



Imaduwa Arana - New Nissarana Vanaya Branch Monastery

As part of the on-going Nissarana Vanaya branch monastery establishment, a historic milestone was reached on 26 August 2017, in the south of Sri Lanka. At Imaduwa (Galle District), the establishment of the newest Branch Monastery (Imaduwa Arana) took place.

On this day, at a simple ceremony presided over by Venerable Dhammajiva Maha Thero, the property was donated in the presence of the Maha Sangha and a gathering of male and female yogis.

Venerable Maha Thero, who accepted the donation from Mr Chamara, expressed his deep gratitude to the donor and to those responsible for this noble initiative. The Maha Thero explained the Vision for the new facility and the plans made in relation to the gradual establishment of a formal meditation centre within the monastery premises so that meditation retreats will be a regular feature in the Calendar of the Imaduwa Arana.

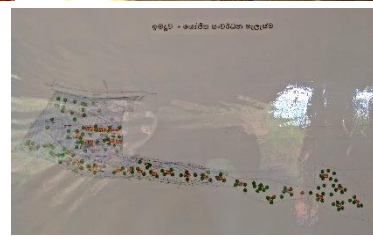
The Constitution for this new monastery will be drafted in accordance with the legal requirements. And all the components of the monastery will be constructed gradually. In the meantime, using the the existing meditation hall, one-day retreats will be conducted by senior monks from Nissarana Vanaya.

The photographs published in this newsletter describe the event colourfully. A poem written by our kalyanamitta Anula from New Zealand, describes this joyous moment.



ඉමදුව අරණ

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Rahula



Ven Dhammajiva



Dr Daniel
Goleman
(Video Presentation)



Prof Konstantin
Korotkov



Ven Ringu Tulku
Rinpoche



Ven Sangharakkhita



Jamie Bristow



Chris Ruane (MP,UK)



Rev Duleep De
Chickera



Ven Bhikkhuni
Tathaaloka



Deepal
Sooriyaarachchi



Jezima Ismail



Ven Sayalay
Daw Vajiranani

A Meeting of Minds on Mindfulness

Panel Discussions:

- Mindfulness in Schools and Universities.
- Mindfulness: The brain, the body and the mind.
- Mindfulness in different Buddhist meditation traditions.
- Mindfulness for Ethnic harmony, Religious tolerance and Peaceful co-existence.
- Corporates, Mindfulness and Ethics.
- Mindfulness for Government.
- Mindfulness for Environment, Climate change and Social issues.

Mindfulness:

- Helps managing stress, anxiety and difficult situations.
- Improves coping skills, builds resilience and develops emotional balance.
- Allows better focus and improved attention in academic and other work.
- Reduces anger, hatred and prejudice.
- Enables harmonious living, coexistence & religious tolerance .
- An effective preventive measure for difficulties and can be experienced by regular practitioners.
- Should be shared with future generations and it's the prime responsibility of the present generation.

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Two-day residential retreat for Grade 10 junior prefects of Visakha Vidyalaya

Fifty-five junior prefects of Visakha Vidyalaya, the Vice Principal, and a group of teachers and parents participated in a residential retreat at Nissarana Vanaya on 21 -22 August 2017.

The retreat timetable included alternate walking and sitting sessions, mindful games, and screening of video clips enhancing the understanding of mindfulness.

Mindful games were aimed at encouraging the practice of mindfulness of smell, taste and hearing.

For the 'Exercise on the perception of smell' the children were divided into small groups and asked to remain with their eyes closed for the duration of this exercise. Each group was given 2-3 items ranging from herbs, incense, essential oils, essences, toiletry items to condiments. The children then had to identify each item by merely smelling mindfully. The items with more subtle smells led to 'guessing'. At the end of this session, they noted the range of sensations they felt and the many thoughts they encountered.

Similar to the above, initially noticing all the visual features of the toffee and the sense of anticipation before putting it their mouths, and then noting the actual physical sensations when sucking the toffee, secretion of saliva etc.

The final auditory exercise was based on 'listening to the sound of gongs' (using an audio clip). The children listened to the sound mindfully, focusing attention on it from the beginning to the end. They also noted the sensations felt at the end.

Time was allocated on both days for watching a few video clips enhancing the understanding of mindfulness and encouraging the practice. After each video clip (ranging from 2-13 minutes) they noted the 'message' which resonated most with each of them and anything else in particular which captured their interest. A few of them shared their thoughts with the rest of the group.

Venerable Dhammajiva Maha Thero delivered a sermon describing various stages of Mindfulness, its gradual evolution and the importance of commencing the practice at an early stage of life. He also emphasized that every time that one is able to bring the mind back to the breath or to the body, it is a great victory. And that it is the only opportunity to tame the defilements.

At the final Q and A session, the girls asked many questions based on their meditation experiences and got sound advice from Venerable Bhanthe. Feedback on the two-day retreat was given in verse and prose.





