

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<br><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 |
|----------|-----------------------|-------------------|

### **Switzerland**

|       |                    |               |
|-------|--------------------|---------------|
| March | 28 – April 7, 2013 | Mr Eugen Jung |
|-------|--------------------|---------------|

### **Ukraine**

|       |                  |                   |
|-------|------------------|-------------------|
| April | 27 – May 7, 2012 | Mr Roger Bischoff |
|-------|------------------|-------------------|

## **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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## SCHEDULE OF COURSES AT IMC-USA

|                     |                    |
|---------------------|--------------------|
| March 16 – 26, 2012 | Mr. Michael Kosman |
| April 20 – 30       | Mr. Michael Kosman |
| June 15 – 25        | Mr. Craig Storti   |
| Sep. 21 – Oct. 1    | Mr. Craig Storti   |
| Nov. 30 – Dec. 10   | Mr. Craig Storti   |

## CENTER NEWS

We continue to conduct six 10-day courses a year at the center, one approximately every two months.

### PAGODA UPDATE

Pagoda renovation recommenced in June and continued up until the end of October. In June we completed stripping of all concrete surfaces (large dome and 8 small domes), removed various ornamental portions of the domes, and repaired minor damage to the large dome. We then engaged the services of a local firm in Hanover, PA (who had worked on the pagoda when it was originally being built) to apply a thick reinforced epoxy-fiberglass exterior coating to the large dome, covering all the exposed concrete. After the fiberglass coating was applied, we spent approximately three weeks sanding the big dome as smooth as possible in preparation for final painting, installation of the florals, and gilding (all scheduled for next spring and summer).

Meanwhile, we decided on a different approach for the small domes: we made a two-part mold and then cast 16 fiberglass halves which were then installed (two per dome) over the existing concrete surfaces, and sealed. These new domes will likewise require some sanding (minimal), florals will be applied, and then they will be painted and gilded (next year). New fiberglass banana buds and lotuses have also been made for the small domes. On yet another front, all 8 small htis and the large hti were sanded, cleaned, and painted, and the large hti was gilded.

The next-to-last task in the renovation will be the installation of new colored lights, probably late next summer. And the final task will be replacing the current rubber roof (which leaks in a few places) with a new roof, which will also involve resetting the 8 drains. This is tentatively scheduled for next September.

# CENTER NEWS

## OTHER NEWS

The new iron gate has been made and installed at the Bankard Road entrance to the center. There are plans to electrify both this gate and the upper gate for ease of access. The lower wood fence was painted in May. Mums have been planted in the urns and pagoda beds for the fall.



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