



Inaugural Retreat at Chuang Yen Monastery - USA

The Chuang Yen Monastery is a Buddhist Temple situated in Carmel, New York. On the invitation of Venerable Bhikkhu Bodhi, for the first time, Most Venerable Dhammajiva Maha Thero conducted a 10-day meditation retreat on the Four Foundations of Mindfulness at the Chuang Yen Monastery in May 2016.

In addition to several monks and nuns, yogis who were a mix of Americans, Chinese and Sri Lankans, attended the retreat. The daily schedule followed was an adaptation of the traditional retreat schedule practiced at Nissarana Vanaya. This included alternative sitting and walking meditation sessions, Dhamma Talks and Question and Answer sessions, daily.

The photograph above shows Venerable Bhikkhu Bodhi (fourth from left in front, next to Venerable Dhammajiva Maha Thero) who participated during several sessions of the retreat, daily.



Images of a meditation retreat - School prefects of Visakha Vidyalaya, Colombo, on a one-day retreat at Nissarana Vanaya.



The introduction of the Meditation Master

The introduction of the Meditation Master by Venerable Bhikkhu Bodhi, at the commencement of the retreat at Chuang Yen Monastery, New York, USA. Click on the link below to access this video on youtube.

<https://www.youtube.com/watch?v=xvmmgtguVpY>



Proposed Sister Monastery Relationship Between Chuang Yen Monastery, USA and Nissaranavanaya Monastery, Sri Lanka.

A sister monastery relationship is a broad-based, long-term partnership between two monasteries usually in two countries. Such a relationship is officially recognized after the highest elected or appointed official from both communities sign off on an agreement. Sister monastery relationships provide an excellent mechanism to form connections between communities that are mutually beneficial and aimed at addressing issues relevant for partners.

Each sister monastery organization is independent and pursues the activities and thematic areas that are important to them and their community. These include exchanges with their sister monastery, which provide opportunity for members to advance their learning and training, benefitting from exposure to different environments, cultures and experienced teachers.

Sister monastery organizations promote shared research and development projects between monasteries. Although online communication facilities international connections, the face-to-face meetings and personal relationships developed through sister monasteries are of vital importance and can bring profound, positive impact on a range of areas.

The proposed sister monastery relationship between Chuang Yen Monastery in USA (CYM) and Nissarana Vanaya Monastery (NV) is aimed at several areas of cooperation including:

- 1) Vipassana / Mindfulness Meditation teacher training for CYM at NV
- 2) Exchange of monks and nuns for the purpose of learning and training
- 3) Exchange of books, literature and research.
- 4) Initiate and develop cooperation between Buddhist monasteries in other countries.
- 5) Develop and conduct mindfulness training programs for schools, Tertiary Educational Institutions, Members of political organizations, Law enforcement organizations and Prisons.

Nissrana Vanaya Dhamma Archive

A Dhamma Archive, consisting of recordings of Meditation Retreat Dhamma Talks and Discussions, was compiled in 2013. Venerable U Dhammajiva Maha Theros teachings were preserved in CDs and have been made available to devotees on request. The requested CDs are posted to the person who makes the request.

The list of Dhamma Talks and Discussions are published on the Nissarana Vanya website and it is also available at the Nissarana Vanaya Retreat Centre. This facility is primarily intended for devotees who have limited access to the Internet and therefore opt to listen to the teachings on CDs.

Previously this facility was funded by generous donors. From July 2016 the Nissarana Vanaya Karakha Sabha will take over the funding of this program. However if devotees wish to make a cash contribution towards the Dhamma Archive, they may do so to:

Account Number:	202100174641469
Name of Account:	Mitirigala Nissarana Vanaya Sanrakshana Mandalaya
Name of Bank:	Peoples Bank
Branch:	Kirindiwela Branch
Swift Code:	Peoples Bank - Colombo (Head Office) – PSBKLKXLX

Please inform the Treasurer Mr. Harsha Gunasena on tdshg@yahoo.com, if such a cash donation is made. If devotees wish to donate CDs (Imation brand) or CD covers or postage stamps, they may contact Mr Thilina Prasad on dhammaarchive@gmail.com



Dhamma Discussion Series Volume 1

Sayadaw U Pandita Bhivamsa

The following is a Dhamma discussion given by the Venerable Ovadacariya Sayadaw at Panditarama on 28 August 1994.

Question: What is the meaning of Noting, Labelling and Knowing? What are the benefits of noting?

Noting means paying proper attention so that the mind can be concentrated on the object of meditation. The mind will also be aware of their true nature. Let me explain further.

