



# SATIPATTHANA MEDITATION CENTRE

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## DECEMBER 2009 ACTIVITIES:

### 1. **Guided Metta Meditation sessions cum Discourses (22 Oct – 17 Dec 09)**

Metta (Loving Kindness) meditation refers to the repeated cultivation of metta in our own hearts and minds to make it firm and strong. With this practice, we develop a genuine wish for own happiness and the happiness of others. Metta cultivation is an effective means to overcome anger, to build up the required concentration base for the development of insight and for healthy relationship with every living being, which is very important for a happy family, society and world.

Sayadaw U Sejjanalankara (Dvipitakadhara) will continue to conduct the Metta Meditation sessions in English on **Thursdays 3 Dec, 10 Dec and 17 Dec at 7.30 pm**. All are welcome to attend the sessions.

### 2. **Sutta Discussions (19 Oct – 12 Dec 09)**

*‘Hard to gain is birth as man; hard is the life of mortals; hard to get is the opportunity of hearing the Ariya Dhamma; hard it is for a Buddha to appear.’*  
–Dhammapada Do not miss this opportunity to learn the Dhamma in the last two sessions of sutta discussions from Sayadaw U Sejjanalankara (Dvipitakadhara), Chief Abbot of the Dhammasukha Monastery in Los Angeles, USA.

Sayadaw U Sejjanalankara (Dvipitakadhara) will continue to conduct the Sutta discussions in English on **Saturdays, 5 Dec and 12 Dec at 7 pm**. All are welcome to attend the sessions.

#### **Topic: Ariyāvāsa Sutta - The Way of Enlightened Saints**

( Ref: Anguttaranikāya Pāli Texts,III )

Synopsis: Many teachers have tried to explain the way Enlightened saints lived their life. This discourse throws an illuminating explanatory light on the ways and modes of life Enlightened beings live. Buddha, being narrator of the discourse, simply tells how life is like after one attains perfect Enlightenment. It is also a frame-work which we can also pattern our lives although we are still travelling on the path of spiritual awakening.

### 3. **Group Meditation Sessions:**

#### **5 Dec 09 (Sat) & 20 Dec 09 (Sun), 8.30 am - 5 pm**

Two sessions of group meditation on 1<sup>st</sup> Saturday and last Sunday of the month will be conducted. All are welcome to join us in the group meditation

session at our new centre, 40 Jalan Malu-Malu. Lunch will be provided. Please email us your registration details (name, contact number) or register at the notice board at SMC. Sadhu! Sadhu! Sadhu!

**4. Dhamma Talks by Sayadaw Dr Nandamalabhivamsa: 19, 20 & 27 Dec 09**

We are pleased to invite Sayadaw Dr Nandamalabhivamsa, Aggamapandita, Rector of the International Theravada Buddhist Missionary University (ITBMU), Myanmar to conduct the Dhamma talks as follows:

**(i) Dhamma Talk (in English) : 19 Dec 09 (Sat) at 8 pm**

**Topic: Discourse on the concept of “Sunnata”**

Synopsis: “Sunnato lokam avekkhassu, Mogharaja sada sato.”

“O, Mogharaja, try always to see the world empty with mindfulness.”

This teaching of the Buddha is profound. There are various presentations on the concept of “Sunnata” (emptiness). Dealing with the concept of Sunnata there are some canonical texts in which the Buddha himself expounded the concept. In this Dhamma-talk the discourses on Sunnata will be clarified.

**(ii) Dhamma Talk (in English) : 20 Dec 09 (Sun) at 4 pm**

**Topic: Purification of View**

Synopsis: View is various. Some are right and some are wrong. In Buddhism it is wrong view that is the most serious demerit. It is right view that leads to the cessation of suffering. Therefore it is important to make one’s view purified for the cessation of suffering. How to purify your view? In this Dhamma-talk the way to purification will be clarified.

