

APPLICATION & BENEFITS

Abhidhamma can serve as our **guide** and **mental map** to find the correct way to final liberation (Nibbāna) or to whatever our goal may be.

Abhidhamma explains the suttas in detail, giving the exact and complete analysis, definitions and meaning. With Abhidhamma knowledge we can understand the suttas clearly and therefore can apply and follow the advices much better.

Abhidhamma explains our life and our experience in meditation, especially in **Vipassanā**, what we really see and directly experience with refined mindfulness and sharp concentration. With Abhidhamma knowledge it is easier to direct our attention not to concepts, but to ultimate realities, to penetrate to their characteristics of impermanence (anicca), suffering (dukkha) and non-self (anatta) and to attain the Vipassanā insights.

Abhidhamma, by its teaching of complete and complex conditionality in ways of natural laws and relations, handed down in the Paṭṭhāna, especially points out the nature of **non-self (anatta)** of all realities, of mind and matter, of subject and object. It offers a great help to understand, to develop knowledge and wisdom, to detach and relinquish... which will lead to the final cessation of suffering once and for all, the definite end of Saṃsāra, to the bliss and peace of **Nibbāna**.



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ABHIDHAMMA ASSOCIATION:

Promoting Abhidhamma
especially in German language



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ABHIDHAMMA
Förderverein e.V.

ABOUT ABHIDHAMMA

Abhidhamma is the third part or "basket" of the Pāḷi canon or Tipitaka, an authentic teaching of the Buddha, confirmed in all the historic Buddhist councils.

Abhidhamma is the higher teaching of the Buddha, the Buddhist philosophy, psychology, empirical science and world view - timeless and beyond culture, modernity, and the spirit of age. It describes the experience of enlightenment and the view and understanding of the Buddha in terms of ultimate realities.

Abhidhamma is meant as a practical way to liberation and provides us with a "mental map". It explains our own experiences, feelings and emotions, how our mind functions, how mind and body - or, more general, matter - are conditionally related, where we can influence and where not.

We have to walk the way ourselves -
and thanks to Abhidhamma
we are capable
of doing so.



ABHIDHAMMA ASSOCIATION

AIMS & PROJECTS

The **aim and purpose** of the non-profit Abhidhamma Association is to introduce, deepen and promote the Buddhist philosophy and psychology (Theravāda Abhidhamma) **in theory and practice** especially in German language for the German-speaking countries.

Projects and activities:

- **Translations** of the original Abhidhamma Piṭaka books, classical commentaries and of valuable contemporary books and texts into German
- **Own publications**, books, and papers
- Informative **Abhidhamma websites** of quality
- Scientific exchange, international contacts and cooperation, further education...



- Organising and carrying out of **Abhidhamma courses**, lectures, and of insight meditation (Vipassanā) retreats based on Abhidhamma by qualified, skilled teachers
- with Sayadaw Dr. Nandamālābhivamsa, international well-known and sought Piṭaka and Abhidhamma scholar, in Myanmar (English)
- with Ayya **Agganyani**, his long term student and Buddha-Dhamma diploma holder (ITBMU), German Theravāda nun and former scientist, in Germany & Europe (German or English)

ACTIVITIES

Abhidhammattha Saṅgaha:

Publishing of new edition of Ven. Nyanatiloka's translation ("Handbuch der buddhistischen Philosophie") offered as Dhamma dāna



Online version available step by step with new explanations, tables and interactive charts

Creation, maintenance, updates of **Abhidhamma websites**; publishing of various Abhidhamma texts, ebooks, charts, audios, information on courses...

Free Abhidhamma lectures and classes in Munich and other places with references to suttas and the practice, including the development of Powerpoint presentations and study material



Free distribution of **Dhamma dāna booklet** "Abhidhamma - Buddhistische Philosophie, Psychologie und Erfahrungslehre" (Abhidhamma - Buddhist philosophy, psychology and teaching of experience) by Agganyani

Meditation instructions for applied Abhidhamma

Support for Agganyani's requisites, Dhamma work, travel expenses and necessary equipment

Books on work (by Agganyani) - available soon:



Paṭṭhāna - Bedingungs Zusammenhänge (Conditional Relations).

Annotated translation of Paccayanidessa & Kusalattika Pañhavāra into German



Tiefer schauen und verstehen.

Die Erkenntniswelt des Buddha.

(Looking more deeply and understanding. The Buddha's world of cognition)

Part 1: Analysis of the realities

Part 2: Relations of the realities