

ABHIDHAMMA LECTURES 2022

The Abhidhamma Pitaka is the last of the three baskets (Pali: *pitakas*) constituting the Pali Canon, the scriptures of the Theravada Buddhism. The other two parts of the Canon are the Vinaya Pitaka and the Sutta Pitaka.

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

The focus of the three days Abhidhamma lectures will be on material phenomena (*rupa*) and *nibbana* as dealt with in the sixth chapter of the book entitled "A Comprehensive Manual of Abhidhamma".

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *A Comprehensive Manual of Abhidhamma. The Abhidhammattha Sangaha of Acariya Anuruddha*. BPS Paryatti Editions: Onalaska, WA. Chapter VI. Compendium of Matter (*Rupasangahavibhaga*). 234-263. https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Ashin Janakabhivamsa (n.d.). *Abhidhamma in Daily Life. The Principle of Physical and Mental Processes*. 155-163. https://abhidhamma-studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf

Sayadaw U Silananada (2012). *Handbook of the Abhidhamma Studies* (Volume II). Selangor Buddhist Vipassana Meditation Society (SBVMS). 276-396. <https://abhidhammastudies.weebly.com/uploads/2/7/7/2/27729113/handbook-of-abhidhamma-studies-ii.pdf>



SAYALAY DAW VIMALANANI is a Nepalese nun who has studied and trained with 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.

DATE: From Friday, May 20 to Sunday, May 22, 2022

PLACE / BROADCAST

Haus der Besinnung and Uelligerhaus, Dicken/SG. www.hausderbesinnung.ch. For participants not present in Dicken the lectures will be transmitted via skype.

LANGUAGE: English

ORGANISATION

Barbara Widmer, Hangstrasse 33, 3044 Innerberg, 076 307 75 46, Elisabet Eppler-Pfäffli, Via Tondü 17, 6658 Borgnone.

REGISTRATION: satipatthana.eu@protonmail.com

COSTS

Participants, who attend the preceding Satipatthana Meditation retreat, will stay from 19 to 22 May, 2022 and pay for single room CHF 275. People, who attend the Abhidhamma Course only, will stay from 20 to 22 May, 2022 and pay for single room CHF 250. For participants connected via skype the lectures are free.

Teacher fee (*dana*) on a voluntary basis.