

December 2021

# NEWSLETTER

## International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom

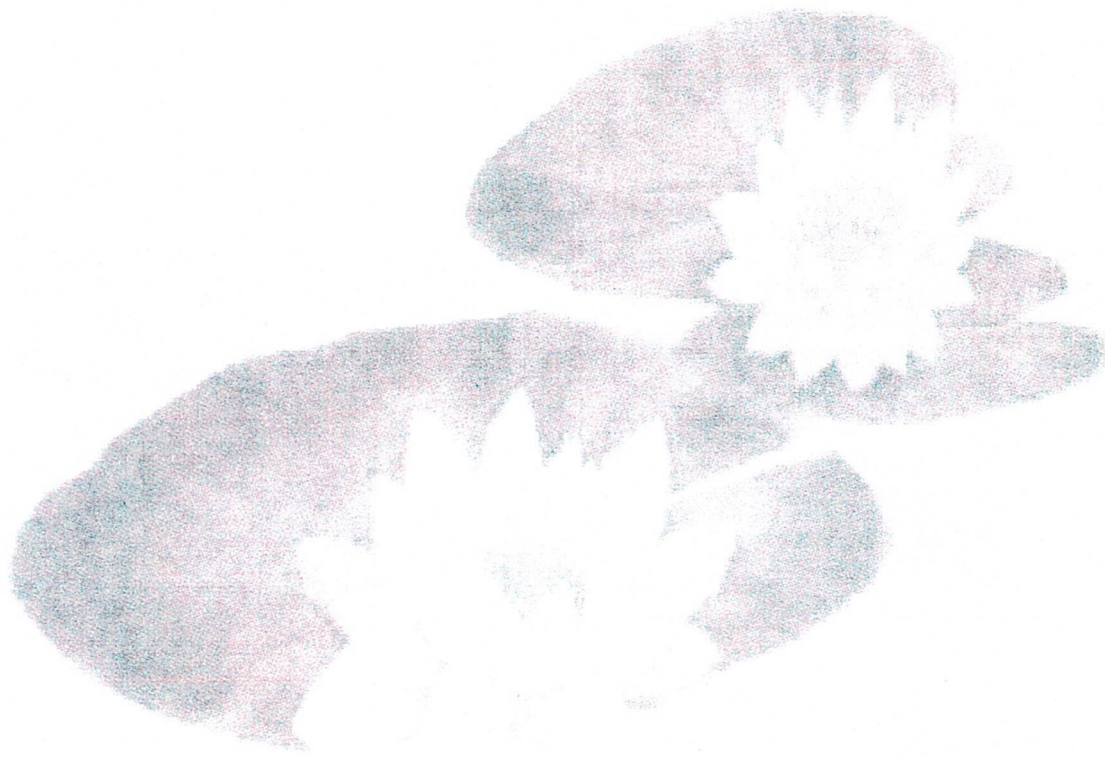
IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA



## COURSE SCHEDULE 2022

*Before making travel plans to come for a course, please double check the dates with the relevant Centre or group or on the global home page [www.ubakhin-vipassana-meditation.org](http://www.ubakhin-vipassana-meditation.org).*

### IMC United Kingdom

#### **Courses taught by Mr Roger Bischoff:**

December 24, 2021-January 3, 2022

January	21-31
February	11-21
March	11-21
April	8-18
May	13-23
June	17-27
July	22-August 1
August	12-22
September	16-26
October	21-31
November	18-28
December	23-January 2, 2023

### IMC Australia (WA)

March	18-28, 2022	Mr Douglas Solomon
June	17-27	Mr Gregory Solomon
November	11-21	Mr Douglas Solomon

### IMC Australia (NSW)

January	14–24, 2022	Mr Richard Walsh
February	25–March 7	Mr Roger Bischoff
April	8–18	Dr Mark Peterson
June	10–20	Mr Michael Fraser
July	15–25	Mr Richard Walsh
August	12–22	Mr Richard Walsh
September	30–October 10	Dr Mark Peterson
October	28–November 7	Dr Mark Peterson
November	25–December 5	Mr Michael Fraser

