

December 2018

NEWSLETTER

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom

IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA



COURSE SCHEDULE 2019

Course dates are correct at the time of publishing this Newsletter. Please check www.internationalmeditationcentre.org for the most up-to-date schedule before applying for a course or making any travel arrangements.

IMC United Kingdom

Courses taught by Mr Roger Bischoff:

————— 2018 —————	
December	21 – 31, 2018
————— 2019 —————	
January	18 – 28, 2019
February	8 – 18, 2019
March	15 – 25, 2019
April	12 – 22, 2019
May	10 – 20, 2019
June	21 – July 1, 2019
July	19 – 29, 2019
August	9 – 19, 2019
September	6 – 16, 2019
October	11 – 21, 2019
November	15 – 25, 2019
December	20 – 30, 2019

IMC Australia (NSW)

January	11 – 21, 2019	Dr Mark Peterson
February	22 – March 4, 2019	Mr Roger Bischoff
April	5 – 15, 2019	Mr Michael Fraser
June	14 – 24, 2019	Mr Richard Walsh
August	9 – 19, 2019	Dr Mark Peterson
September	27 – October 7, 2019	Mr Michael Fraser
November	22 – December 2, 2019	Mr Richard Walsh

COURSE SCHEDULE 2019 continued

IMC Australia (WA)

April	12 – 22, 2019	Mr Gregory Solomon
August	9 – 19, 2019	Mr Douglas Solomon
November	22 – December 2, 2019	Mr Douglas Solomon

IMC Austria

December	28 – January 7, 2019	Mr Franz Zelsacher
March	1 – 11, 2019	Mr Franz Neuner
May	17 – 27, 2019	Mr Franz Neuner
July	12 – 22, 2019 <i>in Italian and English</i>	Mr Renzo Fedele
August	23 – September 2, 2019	Mr Franz Zelsacher
October	25 – November 4, 2019	Mr Hubert Knaus
December	27 – January 6, 2020	Mr Franz Zelsacher

IMC USA

March	15 – 25, 2019	Mr Craig Storti
May	10 – 20, 2019	Mr Craig Storti
June	21 – July 1, 2019	Mr Craig Storti
August	9 – 19, 2019	Mr Michael Kosman
October	11 – 21, 2019	Mr Michael Kosman
December	20 – 30, 2019	Mr Michael Kosman

Germany

Weekend Course:

March	29 – April 1, 2019	Mr Horst Jughard
October	3 – 6, 2019	Mr Horst Jughard

Italy

July	12 – 22, 2019 <i>at IMC Austria</i>	Mr Renzo Fedele
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COURSE SCHEDULE 2019 continued

Japan

April	26 – May 6, 2019	Mr James Emery (<i>in Osaka</i>)
August	9 – 19, 2019	Mr James Emery (<i>in Aomori</i>)

Weekend Courses:

February	9 – 11, 2019	Mr James Emery (<i>in Osaka</i>)
June	8 – 10, 2019	Mr James Emery (<i>in Osaka</i>)
July	12 – 15, 2019	Mr James Emery (<i>in Osaka</i>)
October	12 – 14, 2019	Mr James Emery (<i>in Osaka</i>)
November	22 – 24, 2019	Mr James Emery (<i>in Osaka</i>)

Moldova

March	29 – April 8, 2019	Mr Roger Bischoff
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Netherlands

February	1 – 11, 2019	Dr Matthijs Schouten
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Russia

January	4 – 14, 2019	Mr Roger Bischoff
June	7 – 17, 2019	Mr Roger Bischoff
November	1 – 11, 2019	Mr Roger Bischoff

Switzerland

April	18 – 28, 2019	Mr Eugen Jung
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Ukraine

April	26 – May 6, 2019	Mr Roger Bischoff
August	23 – September 2, 2019	Mr Roger Bischoff
November	29 – December 9, 2019	Mr Roger Bischoff

