

ABHIDHAMMA



Abhidhamma, the third part or “basket” of the Pāli-canon, is the “higher teaching” of the Buddha, the Buddhist philosophy or psychology. It is a very systematic, logical, verifiable and applicable analysis, synthesis and causality of the reality, of a human being and the functioning of our mind. Abhidhamma is not at all a “dry” subject or only scholastic, but fits perfectly especially to Vipassanā-meditation.

GERMANY

14 -20 April 2008

ABHIDHAMMA FOR VIPASSANĀ

Intermediate course: Mental process (*vīthi*), death, rebirth and Kamma

Outlines of Buddhist philosophy and psychology as well as application in daily life, in Vipassanā-meditation and contemplation.

Abhidhamma-class (intermediate level, beginners-2) on mental processes (often called thought-process or process of perception), on the functioning of our mind, on kamma and on the process of death and rebirth.

Lectures, self-study, questions & answers, instructions for meditation and contemplation, group-meditation.

Sayadaw Dr. Nandamāla

+ assistant teacher **Daw Yuzanañāṇī**

With assistance & translation into German by Agganyāni.

Waldhaus am Laacher See,

near Cologne-Bonn,

Website: www.buddhismus-im-westen.de,

E-mail: budwest@t-online.de,

Phone: 0049-(0)2636-33 44

THE NETHERLANDS

23 April -2 May 2008

ABHIDHAMMA

Advanced course: Buddhist Causality
(*Paṭiccasamuppāda* and introduction to *Paṭṭhāna*)

Sayadaw Dr. Nandamāla

+ assistant teacher **Daw Yuzanañāṇī**

Chapter VIII of *Abhidhammattha Sangaha*

Further studies of Abhidhamma, in particular on dependent arising and *Paṭṭhāna* (Conditional Relations), as well as practical instructions. A retreat-like course for people, who have already studied Abhidhamma (at last chapters I, II, IV, V, VI of *Abhidhammattha Sangaha*), preferably in the courses of Sayadaw Dr. Nandamāla.

English with translation into Dutch.

Naarden, The Netherlands,

International Theosophical Centre.

Information & registration: Jotika, www.xs4all.nl/~gotama.

COURSES IN MYANMAR

ITBMU, Yangon, Myanmar

Every year in January a 10-days beginner's course on Abhidhamma is planned for foreigners which may take place at the International Theravāda Buddhist Missionary University (ITBMU) in Yangon. Simple accommodation and food are provided by the university.
Information + registration: Agganyāni.

3 – 12 January 2008

FUNDAMENTAL ABHIDHAMMA

Basic course on *nāma-rūpa* (mind and matter)

Citta, cetasika, rūpa. Taught in English.

Assistant teachers: Daw Yuzanañāṇī (Abhidhamma) + Daw Nimalā (Vipassanā in theory + practice)

Recommendation for extending your stay in Myanmar: Retreat in one of the meditation-centres, individual stay in CBS in Sagaing or round-trip to get to know the country and its people...



Centre for Buddhist Studies, Sagaing, Myanmar.

Every November Abhidhamma-courses in Myanmar are offered in Sayadaw Dr. Nandamāla's Centre for Buddhist Studies (CBS) in Sagaing Hills. Sagaing, Burma's spiritual centre, is located in Upper Myanmar near Mandalay, which can be reached by aeroplane, bus or train from Yangon.

The courses, held in English, will be built up flexible according to the pre-knowledge of the students and will be assisted by Sāmaṇerī Daw Agganyāni. Besides Sayadaw Dr. Nandamāla Abhivaṃsa himself, the two Burmese nuns Daw Yuzanañāṇī and Daw Nimalā from ITBMU will teach too.

In CBS the eight precepts (*sīla*) should be observed. Further information on the centre, the courses, conditions and registration: Agganyāni (see “Contact” on last page).

