

ONLINE ABHIDHAMMA LECTURES

by Ven. Sayada Daw Vimalanani

from Saturday, May 13th to Monday, May 15th, 2023.



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.

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 focus of the three days Abhidhamma lectures will be on the cognitive process (*vithisangahavibhaga*) as the five-door process (*pancadvaravithi*) and the mind-door process (*manodvara-vithi*).

COMPULSORY LITERATURE

Bhikkhu Bodhi (ed.) (2012). *A Comprehensive Manual of Abhidhamma*. The Abhidhammattha Sangaha of Acariya Anuruddha. BPS Paryatti Editions: Onalaska, WA. Chapter IV. Compendium of the Cognitive Prozess (*Vithisangahavibhaga*). 149-185.
https://www.saraniya.com/books/meditation/Bhikkhu_Bodhi-Comprehensive_Manual_of_Abhidhamma.pdf

ADDITIONAL LITERATURE

Sayadaw U Silananda (2014). *Handbook of the Abhidhamma Studies* (Volume II). Chapter Four. 1-124. Majujaya Indah Sdn Bhd: Kuala Lumpur.
<http://www.dhammadownload.com/File-Library/Dr-Silananda-Bhivamsa/HandBook-Of-Abhidhamma-Studies-Volume-2-by-Silananda.pdf>

Narada Maha Thera (1987). *Abhidhammattha Sangaha of Anuruddhacariya. A Manual of Abhidhamma*. Chapter IV – Analysis of Thought-Processes. 234-266. 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://abhidhamma-studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf

LANGUAGE and COMMUNICATION SOFTWARE: The language is English. The lectures will be transmitted via Skype.

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