Visiting Monks' Kuti (ආගන්තුක කුටිය)

At the foothill of the Nissarana Vanaya monastery, a new facility for accommodating visiting monks is being constructed. This ආගන්තුක කුටිය will provide comfortable lodging for monks who visit the monastery for attending meditation retreats. This facility will also provide accommodation for the monks who conduct meditation retreats at the Lay Retreat Centre to spend time between teaching sessions.

Dhamma Archive in Nissaranavanaya

During the past three years, CDs containing Dhamma talks by Venerable Dhammajiva Maha Thero, which were recorded during Meditation Retreats at Nissarana Vanaya and other meditation retreat centres, were made available to devotees free of charge, through the Dhamma Archive. These CDs were particularly intended for devotees who had limited access to the internet. The Dhamma Archive was managed by Thilina Prasad who did a great meritorious service by making these CDs available on request.



From the 1st of October this year, the Dhamma Archive will be managed by the Nissarana Vanaya office. A request for CDs can be made by emailing dhammaarchive@gmail.com or posting a written request to the following address with your postal address.

Address:

Meetirigala Nissarana Vanaya
Meetirigala – 11742, Sri Lanka

Telephone: (+94) 33 333 9193 (Office)

Mobile: (+94) 76 786 9878 (Sujith), (+94) 77 722 3468 (Mr. Hewage)

Dhamma talks that are available will be displayed on the notice board at the Nissarana Vanaya office and can be viewed using the following link.

<https://drive.google.com/file/d/0B6kbYxSPyHutR0NFcHJoVmtWWXM/view?usp=sharing>

Listen to NV Retreat Sermons Online

Please join with: <http://mixlr.com/dhammajiva/>

To listen to past Sermons: <http://mixlr.com/dhammajiva/showreel/>

Meditation Retreats Highlights - October to December 2017



Conducted by Ven. Udairiyagama Dhammajiva Thero

3 Days Residential Retreat - Nissarana Vanaya

Dates: From 01 – 04 October, 2017.

Organizer: Ms. Udeni Thilakarathne

www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2/

5 Days Residential Retreat - Nissarana Vanaya

Dates: From 08 – 13 October, 2017.

Organizer: Mr. Priyathilak Ranasinghe

www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2-2/

5 Days Residential Retreat for Dana Dayaka - Nissarana Vanaya

Dates: From 15 – 20 October, 2017.

Organizer: Ms. Malkanthi De Silva

www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2-2-2/

12 Days Residential Retreat for Sil Meniyo - Nissarana Vanaya

Dates: From 22 October – 03 November, 2017.

Organizer: Ms. Lilamani Weerasinghe

www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2-2-2-2/

5 Days Residential Retreat - Ambuluwawa, Gampola

Dates: From 05 – 10 November, 2017.

Organizer: Ven. Sudhamma Meniyo

www.nissarana.lk/event/residential-retreat-for-6-days-3-5-2/

5 Days Residential Retreat - Nissarana Vanaya

Dates: From 12 – 17 November, 2017.

Organizer: Ms. Priyanka Molligoda

www.nissarana.lk/event/residential-retreat-for-6-days-3-5-2-2/

10 Days Residential Retreat for Damrivi - Nissarana Vanaya

Dates: From 19 – 29 November, 2017.

Organizer: Ms. Suranjani Wikramaratne

www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2/

4 Days Residential Retreat for Children - Nissarana Vanaya

Dates: From 04 – 08 December, 2017.

Organizer: Ms. Rupika Gunawardane

www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-3-2/

Conducted by Ven. Panadure Chandaratana Thero

3 Days Residential Retreat - Kalalgoda (English Medium)

Dates: From 12 – 15 October, 2017.

Organizer: Ms. Dilhara Fernando

www.nissarana.lk/event/silent-retreat-nissarana-vanaya-7-days-3-2-2-3-2-2-3-2-2-2-2-2-2-2/

3 Days Residential Retreat - Kalalgoda

Dates: From 26 – 29 October, 2017.

Organizer: Ms Dilhara Fernando

www.nissarana.lk/event/residential-retreat-for-9-days-4-2-2-2-2-2/

3 Days Residential Retreat - Kalalgoda (English Medium)

Dates: From 16 – 19 November, 2017.

Organizer: Ms. Dilhara Fernando

www.nissarana.lk/event/silent-retreat-nissarana-vanaya-7-days-3-2-2-3-2-2-3-2-2-2-2-2-2-2/

10 Days Residential Retreat - Nissarana Vanaya

Dates: From 10 – 20 December, 2017.

Organizer: Ms. Priyanka Molligoda

www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-3/

3 Days Residential Retreat - Kalalgoda (English Medium)

Dates: From 21 – 24 December, 2017.

Organizer: Ms. Dilhara Fernando

www.nissarana.lk/event/silent-retreat-nissarana-vanaya-7-days-3-2-2-3-2-2-3-2-2-2-2-2-2-2/

5 Days Residential Retreat - Nissarana Vanaya

Dates: From 24 – 29 December, 2017.

Organizer: Ms. Achala Silva

www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-3-3/