

ONLINE ABHIDHAMMA LECTURES

by Ven. Sayalay Daw Vimalanani

Scheduled from August 4 to 6, 2026



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 *dhammas*. *Dhammas* fall into two classes. The unconditioned *dhamma* that is solely *nibbana* and the conditioned *dhammas*, which are the material phenomena (*rupa*), the mental factors (*cetasikas*) and consciousness (*citta*).

The subject of the three days Abhidhamma Lectures will be Chapter VIII, COMPENDIUM OF CONDITIONALITY (*paccayasangahavibhaga*). This chapter is a teaching on the inter-relatedness of physical and mental phenomena, thereby complementing the analytical treatment of the ultimate realities with a synthetical view.

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (PDF eBook 2012). *A Comprehensive Manual of Abhidhamma. The Abhidhammattha Sangaha of Acariya Anuruddha*. Chapter VII. CHAPTER VIII COMPENDIUM OF CONDITIONALITY (Paccayasangahavibhaga). 292-329 BPS Paryatti Editions: Onalaska, WA.
https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Sayadaw U Silananda (2014). *Handbook of the Abhidhamma Studies* (Vol. III, 2nd ed.). Chapter Eight. 102-287. Majujaya Indah Sdn Bhd: Kuala Lumpur.
<https://www.dhammadownload.com/File-Library/Dr-Silananda-Bhivamsa/HandBook-Of-Abhidhamma-Studies-Volume-3-by-Silananda.pdf>

Narada Maha Thera (1987). *Abhidhammattha Sangaha of Anuruddhacariya. A Manual of Abhidhamma* (Fifth ed.). Chapter Seven Compendium of Relations. 396-430. Buddhist Missionary Society: Kuala Lumpur.
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

COMMUNICATION SOFTWARE and LANGUAGE

The lectures will be pre-recorded and available on WhatsApp chat for thirty days. After the lectures there are live discussions in English via WhatsApp.

Date

Tuesday, August 4 to Thursday, August 6, 2026

COSTS

The lectures are for free. Teacher fee (*dana*) on a voluntary basis.

ORGANISATION and REGISTRATION

satipatthana.eu@protonmail.com

Elisabet Eppler-Pfäffli and Barbara Widmer 076 307 75 46