

## CANKAMA

New book – *Cankama*

(Teachings on Walking Meditation in English)

By Venerable U Dhammajiva Maha Thero.

Now Available on Create Space

<https://www.createpace.com/6111901>

Yogis engaged in cleaning duties after a retreat



## Retreat Calendar 2016: Some Highlights

A 10 Days retreat dedicated for Sil Meniyos has been scheduled for 23 April to 03 May 2016. It will be organized by Ipalogama Pradeepa Meniyo.  
<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2/>

A 5 Days Residential Retreat for School Teachers has been scheduled for 15 – 20 April 2016. The retreat will be organized by Isha Suriyapperuma.  
<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6/>

A 9 Days English Medium Retreat has been scheduled for 03 – 13 May 2016. The retreat will be organized by Lakshmi De Soyza.  
<http://www.nissarana.lk/event/residential-retreat-for-9-days-2/>

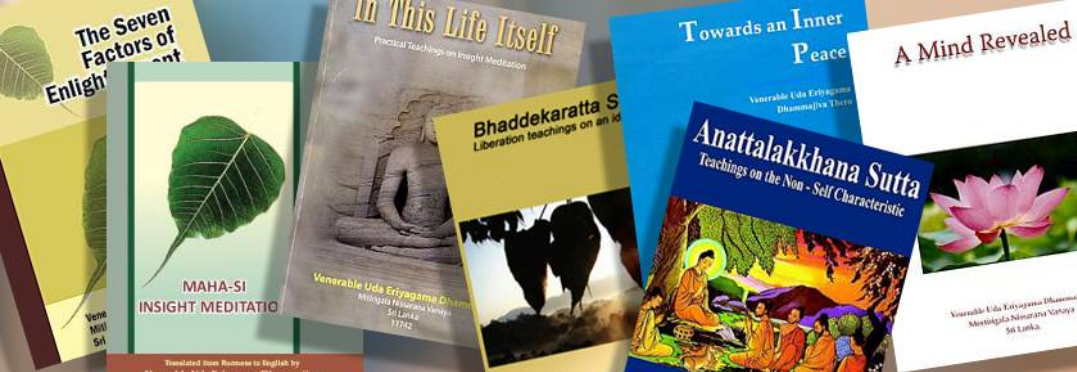
A 5 Days Silent Retreat has been scheduled for 15 – 20 May 2016. The retreat will be organized by Padma Senanayake.  
<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-2/>

## Streamlining the process of group interviews during meditation retreats

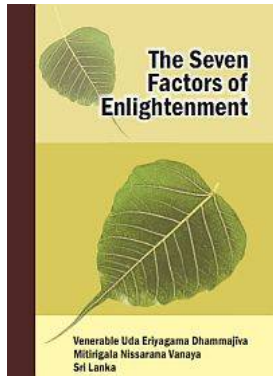
At the Nissarana Vanaya meditation centre, participants at retreats have an opportunity every afternoon, to discuss and clarify matters relevant to the practice with the Master.

Since the meditation technique related questions and other issues connected to the teachings are discussed during this time, it is a valuable opportunity for the entire group of retreat participants.

Recently, a process of streamlining group interviews was initiated. The Retreat Organizer will be provide guidelines to yogis on how to frame the questions as well as on how to draft questions with brevity and precision so that every participant benefits. The relevant guidelines will be published on the NissaranaVanaya website.



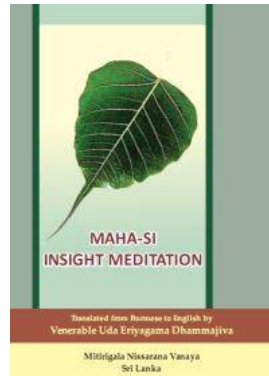
## Free E-Books Online ( [www.vipassana.com/meditation/dhammajiva](http://www.vipassana.com/meditation/dhammajiva) )



### The Seven Factors of Enlightenment

This book contains the essence of the Buddha's teachings on the Seven Factors of Awakening.

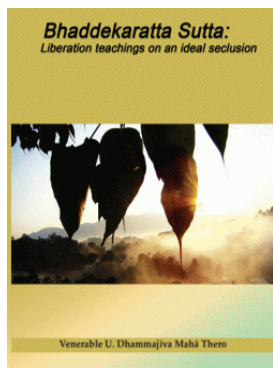
<http://www.box.net/shared/elmsH52136>



### Mahasi Insight Meditation - updated 162 page version

Teachings of the great Burmese meditation master Mahasi Sayadaw in a new English translation by Ven. Dhammajiva.

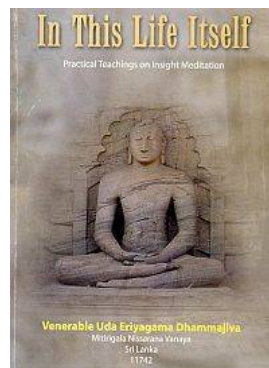
<http://www.box.com/s/bccea34cf72be80d841f>



### Bhaddekaratta Sutta: Liberation teachings on an ideal seclusion

In the practice of insight meditation, the Buddha instructs that the mind ought to remain in the present moment, not wander after the future or to hanker after the past...

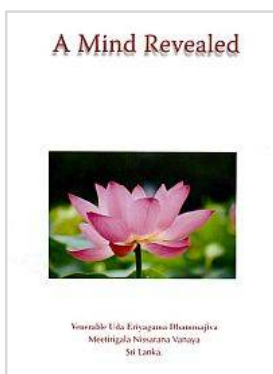
<https://www.box.com/s/krz6d1hv4wm28by8jad5>



### In This Life Itself

Clear teachings on the practice of Satipatthana and Insight Meditation (vipassana).

