

May 2018

NEWSLETTER

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom

IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA



COURSE SCHEDULE 2018 – 2019

Course dates are correct at the time of publishing this Newsletter. Please check www.internationalmeditationcentre.org for the most up-to-date schedule before applying for a course or making any travel arrangements.

IMC United Kingdom

Courses taught by Mr Roger Bischoff:

————— 2018 —————	
June	15 – 25, 2018
July	13 – 23, 2018
August	10 – 20, 2018
September	14 – 24, 2018
October	19 – 29, 2018
November	23 – December 3, 2018
December	21 – 31, 2018
————— 2019 —————	
January	18 – 28, 2019
February	8 – 18, 2019
March	15 – 25, 2019
April	12 – 22, 2019
May	10 – 20, 2019
July	19 – 29, 2019
August	9 – 19, 2019
September	6 – 16, 2019
October	11 – 21, 2019
November	15 – 25, 2019
December	20 – 30, 2019

IMC Australia (WA)

August	10 – 20, 2018	Mr Douglas Solomon
November	23 – December 3, 2018	Mr Gregory Solomon
April	12 – 22, 2019	Mr Douglas Solomon
August	9 – 19, 2019	Mr Douglas Solomon
November	22 – December 2, 2019	Mr Gregory Solomon

COURSE SCHEDULE 2018 – 2019 continued

IMC Australia (NSW)

May	25 – June 4, 2018	Mr Richard Walsh
July	6 – 16, 2018	Mr Michael Fraser
September	21 – October 1, 2018	Dr Mark Peterson
November	23 – December 3, 2018	Mr Richard Walsh
January	11 – 21, 2019	Dr Mark Peterson
February	22 – March 4, 2019	Mr Roger Bischoff
April	5 – 15, 2019	Mr Michael Fraser
May	24 – June 3, 2019	Mr Richard Walsh

IMC Austria

July	13 – 23, 2018 <i>in Italian and English</i>	Mr Renzo Fedele
August	24 – September 3, 2018	Mr Franz Zelsacher
October	19 – 29, 2018	Mr Hubert Knaus
December	28 – January 7, 2019	Mr Franz Zelsacher
February	8 – 18, 2019	Mr Franz Neuner
May	17 – 27, 2019	Mr Franz Neuner

IMC USA

June	22 – July 2, 2018	Mr Craig Storti
August	10 – 20, 2018	Mr Michael Kosman
October	5 – 15, 2018	Mr Craig Storti
December	7 – 17, 2018	Mr Craig Storti
March	15 – 25, 2019	Mr Craig Storti
May	10 – 20, 2019	Mr Craig Storti
June	21 – July 1, 2019	Mr Craig Storti
August	9 – 19, 2019	Mr Michael Kosman
October	11 – 21, 2019	Mr Michael Kosman
December	20 – 30, 2019	Mr Michael Kosman

COURSE SCHEDULE 2018 – 2019 continued

Germany

Weekend Course:

September	28 – 30, 2018	Mr Horst Jughard
March	29 – April 1, 2019	Mr Horst Jughard
October	3 – 6, 2019	Mr Horst Jughard

Italy

July	13 – 23, 2018 <i>at IMC Austria</i>	Mr Renzo Fedele
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Japan

August	10 – 20, 2018	Mr James Emery (<i>in Aomori</i>)
April	26 – May 6, 2019	Mr James Emery (<i>in Osaka</i>)

Weekend Courses:

July	13 – 16, 2018	Mr James Emery (<i>in Osaka</i>)
October	6 – 8, 2018	Mr James Emery (<i>in Osaka</i>)
November	22 – 25, 2018	Mr James Emery (<i>in Osaka</i>)
December	22 – 24, 2018	Mr James Emery (<i>in Aomori</i>)
February	9 – 11, 2019	Mr James Emery (<i>in Osaka</i>)

Netherlands

February	1 – 11, 2019	Dr Matthijs Schouten
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Russia

September	28 – October 8, 2018	Mr Roger Bischoff
January	4 – 14, 2019	Mr Roger Bischoff
June	7 – 17, 2019	Mr Roger Bischoff
November	1 – 11, 2019	Mr Roger Bischoff

COURSE SCHEDULE 2018 – 2019 continued

Switzerland

April	18 – 28, 2019	Mr Eugen Jung
Weekend Course:		
August	31 – September 3, 2018	Mr Eugen Jung

