

## ABHIDHAMMA



**Abhidhamma**, the third part or “basket” of the Pāli-canonical literature, is the “higher teaching” of the Buddha, the Buddhist philosophy or psychology. It is a very systematic, logical, verifiable and applicable analysis, and synthesis of the reality, of a human being and the functioning of our mind. Abhidhamma is like a mind-map. Being able to read it, we will find our way much easier and will arrive quicker and safer at our goal. Abhidhamma fits perfectly to Vipassanā-meditation.



## COURSE IN MYANMAR

**2 – 22 November 2009** (planned)

**THE VIPASSANĀ-ÑĀNAS** – Insight-knowledges

**Visuddhimagga** – The Path to Purity  
(Chapter *Dīṭṭhi-Visuddhi*, etc.)

**Sayadaw Dr. Nandamāla Abhivamsa**

For advanced Abhidhamma-students and Vipassanā-meditators.

**Centre for Buddhist Studies, Sagaing, Myanmar**

Every November Abhidhamma-courses are offered in Sayadaw Dr. Nandamāla's Centre for Buddhist Studies 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. In CBS the eight precepts (*sīla*) should be observed.

**Information & registration:** [agg@abhidhamma.de](mailto:agg@abhidhamma.de),  
or directly contact Sayadaw Dr. Nandamāla (see 'Contact').

## THE NETHERLANDS

**8 – 14 May 2009**

### ABHIDHAMMA FOR VIPASSANĀ

- **Beginners:** *Citta + cetasika*  
Consciousness, mental factors and combination
- **Middle level:** *Vīthi, vīthimutta, kamma*  
Mental process, process-freed (dying and being born) and kamma

### Sayalay Daw Yuzana Ñāṇi + Daw Agganyāni

English with translation into Dutch (if necessary). Lectures, workshops, self-study, questions & answers and group-meditation.



The courses will be at different times of the day, so both can be attended.

As the courses are designed for Dutch and German participants, tutorial discussion-classes in Dutch, English and German are offered on demand.



**Naarden,**  
International  
Theosophical  
Centre.

**Information & registration:** [www.sanghametta.nl](http://www.sanghametta.nl),  
Phone: +31 (0)20-62 64 984  
For individual information: Bianca Vermeij,  
[bvermeij@tiscali.nl](mailto:bvermeij@tiscali.nl)

For further courses of Abhidhamma in the Netherlands (in Dutch and English) see [www.sanghametta.nl](http://www.sanghametta.nl).

## GERMANY

**16 – 22 May 2009**

### ABHIDHAMMA: PATTHĀNA

**Patthāna** – Conditional relations  
Study according to *Paccayaniddesa*

*Paṭṭhāna* is the seventh, last and most profound book of the *Abhidhamma-Piṭaka*, a kind of synthesis connecting all “*dhammas*” by relations and dependences, a huge network of causes, conditions, effects and forces. This course is for advanced Abhidhamma-students only.

### Sayalay Daw Yuzana Ñāṇi + Daw Agganyāni

Lectures in English, workshops, self-study, questions & answers, chanting and group-meditation.

As the course is designed for German and Dutch participants, there will be no immediate translation, but tutorial discussion-classes in German and Dutch will be offered.

**Pauenhof**, near Duisburg (near the Dutch border)  
Website: [www.pauenhof.de](http://www.pauenhof.de).



**Costs:** total 270 - 350 Euro (various accommodations, including meals, travel-expenses of teachers)  
- detailed calculation see website or ask !

**Information & registration:** [agg@abhidhamma.de](mailto:agg@abhidhamma.de),  
more details on websites [www.abhidhamma.com](http://www.abhidhamma.com) (Courses) and [www.abhidhamma.de](http://www.abhidhamma.de) (Kurse),  
Phone: +49 (0)8092-85 26 04 , mobile 0177-17 27 041

For further courses of Abhidhamma in German language, see [www.abhidhamma.de](http://www.abhidhamma.de).

## THE TEACHERS



### Sayadaw Dr. Nandamāla

**Abhivamsa**, 1940 born in Myanmar (Burma), was educated in Sagaing and Mandalay, and in his youth he already passed *Dhammācariya*- (Dharma-teacher) and the most difficult *Abhivamsa*-examination. He got his M.A. from Kelaniya University, Sri Lanka, and his Ph.D. from Magadh University in Bodh-Gaya, India. He was awarded highest distinctions.

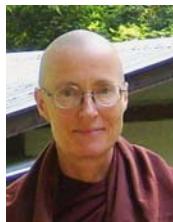
He is co-leader of the traditional, well-reputed study-monastery “Mahāsubhodayon” in Sagaing, rector of the “International Theravāda Buddhist Missionary University” (ITBMU), the “International Institute of Abhidhamma” (IIA), both in Yangon, and of “Sītagū International Buddhist Academy” in Sagaing.

He is the founder and leader of “**Dhammavijjālaya, Centre for Buddhist Studies (CBS)**” in Sagaing, which serves foreigners for further studies and practice. In Myanmar and – health permitting – in Europe, Malaysia and Singapore he is giving courses on Abhidhamma.

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.



**Sayalay Daw Yuzana Nāṇī**, born 1971, is a Burmese nun from Yangon and has finished her M.A. at ITBMU with distinction, has specialized on Abhidhamma, and prepares her PhD. She teaches Abhidhamma at ITBMU, IIA and together with Sayadaw abroad.



**Sāmañerī Daw Agganyāni**, born 1954, is a German nun and Sayadaw's disciple. Buddha-Dhamma-diploma at ITBMU and further studies with Sayadaw whom she assists since several years. She teaches, translates and writes on Abhidhamma and Vipassanā.

## REMARK ON FEES AND DĀNA

In Europe, the fees for the courses are given by the Buddhist centres or organizing associations respectively and cover accommodation, meals and a fee for the organisation-expenses together with a contribution for the travel-expences of the teachers, esp. the flight-ticket of Sayalay Daw Yuzana from Myanmar.

The teachings of Sayalay Daw Yuzana and Agganyāni are a “*Dhamma-dāna*”, a gift of Dhamma. Donations are welcome for their four requisites (food, lodging, robes, medicine), travel-expenses, study- and teaching-material.

In Myanmar, Sayadaw Dr. Nandamāla is teaching free of any charge and in his centre there are 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

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Sagaing Hills, Sagaing, Myanmar  
Phone: (+95) 072-213 11

### Sayadaw Dr. Nandamāla Abhivamsa

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Phone: +95 (0)1-650 705 or mobile +95 (0)95 12 03 77

### Ayya Agganyāni

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Phone: +49 (0)8092-852 604 or mobile (0)177-1727041

More informations, dates, books, texts, audios...  
please see

**[www.abhidhamma.com](http://www.abhidhamma.com)**

and **[www.abhidhamma.de](http://www.abhidhamma.de)** (German)

# ABHIDHAMMA FOR VIPASSANĀ

**Sayadaw Dr. Nandamāla,  
Sayalay Daw Yuzana  
and Daw Agganyāni**



**2009**

**IN MYANMAR (BURMA),  
THE NETHERLANDS  
AND GERMANY**