

April 2012

# NEWSLETTER

## International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

### TEACHERS

#### **Mother Sayamagyi:**

IMC United Kingdom

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA

#### **U Khin Zaw:**

IMC Yangon (Myanmar)



## **COURSE SCHEDULE 2012 – 2013**

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

### **IMC United Kingdom**

**Courses under the guidance of Mother Sayamagyi assisted by Mr Roger Bischoff:**

May	18 – 28, 2012
June	15 – 25, 2012
July	20 – 30, 2012
August	24 – September 3, 2012
September	28 – October 8, 2012
November	2 – 12, 2012
December	21 – 31, 2012
February	1 – 11, 2013
March	8 – 18, 2013
April	12 – 22, 2013

### **IMC Australia (NSW)**

May	25 – June 4, 2012	Dr Mark Peterson
July	6 – 16, 2012	Mr Michael Fraser
September	7 – 17, 2012	Mr Richard Walsh
November	9 – 19, 2012	Mr Richard Walsh

## **COURSE SCHEDULE 2012 – 2013 continued**

### **IMC Australia (WA)**

August 24 – September 3, 2012 Mr Douglas Solomon  
November 30 – December 10, 2012 Mr Gregory Solomon

### **IMC Austria**

July 6 – 16, 2012 Mr Franz Zelsacher  
August 24 – September 3, 2012 Mr Erich Kucher  
October 25 – November 4, 2012 Mr Hubert Knaus  
December 28 – January 7, 2013 Mr Erich Kucher

#### **Weekend Courses:**

May 25 – 27, 2012 Mr Franz Zelsacher  
November 30 – December 2, 2012 Mr Franz Neuner

### **IMC USA**

April 20 – 30, 2012 Mr Michael Kosman  
June 15 – 25, 2012 Mr Craig Storti  
September 21 – October 1, 2012 Mr Craig Storti  
November 30 – December 10, 2012 Mr Craig Storti

### **Germany**

October 12 – 22, 2012 Mr Horst Jughard

### **Italy**

#### **Weekend Course:**

September 14 – 16, 2012 Mr Renzo Fedele

## **COURSE SCHEDULE 2012 – 2013 continued**

### **Japan**

April	27 – May 7, 2012	Mr James Emery
September	7 – 17, 2012	Mr James Emery <i>(course held in Aomori)</i>

### **Weekend Courses:**

June	16 – 18, 2012	Mr James Emery
July	14 – 16, 2012	Mr James Emery
November	2 – 4, 2012	Mr James Emery

### **Netherlands**

July	20 – 30, 2012	<i>At IMC UK</i>
November	2 – 12, 2012	<i>At IMC UK</i>
February	1 – 11, 2013	Mr Matthijs Schouten

### **Singapore**

November	23 – December 3, 2012	Mr Roger Bischoff
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### **Switzerland**

March	28 – April 7, 2013	Mr Eugen Jung
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### **Ukraine**

April	27 – May 7, 2012	Mr Roger Bischoff
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## **SPECIAL DAYS 2012 – 2013**

April 12-16, 2012	Water Festival
April 17, 2012	Burmese New Year
May 5, 2012	Buddha Day (Full Moon of Kason)
June 4, 2012	Mahā Samāya Day (Full Moon of Nayon)
August 2, 2012	Dhammacakka Day (Full Moon of Waso)
October 12, 2012	Anniversary of the Teachers' arrival in the West
October 30, 2012	Abhidhamma Day (Full Moon of Thadingyut)
November 28, 2012	Festival of Lights (Full Moon of Tasaung Mon)
December 29, 2012	Saya Thetgyi's Demise Day
January 19, 2013	Sayagyi U Ba Khin's Demise Day



## THE GRADUAL TRAINING

The Buddha told the monks that there are eight qualities of his teachings that resemble the eight qualities of the Great Ocean. The first of them is the quality of gradual progress:

Just as the Great Ocean gradually slopes and inclines and shelves without any sudden drop, so too in this Law and Discipline there is gradual training and work and practice without any sudden penetration and final knowledge. (*Vināya Pitāka*)

Similarly Sayagyi U Ba Khin said:

This is a gradual training, a gradual doing, a gradual practice. We must advance step by step.

We have three important basic factors: *sīla*, *samādhi* and *paññā*.

*Sīla* is the base. It is the means by which physical and verbal immorality is kept under control.

*Samādhi*, achieved through *ānāpāna* meditation, is the means through which immoral thoughts are held in abeyance.

*Paññā*, achieved through *vipassanā* meditation, totally eliminates, by stages, all impurities.

Only when a person has morality, *sīla*, can he acquire calmness of mind, *samādhi*. And only with calmness of mind can he acquire insight, *paññā*. Insight cannot be acquired without calmness of mind and without morality, there can be no calmness of mind.



# International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN

To locate websites for all countries, see [www.internationalmeditationcentre.org](http://www.internationalmeditationcentre.org)

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