SPECIAL DAYS 2019

December 23, 2018	Saya Thetgyi's Demise Day
January 19, 2019	Sayagyi U Ba Khin's Demise Day
January 28, 2019	Mother Sayamagyi's Demise Day
March 20, 2019	Full Moon of Tabaung
March 24, 2019	Mother Sayamagyi's Birthday
March 31, 2019	Sayagyi U Ba Khin's Birthday
April 13-16, 2019	Water Festival
April 17, 2019	Burmese New Year
May 18, 2019	Buddha Day (Full Moon of Kason)
June 17, 2019	Mahāsamāya Day (Full Moon of Nayon)
July 16, 2019	Dhammacakka Day (Full Moon of Waso)
October 12, 2019	Anniversary of the Teachers' arrival in the West
October 13, 2019	Abhidhamma Day (Full Moon of Thadingyut)
November 11, 2019	Festival of Lights (Full Moon of Tasaung Mon)
December 12, 2019	Saya Thetgyi's Demise Day
January 19, 2020	Sayagyi U Ba Khin's Demise Day
January 28, 2020	Mother Sayamagyi's Demise Day



THE IMPERFECTIONS OF INSIGHT

There is a list of ten pitfalls called the ten *upakkilesas*. These are subtle forms of defilements and they are very treacherous for the meditator who makes good progress. As you will see, even a very senior bhikkhu was thinking for sixty years that he was fully awakened because of the deception caused by one of these imperfections of insight.

But what are these ten imperfections? They are: (1) illumination, (2) knowledge, (3) rapturous happiness, (4) tranquillity, (5) bliss (pleasure), (6) resolution, (7) faith, (8) mindfulness, (9) equanimity, and (10) attachment.

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Here is one story as an illustration. The Elder Dhammadinna was the teacher of many bhikkhus. One day, as he was sitting in his own daytime quarters, he wondered, “Has my teacher, the Elder Mahā-Nāga attained to Nibbana?” He saw that Mahā-Nāga was still an ordinary man, and he knew that if he did not go to Mahā-Nāga, Mahā-Nāga would die an ordinary man. He rose up into the air with supernormal power and alighted near the Elder Mahā-Nāga. He paid respects to him and sat down at one side. To the question “Why have you come unexpectedly, friend Dhammadinna?” he replied, “I have come to ask a question, venerable sir.” Mahā-Nāga replied: “Ask friend. If I know, I will reply”, and Dhammadinna asked a thousand questions.

The Elder Mahā-Nāga replied without hesitation to each question. Dhammadinna said to Mahā-Nāga “Your knowledge is very keen, venerable sir; when did you attain this high state?” Mahā-Nāga replied, “Sixty years ago, friend”. Dhammadinna then asked his teacher to create an elephant with his supernormal powers that he had attained through the practice of samādhi. The Elder Mahā-Nāga made an elephant that was completely white. Then Dhammadinna said, “Now, venerable sir, make that elephant come straight at you with his ears outstretched, his tail extended, putting his trunk in his mouth, and making a horrible trumpeting.” The Elder Mahā-Nāga did so. Seeing the frightful aspect of the rapidly approaching elephant Mahā-Nāga sprang up and tried to run away. Then the Elder Dhammadinna put out his hand and catching him by his robe, he said “Venerable Sir, is there any fear in one who has attained Nibbāna?”

Then Elder Maha Naga recognized that he was still an ordinary man. He knelt at Dhammadinna’s feet and said, “Help me, friend, Dhammadinna”. “Venerable sir,” Elder Dhammadinna said, “I will help you. That is why I came. Do not worry.” Then he taught him a meditation subject. The Elder Mahā-Nāga took the meditation subject and went up onto the walk, and with the third footstep he reached Arahatship.

(From *The Path of Purification*, Chapter XX, §§105–30)

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The ten imperfections are good mental states, like knowledge, equanimity, mindfulness, and so on. They are imperfections because the meditator enjoys them and falls into the delusion that he has attained awakening. He takes what is a means to the end as being the end. He stops contemplating his experiences as impermanent (*anicca*), unsatisfactory (*dukkha*) and not-self (*anattā*) and just sits there enjoying these states, wrongly taking them for Nibbāna.



International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

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