



SATIPATTHANA MEDITATION CENTRE

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<http://www.smcmeditation.org>

SEPTEMBER 2008 ACTIVITIES:

- 1. Abhidhamma Course (English): Every Tues, 7.30 pm from 12 Aug**
Sayadaw U Rajinda will continue to conduct the Abhidhamma course in English every Tuesday at 7.30 pm from 12 Aug till 7 Oct. All are welcome to attend the course. Please register at the notice board in SMC.
- 2. Meditation for Beginners (English): Every Thurs, 7.00 pm from 21 Aug**
Meditation classes for beginners will be conducted in English every Thursday for 8 weeks from 21 Aug to 9 Oct at 7.00 pm. Regular yogis may join the sessions at 7.30 pm. All are welcome to attend the class. Please register at the notice board in SMC.
- 3. Paritta Sutta Chanting: Every Sat, 7.30 pm from 16 Aug**
Paritta Sutta Chanting class with explanation in English is held every Saturday at 7.30 pm from 16 Aug till 11 Oct. All are welcome to attend the class.
- 4. Abhidhamma Course (Burmese): Every Sun, 7.00 pm from 7 Sept**
Sayadaw U Rajinda will conduct the Abhidhamma course (starting with Cittas) in Burmese every Sunday at 7.00 pm from 7 Sept till 14 Oct. All are welcome to attend the course.
- 5. Burmese Language Class (Reading & Writing) for Children: Every Sun, 2 - 5 pm**
A Burmese Language class on reading and writing is conducted by lay teachers for children every Sunday from 2 – 5 pm.
- 6. Group Meditation Session: 21 Sept, Sunday, 8.30 am - 5 pm**
All are welcome to join us in the group meditation session. Lunch will be provided. Please register at the notice board in SMC. Sadhu!
- 7. Pindapata (alms food offering): 28 Sept, Sunday, 9 am**
On Sunday 28 Sept, our two Venerables, Sayadaw U Rajinda and Bhante Pannavudha will be going on pindapata (collection of alms food) in the vicinity of SMC. Giving alms food or food dana is one of the meritorious deeds. Devotees will gather at 9 am on the second storey of the centre to offer food dana to the Venerables on their alms round. Everyone is welcome

to participate in this meritorious event and share the merit. Please do not offer money during the alms round as the monks will accept food only.

Sādhu! Sādhu! Sādhu!

九月活动

1. 内观禅一日修，星期日，九月二十一日，早上八点半到下午五点

我们每月会举行集体成群内观禅一日修。中心免费提供午餐给禅修者。禅修者如有意请到中心报名参加。

2. 拖钵化缘，星期日，九月二十八，早上九点

我们的法师将在星期日，九月二十八日，在中心的附近化缘食物。布施食物也是一种善业。信徒们会在早上九点聚在一起布施食物。欢迎大家来参加这个有意义的善业回向一切功德给所有众生。请大家注意在供食物时不要奉金钱，因为法师们只接受食物而不受金钱。

善哉！善哉！善哉！

Weekly Activities 每周期活动:

Wednesday, 7.30 pm 每逢星期三晚上七点半	Meditation & Dhamma Talk (Mandarin) 四念处禅修, 佛理讨论 (华语)
Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)

DHAMMA REFLECTION in the month of September 2008

Greed

Generally we do actions because we like, which means based on greed. In the main greed is our guide, desire is our guide, we like this, that and the other all the time, all the time wanting, wishing; and why? Because of avijja (ignorance), not understanding the result of greed, without knowing the influence or power of greed.

Most people are unaware when greed arises; only when it is very intense, like lust, so that it cannot be hidden, only then do we actually recognize it, even though all the time it plays the predominant part in day to day existence. Most of our thoughts are about objects we are after.

Every time there is a pleasant sight, sound, smell, taste or touch, greed is likely to arise. As long as we have greed without even noticing it, it will ask us to fulfil its wishes, to search, to direct us to the object we are after. So unless one sees that it is greed that is arousing, dictating to and directing us, unless we know the disadvantages of greed we shall never try to overcome this greatest enemy.

Greed is like a magnet that drags to it anything that comes near, and it does this via the eye-door and beautiful sights; the ear-door and beautiful sounds, such as music; the nose-door and sweet scents, such as flowers; the tongue-door and delicious flavours; the body-door and the touch of soft, smooth pleasant things; and the mind-door, thinking about all the enjoyable things we have seen, heard, smelt, tasted and touched. The characteristic of greed is grasping. Its function is sticking, like meat put in a hot pan. It is manifested as not giving up; and its proximate cause is seeing enjoyment in things that lead to bondage.

To be attached to a thing is to be sad at the loss of it. To despise or hate a thing is to be unhappy at the approach of it. Selfish desire for a worldly object results in sacrificing spiritual treasure to secure the desired object which is probably of little value. Therefore selfish desire destroys the sense of value, for selfish desire places worldly possessions above wisdom, and personalities above principles.

Greed is grasping, wanting, trying to get. It can be changed by generosity, giving, sharing what we have with others. If we are going to stop going round the wheel of life, we shall have to become without tanha, craving, greed.

*Extracted from 'A Buddhist's Companion – An Exposition & Selected Quotations',
By Ashin Thittila <http://www.triplegem.plus.com/ashin.htm>*