<http://www.box.net/shared/b51s7zu8v3>



### A Mind Revealed

Ven. Dhammajiva's exposition of the Dutiyadvayam Sutta; a practical analysis of sensory consciousness, its causality, operation and cessation.

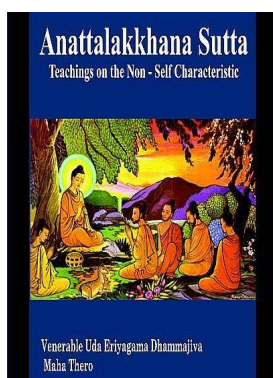
<http://www.box.net/shared/e027cdfcgf>



### Towards an Inner Peace

Practical and accessible discourses translated from Sinhala to English concerning the Anapanasati Sutta and the practice of mindfulness.

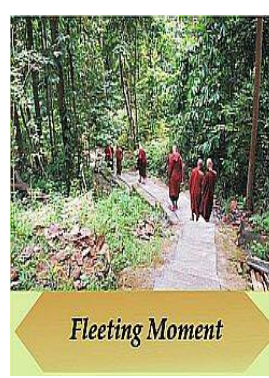
<http://www.box.net/shared/evqqo6zl3x>



### Anattalakkhana Sutta

Teachings on the Non-Self Characteristic

<https://app.box.com/s/q8gqca4qs8cdh77tk956qvwmlhcm39m>



### Fleeting Moment

This teaching captures the essence of Acchanta Sutta, a short discourse from the Devatasamyutta of the Samyutta Nikaya.

<https://app.box.com/s/9lmj01mns16gujpn26rc>





### A meditation retreat for children at NissaranaVanaya

Venerable Dhammajiva Maha Thero will conduct a meditation retreat tailored for children to be held from 08 to 11 December 2016. This is the first time that a retreat conducted by Maha Thero exclusively for children is held at Nissarana Vanaya. The website [www.nissarana.lk](http://www.nissarana.lk) provides details. Please contact the retreat organizer Ms Rupika Gunawardena ([rupikag@gmail.com](mailto:rupikag@gmail.com)) early for reservations.

### Silent Retreats

Silent Retreats take place in the absence of the Meditation Master. During Silent Retreats, recorded Dhamma talks by Venerable Dhammajiva Maha Thero are played and the Question and Answer sessions are conducted by Venerable Chandraratne Thero

When applying for silent retreats, please note that preference will be given to those who have attended at least one long retreat at NissaranaVanaya.

### Meditation Retreat at Yamuna Sadaham Aramaya

A few weeks ago, Venerable Dhammajiva Maha Thero conducted a one day meditation retreat at a new venue in Colombo the Yamuna Sadaham Aramaya.

About 250 participants attended this first event. Discussions are underway to decide whether future regular meditation programs will be held at Yamuna Sadaham Aramaya.

Currently, one day retreats are held every month at Sri Alen Methiniyaramaya Temple and Lanka Vipassana Meditation Centre, in Colombo.

### Continuing the Building Project

Thanks to the loyal supporters of the Nissarana Vanaya community, the meditation centre for lay practitioners is now able to provide ample facilities for short and long term stays for both, male and female resident meditators. However, there is more to be done. The Buildings Committee of Nissarana Vanaya, is still looking for funds to bridge the gap to finish the upper floor indoor walking meditation paths, roofs, court yards and other areas relevant for the yogis. Your donations are much appreciated and are vital for achieving this goal. If you are able to help, your donations can be made to the following account:

*Account Number: 0029 6000 2914*  
*Name of Account: Mitirigala Nissarana Vanaya Sanrakshana Mandalaya*  
*Name of Bank: Sampath Bank*  
*Branch: Head Office, Colombo 2, Sri Lanka*  
*Swift Code: BSAMLKLX*

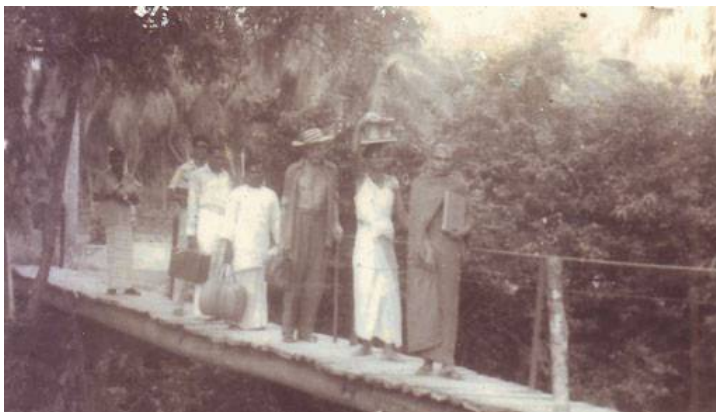


## Rare Photos of nascent community at Mitirigala Nissarana Vanaya During its Construction (1965 - 1966)

The photos shown below are a part of a larger collection of photos discovered recently in the archival collection of the Weeraratna family. They were found in an Aluminum box that had not been opened in many years.

The value of these pictures lies in the capture together of the pioneering figures of the Nissarana Vanaya aranya, namely Asoka Weeraratna (founder) and Venerable Mātara Sri Ñānārāma Mahā Thero who was resident as the first Abbott and Chief Preceptor from 1967 until his passing away in April, 1992. The depiction of an idyllic rural landscape that lay adjacent to the Nissarana Vanaya is another welcome feature of these photos.

These photos were taken during the construction phase of the Nissarana Vanaya (1965 - 1966) and very much before the Hermitage (Aranya) was officially declared open in 1967.



### A Collection of Useful Web links

- <https://satipasela.wordpress.com>
- <https://mindfulfamilysite.wordpress.com>
- [www.damsara.org](http://www.damsara.org)
- <http://www.aathaapi.org/Thripitaka.html>