

## LIVE AND ONLINE ABHIDHAMMA LECTURES

by Ven. Sayalay Daw Vimalanani

from May 15th to May 17th, 2024



**SAYALAY DAW VIMALANANI** is a Nepalese nun who has studied with and was trained by Ven. Sayadaw U Pandita in Myanmar since 1991. In 1999, she completed the Sasanadhaja Dhammacariya degree which qualifies her to teach the Buddhist scriptures. Currently she teaches in the International Buddhist Meditation Center in Nepal and abroad. She translated "Yamaka Pali", the sixth book of the Abhidhamma Pitaka, from Pali to Nepali.

The Abhidhamma Pitaka is one of three baskets (Pali: *pitakas*) constituting the Pali Canon, the scriptures of the Theravada Buddhism. The primary concern of the Abhidhamma is to understand the nature of the experience, the conscious reality. To understand this, there is made a detailed analysis of the reality as it presents itself in meditative introspection. It is shown that the ultimate reality consists of a multiplicity of fundamental components, which are called *dharmas*. *Dharmas* fall into two classes. The unconditioned *dharma* that is solely *nibbana* and the conditioned *dharmas*, which are the material phenomena (*rupa*), the mental factors (*cetasikas*) and consciousness (*citta*).

The focus of the three days Abhidhamma Lectures will be the process-freed consciousness. That is the occurrence of the consciousness outside the cognitive process on the occasion of rebirth (*pati-sandhi*), live-continuum (*bhavanga*) and death (*cuti*). This consciousness occurs independent of any sense door and is therefore called processed-freed (*vithimutti*).

### COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *A Comprehensive Manual of Abhidhamma*. The Abhidhammattha Sangaha of Acariya Anuruddha. Chapter V Compendium of the Process-Freed (*Vithimuttasangahavibhaga*). 185-233. BPS Paryatti Editions: Onalaska, WA.

[https://www.saraniya.com/books/meditation/Bhikkhu\\_Bodhi-Comprehensive\\_Manual\\_of\\_Abhidhamma.pdf](https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf)

### ADDITIONAL LITERATURE

Sayadaw U Silananda (2014). *Handbook of the Abhidhamma Studies* (Volume II). Chapter Five. 125-275. Majujaya Indah Sdn Bhd: Kuala Lumpur.  
<http://www.dhammadownload.com/File-Library/Dr-Silananda-Bhivamsa/HandBook-Of-Abhidhamma-Studies-Volume-2-by-Silananda.pdf>

Narada Maha Thera (1987). *Abhidhammattha Sangaha of Anuruddhacariya. A Manual of Abhidhamma*. Chapter Five - Processed-Freed Chapter. 265-316. Buddhist Missionary Society: Kuala Lumpur.  
[http://www.buddhanet.net/pdf\\_file/abhidhamma.pdf](http://www.buddhanet.net/pdf_file/abhidhamma.pdf)

Ashin Janakabhivamsa (2014). *Abhidhamma in Daily Life. The Principle of Physical and Mental Processes*. Budaedu.org: Taipei City.  
[https://media.dharmaseed.org/documents/abhidhamma\\_in\\_daily\\_life\\_by\\_ashin\\_janakabhivamsa.pdf](https://media.dharmaseed.org/documents/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf)

### LANGUAGE and COMMUNICATION SOFTWARE

The language is English. The lectures will be pre-recorded on Skype Chat and get stored there for thirty days. The following discussion will be online via Skype and live in Dicken.

### ORGANISATION

Barbara Widmer, 3044 Innerberg, 076 307 75 46  
Elisabet Eppler-Pfäffli, 6658 Borgnone.

### REGISTRATION

[satipatthana.eu@protonmail.com](mailto:satipatthana.eu@protonmail.com)

### TIME and PLACE

The lectures take place in the "Haus der Besinnung" from Wednesday, May 15th to Friday, May 17th, 2024. <https://hausderbesinnung.ch/>

### COSTS

People, who attend the preceding Satipatthana Meditationcourse will stay for three nights and pay in single room CHF 210. People, who solely attend the Abhidhamma Lectures will stay for two nights and pay for single room CHF 190. For people attending via Skype the lectures are free.

Teacher fee (*dana*) on a voluntary basis.