### IMC Austria

December	31, 2021–January 10, 2022	Mr Franz Zelsacher
March	4–14	Mr Franz Neuner
May	13–23	Mr Franz Zelsacher
July	15–25	Mr Hubert Knaus
August	26–September 5	Mr Renzo Fedele <i>(in Italian and English)</i>
November	4–14	Mr Franz Neuner
December	30–January 9, 2023	Mr Franz Zelsacher

### IMC USA

December	24, 2021–January 3, 2022	Mr Craig Storti
March	11–21	Mr Michael Kosman
May	13–23	Mr Michael Kosman
June	17–27	Mr Craig Storti

### Germany

#### Weekend Courses:

March	24–27, 2022	Mr Christian Wunschik
September	30–3 October	Mr Horst Jughard

### Italy *(at IMC Austria, in Italian and English)*

August	26–September 5, 2022	Mr Renzo Fedele
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## Japan

April	28–May 8, 2022	Osaka	Mr James Emery
August	12–22	Aomori	Mr James Emery
<b>Weekend Courses:</b>			
January	14–16, 2022	Osaka	Mr James Emery
February	4–6	Osaka	Mr James Emery
May	27–29	Osaka	Mr James Emery
June	17–19	Osaka	Mr James Emery
July	15–18	Osaka	Mr James Emery
September	22–25	Osaka	Mr James Emery
October	14–16	Osaka	Mr James Emery
November	18–20	Osaka	Mr James Emery

## Moldova

<b>Weekend Course</b>			
May	27–31, 2022		Mr Roger Bischoff

## Netherlands

February	4–14, 2022		Dr Matthijs Schouten
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## Russia

January	7–17, 2022		Mr Roger Bischoff
June	3–13		Mr Roger Bischoff
September	2–12		Mr Roger Bischoff
November	4–14		Mr Roger Bischoff

## Singapore

December	2–12, 2022		Mr Roger Bischoff
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## Switzerland

April	14–24, 2022		Mr Eugen Jung
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### **Weekend Courses:**

February	4–7, 2022		Mr Eugen Jung
November	4–7		Mr Eugen Jung

## Ukraine

April	29–May 9, 2022	Mr Roger Bischoff
July	1–11	Mr Roger Bischoff
October	7–17	Mr Roger Bischoff

## SPECIAL DAYS 2022

January 19	Sayagyi U Ba Khin's Demise Day
January 28	Mother Sayamagyi's Demise Day
March 16	Full Moon of Tabaung
March 20	Mother Sayamagyi's Birthday
March 27	Sayagyi U Ba Khin's Birthday
April 13–16	Water Festival
April 17	Burmese New Year
May 14	Buddha Day (Full Moon of Kason)
June 13	Mahāsamāya Day (Full Moon of Nayon)
July 12	Dhammacakka Day (Full Moon of Waso)
October 9	Abhidhamma Day (Full Moon of Thadingyut)
October 12	Anniversary of the Teachers' arrival in the West
November 7	Festival of Lights (Full Moon of Tasaung Mon)
December 8	Sayagyi U Thet's Day



## Mahā-Maṅgala Sutta

**INTRODUCTION.** The Buddha Dhamma is very profound and subtle. It can be understood completely only by those who have developed Paññā, wisdom in the fullest sense, meaning penetrative insight into causes and their effects.

Yet, at the same time, because the Dhamma is universal, it has some aspects that are very simple and can be understood, appreciated and followed by ordinary people of mundane outlook. Of its three basic divisions, Sīla, Samādhi and Pañña, which march together to the ultimate fulfilment, the goal of Nibbana, it is Sīla – right conduct or virtuous living – that is the chief concern of the average person. And rightly so, because Sīla is the starting point of Buddhism, from which all higher attainments are reached.