If you do not note, kilesas will enter your mind. In other words, your mind will scatter and become unclean and polluted. However, if you do note, your mind will not scatter. You will be exercising some form of control or mastery over it. Therefore, through the act of noting, you will be able to prevent the defilements from entering and polluting your mind.

As an example, we take the case of a child. Now, we are well aware that on his own, the child may get into all sorts of dangerous situations. Therefore, we employ a nanny to take care of him. We know that the very presence of the nanny serves as a protection for the child from harm and danger. The nanny does not harm the child at all. This is the same with noting.

In modern day language, there will be no accident of the mind if you note. It is only when you fail to note that unwholesome consequences may take place. For instance, when we encounter something pleasant, we may follow and go after it. If, on the other hand, we experience something unpleasant or hateful, we might react and perform unwholesome verbal and physical actions.

Now, when you drive a car, you have to be quite careful. You must drive in the proper lane. You should have a good knowledge of the traffic regulations. You should also have full control over the car. If you do all these, it is not easy to cause or meet with an accident. As a motorist, you are said to be faultless. You do not pose as a danger either to yourself or to others.



Nobody will come to harm because you drive carefully. However, if you fail to be careful and pay attention, then others might be injured by your carelessness. Thus, by having full control over the car, you will not harm others this applies to your practice. By noting, you will exercise some control over your verbal and physical actions those around you will not be affected nor harmed by your outward behavior. This is one of the benefits that you gain from noting properly.

If you are noting the objects that arise, you will be making yourself wholesome and your mind clean. Your behavior will not be coarse or distasteful. By purifying yourself, you will not be harmful to others.

On the other hand, if you fail to contemplate, you will not be satisfied with yourself. Furthermore, your associates and those around you will not be satisfied with your behavior. When your behavior deteriorates and becomes crude, you may perform unwholesome and blameworthy deeds. Action will then have to be taken against you. Correspondingly, you may fall to the realms of suffering in your future existences as a result of your unwholesome actions.

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<http://gdurl.com/hWXE/download>



Retreat Calendar 2016: Some Highlights

A 7 Days Silent Retreat has been scheduled for 11 to 18 July 2016. The retreat will be organized by Dinesha Liyanage.

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-2-2-2-2-2-2/>

A 1 Day English Medium Retreat has been scheduled for 23 July 2016. The retreat will be organized by Hemantha Ranawaka.

<http://www.nissarana.lk/event/english-medium-day-retreat-4-3-5/>

A 14 Days English Medium Retreat has been scheduled for 19 Aug – 2 Sep 2016. The retreat will be organized by Devika Jayawardana.

<http://www.nissarana.lk/event/residential-retreat-for-9-days-2-2/>

A 10 Days Retreat has been scheduled for 18 – 28 Sep 2016. The retreat will be organized by Damrivi.

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2/>

Retreats at Nissarana Vanaya and other Centres

Departing from previous tradition meditation retreats are now being conducted by other monks at Nissarana Vanaya when the Chief Meditation Master Venerable U Dhammajiva Maha Thero is overseas on teaching assignments.

In June and July 2016, for the first time Venerable Chandaratana and Venerable Dhammasunita will be conducting retreats at Nissarana Vanaya as well as at Centres such as Lanka Vipassana Centre, Colombo, Thalawatugoda Sri Gnanarama Temple, Vijithapura and Kotte.

This new initiative is welcomed by devotees since the annual retreat schedule remains uninterrupted even during Venerable Dhammajiva Maha Thero's absence.

Venerable Dhammajiva Thero conducts retreats in Japan

At the invitation of Venerable Yalagamuwe Dhammissara of the Hachioji Shouzanji International Buddhist Centre, Venerable Dhammajiva Maha Thero conducted meditation retreats in Japan during a week long in May this year.

This was the first occasion where meditation teaching was conducted by Venerable Dhammajiva in.

The meditation programs were conducted at the Sakamuni International Buddhist Centre in Tokyo. Maha Thero also gave a lecture on mindfulness practice and meditation at the International University of Japan, in Niigata.

All programs were attended by Sri Lankans as well as others from different cultural backgrounds including the Japanese.

Experienced meditators who are students of Venerable Dhammajiva are invited to join the Sati Pasela Volunteers Team. When invited by Principals, the Team will visit selected schools to share the message of mindfulness. The Volunteers will work according to the advice and guidance of Venerable Dhammajiva.

Please see www.satipasela.wordpress.com for details and email satipasela@gmail.com if you are interested in contributing towards this worthy initiative.