

December 2022

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 2022–23

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 23 – 2 January 2023

January 20 – 30

February 24 – 6 March

April 7 – 17 Water Festival

May 26 – 5 June

June 23 – 3 July

July 21 – 31

August 18 – 28

September 15 – 25

October 20 – 30

November 17 – 27

December 22 – 1 January 2024

IMC Australia (WA)

March	17 – 27, 2023	Mr Douglas Solomon
June	30 – 10 July	Mr Gregory Solomon
November	10 – 20	Mr Douglas Solomon

IMC Australia (NSW)

December	30 – 9 January 2023	Mr Richard Walsh
February	3 – 13	Mr Roger Bischoff
April	7 – 17	Dr Mark Peterson
May	19 – 29	Mr Michael Fraser
June	30 – 10 July	Mr Michael Fraser
August	11 – 21	Mr Richard Walsh
September	22 – 2 October	Dr Mark Peterson
November	3 – 13	Mr Michael Fraser
December	8 – 18	Mr Richard Walsh

IMC Austria

December	30 – 9 January 2023	Mr Franz Zelsacher
March	10 – 20	Mr Franz Neuner
April	28 – 8 May	Mr Roger Bischoff (<i>Ukrainian course</i>)
May	12 – 22	Mr Franz Zelsacher
June	9 – 19	Mr Roger Bischoff
July	14 – 24	Mr Hubert Knaus
September	1 – 11	Mr Renzo Fedele
October	6 – 16	Mr Roger Bischoff (<i>Ukrainian course</i>)
October	27– 6 November	Mr Franz Neuner
December	29 – 8 January 2024	Mr Franz Zelsacher

IMC USA

December	23 – 2 January 2023	Mr Craig Storti
March	17 – 27	Mr Michael Kosman
May	26 – 5 June	Mr Michael Kosman
June	23 – 3 July	Mr Craig Storti
August	4 – 14	Mr Roger Bischoff
September	15 – 25	Mr Michael Kosman
October	20 – 30	Mr Craig Storti
December	22 – 1 January 2024	Mr Craig Storti

Germany

Weekend Courses :

March	16 – 19, 2023	Dr Christian Wunschik
September	29 – 3 October	Mr. Horst Jughard

Italy (at IMC Austria, in Italian and English)

September	1 – 11, 2023	Mr Renzo Fedele
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Japan

April	28 – 8 May 2023	Mr James Emery (<i>in Osaka</i>)
August	10 – 20	Mr James Emery (<i>in Aomori</i>)
December	16 – 26	Mr James Emery (<i>in Osaka</i>)

Japan (continued)

Weekend Courses, all in Osaka :

January	6 – 9, 2023	Mr James Emery
February	3 – 5	Mr James Emery
May	26 – 28	Mr James Emery
June	16 – 18	Mr James Emery
October	13 – 15	Mr James Emery
November	2 – 5	Mr James Emery

Moldova

September	1 – 11, 2023	Mr Roger Bischoff
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Netherlands

February	3 – 13, 2023	Dr Matthijs Schouten
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Russia

January	6 – 16, 2023	Mr Roger Bischoff
March	17 – 27	Mr Roger Bischoff
July	7 – 17	Mr Roger Bischoff
November	3 – 13	Mr Roger Bischoff

Singapore

December	1–11, 2023	Mr Roger Bischoff
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Switzerland

April	6 – 16, 2023	Mr Eugen Jung
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Weekend Courses :

February	10 – 13, 2023	Mr Eugen Jung
November	3 – 6	

Ukraine

April	28 – 8 May 2023	Mr Roger Bischoff (<i>at IMC Austria</i>)
October	6 – 16	Mr Roger Bischoff (<i>at IMC Austria</i>)