The beautiful lotus blooms with its roots in the muddy mire, and so also man who seeks to crown his life with the supreme achievement of Nibbāna must stand with his feet in the mire of worldly conditions, and must so live that he is unaffected by the impurities around him. Like the lotus, he cannot change the environment that gave him birth, but he can raise himself above it and live in truth and purity as the lotus blossoms in the sun.

The moral principles laid down by the Buddha in the Mahā-Maṅgala Sutta are so beautiful in their simplicity, so stamped with the hallmark of eternal truth, that all people of intelligence and goodwill, no matter what their own creed may be, must acknowledge and agree with them. In this magnificent and yet essentially simple sermon there is no word that is ambiguous or open to misconstruction, no phrase that could possibly be distorted in its simple clarity, and no thought that is not for the highest welfare of all people at all times.

### THE VERSES

Not to associate with fools  
But to associate with the wise,  
To honour those who are worthy of honour,  
These are the highest blessings.

Dwelling in a suitable region,  
Having done meritorious deeds in the past,  
Right resolve and intention,  
These are the highest blessings.

Gaining vast knowledge,  
And acquiring arts and sciences,  
Being well disciplined,  
Speaking well-spoken words,  
These are the highest blessings.

Ministering to parents,  
The cherishing of wife and children,  
Having an upright occupation,  
These are the highest blessings.

Giving charity and living in righteousness,  
Giving help to relatives,  
Performing blameless deeds,  
These are the highest blessings.

Avoiding evil in mind, and speech and action,  
Refraining from intoxicating drinks,  
Mindful in righteous acts,  
These are the highest blessings.

Reverence, humility,  
Contentment, gratitude,  
And listening to the Teachings at proper times,  
These are the highest blessings.

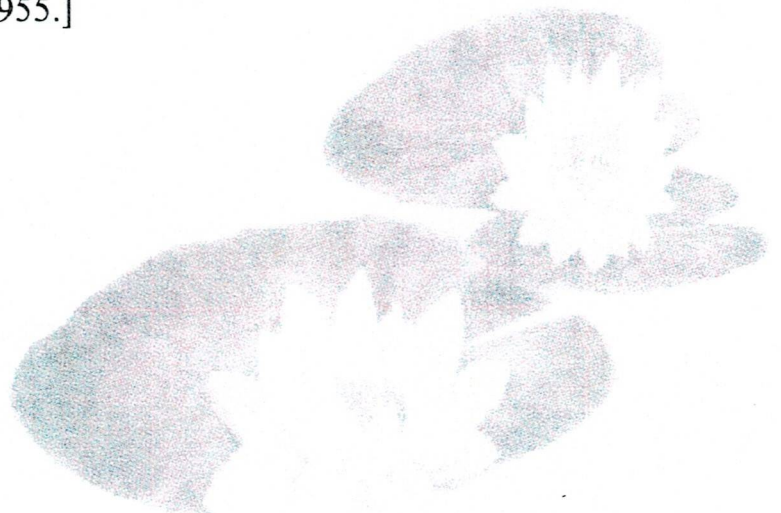
Patience, being easy to speak to  
Going to see Samaṇas (spiritual teachers),  
Practising the Dhamma at proper times,  
These are the highest blessings.

Self-restraint and leading a pure life,  
Discerning the Four Noble Truths,  
Experiencing Nibbāna,  
These are the highest blessings.

He whose mind does not tremble  
When touched by worldly conditions,  
Who is without sorrow, passion and is safe,  
These are the highest blessings.

Having done such deeds,  
They are undefeated,  
Gaining happiness in safety everywhere,  
These are their highest blessings.

[Adapted from Ven. Ñāṇādicca Thera, *The Thirty-eight Blessings for World Peace*.  
Burma: Buddhist World-Mission, 1955.]



# International Meditation Centre

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