

Winter 2023–24

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 2024

Before making travel plans to come for a course, please double check the dates with the relevant Centre or group or on the global home page : www.ubakhin-vipassana-meditation.org.

IMC United Kingdom

Courses taught by Mr Roger Bischoff:

December 22, 2023 – 1 January 2024

February 23 – 4 March

March 22 – 1 April

April 12 – 22 Water Festival

May 24 – June 3

June 21 – July 1

July 19 – 29

August 23 – September 2

September 20 – 30

October 18 – 28

November 15 – 25

December 20 – 30

IMC Australia (WA)

May 3 – 13, 2024

Mr Roger Bischoff

July 12 – 22

Mr Gregory Solomon

November 8 – 18

Mr Douglas Solomon

IMC Australia (NSW)

December 29, 2023 – 8 January 2024

Mr Richard Walsh

February 16 – 26

Mr Richard Walsh

April 12 – 22

Dr Mark Peterson

May 31 – June 10

Mr Michael Fraser

July 26 – August 5

Dr Mark Peterson

September 27 – 7 October

Mr Richard Walsh

November 15 – 25

Mr Michael Fraser

December 27, 2024 – 6 January 2025

Dr Mark Peterson

IMC Austria

December 29, 2023 – 8 January 2024	Mr Franz Zelsacher
March 15 – 25	Mr Franz Neuner
May 17 – 27	Mr Franz Zelsacher
June 7 – 17	Mr Franz Neuner (<i>Ukrainian course</i>)
July 19 – 29	Mr Hubert Knaus
August 30 – 9 September	Mr Renzo Fedele (<i>in Italian & English</i>)
November 1 – 11	Mr Franz Neuner
December 27, 2024 – 6 January 2025	Mr Franz Zelsacher

IMC USA

December 22, 2023 – 1 January 2024	Mr Craig Storti
March 22 – 1 April	Mr Michael Kosman
May 24 – 3 June	Mr Michael Kosman
June 7 – 17 Half Moon Bay, California	Mr Roger Bischoff
June 21 – 1 July	Mr Craig Storti
August 9 – 19	Mr Roger Bischoff
October 18 – 28	Mr Craig Storti
December 20 – 30	Mr Michael Kosman

Germany -- Weekend Courses

March 8 – 11, 2024	Dr Christian Wunschuk
October 2 – 6	Mr Horst Jughard

Italy (*at IMC Austria, in Italian and English*)

August 30 – 9 September 2024	Mr Renzo Fedele
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Japan

April 26 – 6 May 2024	Mr James Emery (<i>Osaka</i>)
August 9 – 19	Mr James Emery (<i>Aomori</i>)

Weekend courses all in Osaka

June 7 – 10, 2024	Mr James Emery
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Japan Continued

July 12 – 15	Mr James Emery
October 18 – 21	Mr James Emery
November 15 – 18	Mr James Emery
December 20 – 23	Mr James Emery

Moldova

September 6 – 16, 2024	Mr Roger Bischoff
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Ukrainian instructions and discourses will be available.

Netherlands

January 26 – 5 February 2024	Dr Matthijs Schouten
November 8 – 18	Dr Matthijs Schouten

Romania – Weekend Course

May 17 – 21, 2024	Mr Roger Bischoff
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Russia

March 8 –18, 2024	Mr Roger Bischoff
July 5 – 15	Mr Roger Bischoff

Singapore

November 29 – 9 December 2024	Mr Roger Bischoff
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Switzerland

March 28 – 7 April 2024	Mr Eugen Jung
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Weekend Course

November 1 – 4	Mr Eugen Jung
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Ukraine

June 7 – 17, 2024	Mr Franz Neuner (<i>at IMC Austria</i>)
September 6 – 16	Mr Roger Bischoff (<i>in Moldova</i>)
October 4 – 14	Mr Roger Bischoff (<i>in Ukraine</i>)

SPECIAL DAYS 2024

28 December 2023	Sayagyi U Thet's Demise Day
19 January	Sayagyi U Ba Khin's Demise Day
28 January	Mother Sayamagyi's Demise Day
24 March	Full Moon of Tabaung
28 March	Mother Sayamagyi's Birthday
4 April	Sayagyi U Ba Khin's Birthday
13 – 16 April	Water Festival
17 April	Burmese New Year
22 May	Buddha Day, Full Moon of Kason
21 June	Maha Samaya Day, Full Moon of Nayon
20 July	Dhammacakka Day, Full Moon of Waso
12 October	Teachers' arrival in the West
17 October	Abhidhamma Day, Full Moon of Thadingyut
15 November	Festival of Lights, Full Moon of Tasaung Mon
16 December	Sayagyi U Thet's Demise Day

IMPORTANCE OF KEEPING THE MORAL PRECEPTS

When the Buddha taught groups of lay people, he would point out the importance of keeping the basic moral precepts. He explained that by doing that, their lives would be happy. In the accounts in the Pāli canon and commentaries of the past lives of many of the disciples of the Buddha, we can also see how important keeping the precepts is for happiness in future lives. And the horrendous suffering that results from breaking the precepts is vividly described.

A good example is the case of Venerable Ānanda. He had developed the ten perfections during countless lives, and at the time of the Buddha, he was the Buddha's attendant for far longer than any other attendant. It is thanks to his ability to remember whatever he heard that we have the discourses of the Buddha preserved in the Pāli texts.

However, as a result of associating with bad friends, there was an occasion in a past life when he had sexual relations with another man's wife. As a result of this he was born in a hell realm where he was tormented ceaselessly for countless thousands of years. In subsequent lives, he was castrated when he was born as animals: an ass, a monkey and an ox. Then he was born without a gender, neither a man nor woman.

It was only after numerous further rebirths in the deva and human worlds, where he could again make merit, that he finally received rebirth as a male.

Sayagyi showed how important proper relations amongst meditation students are: A student who was quite close to him began, in spite of being married, a romantic relationship with a woman who was also closely involved with the centre. Eventually he divorced his wife and married his lady friend. When Sayagyi heard about this, he immediately asked both of them to leave and not return to the centre. They were never allowed to return to Sayagyi. If trusted students have improper relations and are not controlled, other students will follow their example. Behaviour such as this will destroy the very fabric of the centre and will bring *samādhi* and the awareness of *anicca* down.

The world today is very treacherous for someone who wants to maintain even the basic moral precepts (*sīla*).



International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

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