

ABHIDHAMMA COURSE

ONLINE

by Sayadaw Kusalasami



Study of the first three chapters of Abhidhammattha-Saṅgaha:
Consciousness (citta), mental factors (cetasika), and miscellaneous (pakiṇṇaka).

Start: 23th April 2022, 7:00 - 8:30 pm (Central European Time)
then biweekly on Saturdays, 14 lectures altogether

Sayadaw Kusalasami will teach traditionally, but with humor and not at all "dry".
The Abhidhamma will be presented clearly and inspiringly so that its meaning can
be truly understood, not just as a theoretical philosophy, but as an applicable
science of mind, a guide for life and relevant to meditation.

Sayadaw's class with concluding Q & A (English) – 1.5 hours.
Followed by an offer of a summary, discussion, Q & A in German – 0.5 hrs.

The course is offered for free. Regular attendance recommended.
Course recordings will allow for follow-up work.

Online via Zoom: Link will be provided after registration.
For further information and registration email to: verein@abhidhamma.de.



ABHIDHAMMA
Förderverein e.V.



Sayadaw U Kusalasami was born in 1981 in Pyawbwe Township, Mandalay Division, Myanmar. He began his Buddhist education at the age of 14 as a novice in various monasteries. At the age of 21 he received the higher ordination as Bhikkhu and began the study of higher Buddhist teachings at the well-known State Pariyatti Sasana University, Kabaraye, Yangon. He graduated with honors in all seven subjects as "Sasanadhaja Dhammacariya".

In 2008, he went to Sri Lanka, where he received his M.A in Buddhist Study from Kelaniya University. He then retreated to a cave in the great Cittalappabata forest for intensive meditation. Thereafter, he wrote a book about his meditation experiences. Later, more articles and books followed.

In 2010, Ven. Kusalasami taught meditation for a year in Penang, Malaysia.

Back in Myanmar, Sayadaw Kusalasami established a Dhamma School Foundation. As Secretary General of this foundation, he opened hundreds of Dhamma Schools throughout Myanmar.

In 2014 he was invited by the Burmese community in Frankfurt, Germany, where he has been living ever since, teaching Buddhist meditation, Abhidhamma and other Buddhist knowledge, often to Burmese or Asian youth, but among others also at the Goethe Institute in Frankfurt or at his temple in Copenhagen, Denmark.



Sayadaw speaks excellent, clearly understandable English.

See also <http://www.abhidhamma.com>, menu "Courses".

For German speakers: <https://www.abhidhamma.de>, menu "Kurse",
and https://www.abhidhamma.de/Flyer_2022.pdf