SPECIAL DAYS 2023

19 January 2023	Sayagyi U Ba Khin's Demise Day
28 January	Mother Sayamagyi's Demise Day
5 March	Full Moon of Tabaung
9 March	Mother Sayamagyi's Birthday
16 March	Sayagyi U Ba Khin's Birthday
13 – 16 April	Water Festival
17 April	Burmese New Year
3 May	Buddha Day (Full Moon of Kason)
2 June	Mahāsamāya Day (Full Moon of Nayon)
1 August	Dhammacakka Day (Full Moon of Waso)
12 October	Anniversary of the Teachers' arrival in the West
29 October	Abhidhamma Day (Full Moon of Thadingyut)
27 November	Festival of Lights (Full Moon of Tasaung Mon)
28 December	Sayagyi U Thet's Demise Day



EATING AT IMC YANGON WHEN SAYAGYI WAS TEACHING

Sayagyi U Ba Khin said:

The fourth soldier of Mara is the desire to experience a variety of tastes in food and drink.

Some of these desires become irresistible. Therefore, I want that the food is good here. When you are offered your meals, Sayama puts in so much effort to make sure that everyone is satisfied with the food. Do you enjoy your food? Do you miss chicken, which you are not offered here? However, we make an effort to serve you the best (vegetarian) food.

If you eat a great variety of tasty dishes, what happens? Will the desire for different tastes not come up, or will it still come up? The food we eat has to come in contact with our tongue. Can we eat it without enjoying its taste? No one except the Arahats can do this.

You are coming here to do away with desire altogether. You are giving up defilements so that desires diminish. You are getting rid of impurities.

If we reduce the tastiness of food a little, [by not serving meat] does not then also the craving for tastes diminish? If I talk of a hunk of cooked pork, desire for it comes up in you immediately. But we have come here to eradicate this craving, this defilement and you are in the process of doing just this. I have to keep control here, in order not to strengthen this craving in you. If you try to rid yourselves of defilements so completely as to annihilate them altogether, you have to put aside everything. Mara is bringing up the craving for food deep inside you.

These are the principles that Sayagyi set out for the kitchen at the IMC in Yangon. Sayamagyi followed these very scrupulously. Every day they served delicious food and each and every dish was prepared with great care and attention so that the taste was perfect. But the variety of tastes was kept under control and the number of different tastes was always the same. Every lunch consisted of one soup, one curry, one stir fry, one salad and maybe a pickle or chutney or dip. In addition a sweet was served, and once or twice during a course a deep fried dish was prepared.

Sayagyi talks of renunciation as being important in the Buddha's teachings and he says that this was practised at the centre by eating only vegetarian food. For a Burman during Sayagyi's time to eat only vegetarian food was really a great act of renunciation. They did not have cheese, eggs and all the other dairy products. There are few completely vegetarian traditional Burmese recipes, as shrimp paste, shrimp powder and fish sauce are used to flavour many dishes, and without these, food seems to have little taste to a Burman.

Sayagyi and Sayamagyi wanted all the students to be satisfied with their food so they could meditate well, but they also watched over the quantities of food taken. With too many dishes, not only the craving for tastes increases, the students also eat so much that they cannot meditate comfortably anymore. Sayagyi U Tint Yee said in one of his discourses: “When Sayagyi was alive, and when during Vipassana time some donors came and gave rich food like coconut noodles and such like, he didn’t like that – because if the food is too rich, the meditators feel heavy, and sloth and torpor comes in.”

Sayamagyi followed a middle way of balance. When she cooked Ono kauk-swe, chicken coconut noodles, for the last time at the centre here in England on a special day, she cooked it by proxy and Yin Htwe was her sous chef. He ran back and forth between the kitchen and Sayamagyi’s house with samples of his cooking until Sayamagyi was satisfied that the taste was perfect. In addition to the main dish Sayamagyi only had him prepare a salad of finely sliced cabbage flavoured with oil, vinegar and salt, and, surprisingly, a little bit of chillies.

In this way Sayagyi and Sayamagyi indulged the students with very good, delicious cooking and they controlled their cravings by limiting the variety of different dishes.



International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

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