7 – 27 November 2007 **ABHIDHAMMA**

- **Abhidhamma - advanced level:**
Yamaka - the book on pairs (6th Abhidhamma-book), Sayadaw Dr. Nandamāla Abhivaṃsa
- **Abhidhamma - Intermediate level:**
Mental process (*vīthi*), death, rebirth and Kamma, Daw Yuzanañāṇī
- **Vipassanā-meditation** in theory and practice, Daw Nimalā

THE TEACHER



Sayadaw Dr. Nandamāla Abhivamsa, born in Myanmar (Burma) in 1940, was educated in Sagaing and Mandalay and at 16 years of age he already passed *Dhammācariya*- (Dhamma-teacher) and then the most difficult Abhivamsa-examination. He also studied in Sri Lanka at the Kelaniya University in Colombo (M.A.) and got his Ph.D. at Magadh University in Bodh-Gaya, India.

In Myanmar together with his elder brother he is leading the traditional, well-reputed study-monastery “Mahāsubhodayon” in Sagaing Hills. He is rector of the “International Theravāda Buddhist Missionary University” in Yangon and of “Sitaḡu International Buddhist Academy” in Sagaing. In Myanmar, Europe, Malaysia, Singapore and U.S. he is giving courses on Abhidhamma. He is the founder and leader of

“Dhammavijjālaya, Centre for Buddhist Studies” (CBS)

in Sagaing, which is connected to Mahāsubhodayon Monastery and serves foreigners for further studies and practice.

The Sayadaw’s **teaching method** is very individual, lively, practical and practicable with many examples and references from daily life, from the Suttas, Abhidhamma-books and commentaries. Sayadaw is teaching in English and with a lot of humour and Mettā.

Self-study is necessary within all his Abhidhamma-courses, to become familiar with the structure and logic of Abhidhamma and the most important Pāli-terms. Formal meditation-periods are included too.

Assistant Teachers

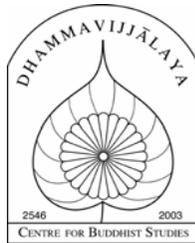
Daw Yuzanañāṇī and **Daw Nimalā** are Burmese nuns, who have finished their M.A. at ITBMU and are teaching there. Daw Yuzanañāṇī specialized in Abhidhamma, Daw Nimalā in Vipassanā.

Sāmaṇerī **Daw Agganyāni**, a German nun and disciple of the Sayadaw too, teaches, translates and assists him since several years especially in Europe.

REMARK ON FEES AND DĀNA

The **fees for the courses in Europe** are given by the seminar-houses or organizing associations respectively and cover accommodation, meals and a fee for the organisation-expenses together with a contribution for the flight-ticket of the Sayadaw, assistant teacher Daw Yuzanañāṇī and his Burmese *Kapiya* (attendant) normally.

Sayadaw Dr. Nandamāla and assistants are teaching free of any charge and in his centre there are even no fees (except a small contribution for the meals) – it is running only on *dāna* (donation, that means giving out of generosity and thankfulness – in Buddhism this is the foundation of any practice and spiritual progress). For the further development of his centre, publications, etc., donations are necessary and welcome in order to let benefit more people who are searching for knowledge, truth and real happiness.



CONTACT

Centre for Buddhist Studies
Mahāsubhodayon Monastery
Sagaing Hills, Sagaing, Myanmar
Phone: (+95)072-213 11

Agganyāni

Bahnhofstr. 30d, 85567 Grafing, Germany,
E-mail: agga@abhidhamma.de, agganyani@gmail.com
Phone: (+49) 08092-85 26 04, mobile: 0177-17 27 041

Jotika Hermsen

St. Pieterspoortsteeg 29-1, 1012 HM Amsterdam,
The Netherlands, E-mail: gotama@xs4all.nl,
Phone: (+31) 020-626 49 84

Website: www.abhidhamma.com

(under construction) with articles, texts, charts, glossary, dates of classes, descriptions, hints and photo-gallery...

Audio-recordings: mp3-CD’s of various courses are available - see our website or email your request to Agganyāni or hilpert@dharma.de

ABHIDHAMMA FOR VIPASSANĀ

with Sayadaw
Dr. Nandamāla Abhivamsa
and assistant teachers



2007/2008

in Myanmar (Burma),
Germany and The Netherlands