Ukraine

August	24 – September 3, 2018	Mr Roger Bischoff
April	26 – May 6, 2019	Mr Roger Bischoff
August	23 – September 2, 2019	Mr Roger Bischoff
November	29 – December 9, 2019	Mr Roger Bischoff

SPECIAL DAYS 2018 – 2019

May 29, 2018	Mahāsamāya Day (Full Moon of Nayon)
July 27, 2018	Dhammacakka Day (Full Moon of Waso)
October 12, 2018	Anniversary of the Teachers’ arrival in the West
October 24, 2018	Abhidhamma Day (Full Moon of Thadingyut)
November 22, 2018	Festival of Lights (Full Moon of Tasaung Mon)
December 23, 2018	Saya Thetgyi’s Demise Day
January 19, 2019	Sayagyi U Ba Khin’s Demise Day
January 28, 2019	Mother Sayamagyi’s Demise Day



THE MONKEY AND THE BRAHMIN

The story of the monkey king and the brahmin is a story of a past life of the Buddha when he was developing the perfections necessary to become a Buddha. It illustrates the practice of loving kindness, compassion, sympathetic joy and equanimity very well. Here is the way the Venerable Webu Sayadaw retold this Kapi Jataka:

Our Bodhisatta¹, in one of his lives, became the king of monkeys. One day he found a Brahmin who had fallen down a precipice in the jungle and was helpless and certainly going to die down there. This Brahmin was lamenting his fate and crying, “Oh poor me, I have fallen into a chasm a hundred yards deep. I shall certainly die down here. Oh, poor me, Oh oh oh.... My relatives and friends, my wife and children, don't know about my misfortune. Nobody is here to help me!” and he cried.

Now, noble beings are always concerned about the welfare of all beings, without exception. And as the Bodhisatta is such a noble being, he who was then the monkey king, felt pity for the Brahmin, in the same way he would have felt pity for his own children. And so, he climbed down the precipice and went up to the Brahmin. “Do not fear. Do not despair, I won't let you die. I shall take you back to the place you want to go,” he said to the Brahmin to reassure him and to cheer him up.

But he wasn't ready yet to put him on his shoulders and carry him up the precipice because he was afraid that he might fall and that the Brahmin might be hurt. He took a big rock of about the same weight as the Brahmin, put it on one shoulder and tried to carry it up the precipice, jumping from rock to rock. Only after having passed this test did he carefully take the Brahmin on his shoulders and climb back up jumping from one boulder to the next.

¹ Bodhisatta: Buddha to be. An individual who, inspired by a Buddha, took a vow to work for the attainment of Buddhahood. From then onwards, existence after existence, the Bodhisatta conserves mental energies of the highest order through the practice of the ten pāramīs (or Virtues towards Perfection). U Ba Khin, *What Buddhism Is*, Rangoon 1954, p.6)

After this great effort, the monkey king was exhausted. He was happy while performing this good action, but he was still happier when he had accomplished it and had saved a life. He was confident that the Brahmin he had saved from certain death was trustworthy, and said, "After carrying you up, I am a little tired. Please keep watch for a while so that I can rest," and he placed his head in the Brahmin's lap thinking himself well protected from all the dangers of the jungle. But while the king of the monkeys slept, the Brahmin thought, "I shall go back home soon, but I have nothing to give to my wife and children. I shall kill this big monkey and give his flesh to them as gift". He took the rock the Bodhisatta had carried up for the practice run and dealt the Bodhisatta's head a deadly blow.

When the Bodhisatta felt the pain of the blow, he quickly climbed the next tree and he asked himself who or what had attacked him. He then saw that there was no enemy around but that the Brahmin himself had tried to kill him, and he thought to himself, "Yes, there are people like this in the world too." As the Bodhisatta was thinking this, the Brahmin started lamenting again, exclaiming that he was lost in this big jungle and that he would perish after all. But the monkey king said to him, speaking from the tree, "Don't worry. Don't be afraid. I have promised to take you back to your home and I shall not break this promise. I shall take you home. I can't carry you on my shoulder anymore, but as you opened my skull, there is blood dripping to the ground continuously. Just follow the track of blood I shall make for you from up in the trees."

So, we can see how the monkey king practised loving kindness and compassion in saving the brahmin, how he practised equanimity when the brahmin attacked him, paying no attention to his pain, and how he practised sympathetic joy when he saw that the brahmin was safe and sound on his way home.



International Meditation Centre

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To locate websites for all countries, see www.internationalmeditationcentre.org

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