharmade.de

ABHIDHAMMA FOR VIPASSANĀ

with Sayadaw

Dr. Nandamālābhivaṃsa



2006

in Myanmar (Burma),
Germany,
Austria, and
The Netherlands