**(iii) Dhamma Talk (in Burmese) : 20 Dec 09 (Sun) at 8 pm**

**Topic: The essence of Metta Sutta**

Synopsis: The Buddha preached the Metta Sutta for the purpose of protection. The Metta Bhavana is an important practice in Buddhism. It is Metta that has great benefit in the individual life and in a society as well. In the Metta Sutta the Buddha briefed the practical way of the Metta bhavana, its advantages and the attainment that is based on Metta.

**(iv) Dhamma Talk (in Burmese) : 27 Dec 09 (Sun) at 8 pm**

**Topic: Ratana Sutta (The way of telling truth)**

Synopsis: Telling truth (vacissacca) is as powerful as Mantra though it is very simple. It enables to fulfill one's wish and to protect one from danger. In this Sutta the Buddha gives the way how to tell the truth about the Triple Gem for the purpose of protection from danger.

Sponsors are sought for the return airfare and medical treatment of Sayadaw. We welcome all sponsors who are keen to participate in these meritorious deeds.

5. **Abhidhamma for Daily Life – Part VII (English)**  
**by Sayadaw Dr Nandamalabhivamsa: 21-24 Dec, 28 & 29 Dec (7.30 pm),**  
**25 Dec (9-11am, 2-4pm), 26 Dec (2-5pm) & 27 Dec (2-4pm),**

A nine-day course on ‘Abhidhamma for Daily Life – Part VII’ will be conducted in English by Sayadaw Dr Nandamalabhivamsa, Rector of the International Theravada Buddhist Missionary University (ITBMU), Myanmar. The topic to be covered is Chapter 9 - Samuccaya Sangaha (Compendium of Category). Please register for the course before 19 Dec 09.

6. **Pindapata (alms food offering): 27 Dec, Sunday, 9 am**

On Sunday 27 Dec, our Venerable, Sayadaw U Rajinda and Bhante Mahacara will be going on pindapata (collection of alms food) in the vicinity of the market (near platform area) at Chong Pang City, Yishun Ring Road. Giving alms food or food dana is one of the meritorious deeds. 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!

7. **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.

**Weekly Activities 每周期活动:**

Thursday, 7.30 pm	Meditation & Dhamma Talk (English)
Sunday, 7.30 pm	Meditation & Dhamma Talk (Burmese)

## *DHAMMA REFLECTION in the month of December 2009*

### *Advice from Ashin Thittila*

Take each thing that comes and decide how you will use it. Choose some definite form of activity, for no one can do everything. What is known as greatness is not sufficient for real success in life unless there is also goodwill and love for humanity. For real success, body and mind must be well occupied.

One should not bother one's head about things outside one's power, but take good care to occupy oneself with the things within one's power. So, before you let anything worry you, ask yourself if the thing is in your power, and if it is not, turn your attention to something else.

Treat your body well. Let it have rest, recreation. Avoid fear, reason it out of your life. Do what you can, and be content with that. Avoid anger, for there is no enemy more harmful than one's own anger to oneself. Do not dwell again and again on the same trouble or argument. If a difficulty arises, do not procrastinate, deal with it there and then. Do not let anxiety, fear and distress ramble about the mind.

Practise meditation on loving-kindness. In this meditation, first you fill yourself with love mentally, "May I be well and happy." After a while you extend it to all others, saying mentally, "May all beings of the universe be well and happy." Mean it, and feel it. Try to see that the whole world is filled with your love, with a great desire that all beings may be well and happy, even as a mother loves her only child and earnestly wishes for its well-being and happiness.

If you send out these thoughts of metta (loving kindness) before you go to sleep, I am positive that you will have extraordinarily peaceful sleep. If you can maintain these thoughts of metta you will have a serene, peaceful, successful life, and you will be loved because you are loving.

*Extracted from 'A Buddhist's Companion' By Ashin Thittila – Some Parting Advice given, on request, to students upon Venerable Sayadaw U Thittila's departure from England in 1966.*