

*Mindfulness directed to the body offers tremendous benefits. In what way?*

*“Bhikkhus, I will teach you the unconditioned and the path leading to the unconditioned. And what, bhikkhus, is the unconditioned? The destruction of lust, the destruction of hatred, the destruction of delusion: this is called the unconditioned.*

*And what, bhikkhus, is the path leading to the unconditioned?*

*Mindfulness directed to the body: this is called the path leading to the unconditioned.*

*Thus, bhikkhus, I have taught you the unconditioned and the path leading to the unconditioned. Whatever should be done, bhikkhus, by a compassionate teacher out of compassion for his disciples, desiring their welfare, that I have done for you. There are these feet of trees, there are these empty huts. Meditate, do not be negligent, lest you regret it later. This is our instruction to you.”*

## *The Buddha*

*S43.I.I*

Mindfulness directed toward the body (kayagatasati) refers to clear awareness of one's body, being attentive to every movement of the body, contemplating how the body is a collection of constituent anatomical parts, reflecting that the body is composed of ever changing elements of nature upon which we add the conceptual identification 'my body', contemplation of death, and developing states of deep inner peace (jhana).

## *News from Vimutti Buddhist Monastery*

### *The Community*

With the end of the rains retreat (vassa or pansa) the monastery has again become more active. The three months of quietude, stillness and silence were invaluable. Ajahn Chandako is now again speaking and teaching, while Ajahn Jotipalo has gone down to Wellington and

the South Island for a month. Beginning in December Ajahn Jotipalo will begin a three month silent retreat and subsequently return to California to help out at the Monastery where he ordained, Abhayagiri. We are all grateful for his presence during the last couple of years.

The annual ATBA retreat in Auckland was a beautiful experience. The teachings focused on the Satipatthana sutta, teachings that encourage detailed contemplation of how we perceive, experience, react to and create our world through our body, senses and mind. It is a thorough training to refine conscious awareness to more clearly see and understand the cognitive process and where identification with sensory experience creeps in to create happiness and discontent in our lives—and most importantly to see that there are liberating alternatives to unhelpful, conditioned patterns of behavior. The next retreat begins November 20 at Vimutti.

Our first Day of Peace Meditation workshop was a big success with over 40 attending. It was gratifying to see the yurt and valley filled with people doing sitting and walking meditation. It makes all the hard work for so many years worth it.

The weather has been pleasantly calm, warm and sunny, a welcome alternative to the cold, windblown rain of September. All is green, bursting with new growth and carpeted with wild flowers.

## The Vimutti Stupa

### **Enshrining Personal Items**

We are still collecting personal items to be included in the base of the stupa, although time is running out. If you are able to get these special objects to us before December, we will be able to include them. The construction of the base should begin soon after that. Once this time capsule is sealed it probably will not be reopened for another 500 years.

It is an extremely rare opportunity to be able to enshrine something personal in a stupa. The intention to include an object that has special relevance and meaning makes a kammic connection between your stream of consciousness and the relics. If it is done with the proper intention and devotional motivation, it will reduce the number and severity of any obstacles to practicing the Dhamma and increase the likelihood of you coming in contact with the teachings of the Buddha in future lifetimes. When you visit and circumambulate the completed stupa you will know that part of your life is enshrined there as well.

It is best if the items are not larger than a rugby ball. For example: ashes of loved ones, photos, special stones, earth from sacred sites, crystals, gems, greenstone, jewelry, artifacts, stone carvings, items which have a powerful symbolic value, or cards written with your individual aspirations or hopes for our planet. Another recommended item is Kiwiana: symbols and souvenirs of New Zealand... koru art, glass kiwi coasters, a carved kiwi bird, a rugby ball, a sheep doll, etc.

You can bring items to Vimutti Monastery or to the Auckland Buddhist Vihara, and the Sangha will look after them until the ceremony of placing them inside the base.

For the complete details, background and architectural sketches, please see

[The Vimutti Stupa](#)

## ATBA Annual General Meeting

The Annual General Meeting of the Auckland Theravada Buddhist Association will be held at the Auckland Buddhist Vihara, on Sunday, November 14 at 9:30 am. There will be an alms round and a shared meal after the meeting, so you are invited to bring a dish of food.

This is an opportunity for you as a member to express your thoughts, feelings, hopes, suggestions and aspirations for the direction of our association. Our Spiritual Director will speak about the past accomplishments, present situation and future plans for Vimutti

Buddhist Monastery, and our President and Treasurer will give their annual reports. There will be time for discussion and sharing ideas.

If you haven't yet paid your membership fee, no problem, but you might want to come a bit early to clear that up before the meeting begins. Anyone is welcome to come, but only members have the opportunity to vote on any resolution.

The meeting will start with taking the five precepts and the formalities of establishing a quorum of members. This will be followed by:

The Spiritual Director's address

The President's address

Questions and general discussion following the addresses

Summary of the minutes from the 2009 AGM

Treasurer's report

Questions on ATBA finances

Election of Committee members and officers

## Upcoming Meditation Retreats

**Straight from the Heart Retreat: The Gradual Training of the Buddha**

**November 20-28**

**Taught by Ajahn Chandako**

It is still not too late to register for this retreat. Ajahn Chandako will be presenting all new material to celebrate the first long retreat held at Vimutti Monastery.

This 9-day intensive retreat will focus on the teaching known as the gradual training. This was the most frequently taught format in which the Buddha presented his entire path of practice. From the very beginning of being enmeshed in defilements to the end of full Awakening, the gradual training systematically leads us along a complete path of purification of the heart. [Nine-Day Retreat](#)

Held at: Vimutti Buddhist Monastery, Bombay

Registration: contact Rosalind, (09) 626-7804, [hew@xtra.co.nz](mailto:hew@xtra.co.nz)

(Accommodation in dormitories is available, but if you prefer a bit of privacy it is good to bring a tent or a caravan. It is also possible to hire a caravan—please enquire when registering.)

### **Day of Peace**

**Saturday, December 18, 8:30 am**

**Taught by Ajahn Chandako**

This is a valuable opportunity for beginners and experienced meditators alike. This full day of meditation instruction is an excellent way to keep up with your dedication to inner peace. Meditation is a vital skill for developing calm and insight on the path to enlightenment. It has also been shown to reduce stress, strengthen the immune system and keep the left prefrontal cortex from deteriorating with age. It is a practical way to recharge your batteries and to train mindful awareness for integration into daily life. It is good to bring loose fitting clothing, a sun hat and some food for a shared lunch.

Held at: Vimutti Buddhist Monastery, Bombay

Registration: no need to register beforehand

### **Forgiveness and Gratitude Retreat**

**January 3-7, 2011**

**Taught by Ajahn Chandako**

Forgiveness is to release the painful perceptions and memories that we cling to in our heart. Gratitude is to recognize and appreciate the goodness, support and kindness we have experienced in our lives. These two qualities help us to feel an abundance of inner strength and happiness, and they can be systematically cultivated through wise reflection and letting go. Focusing on these qualities is a good way to begin the new year.

Held at: Vimutti Buddhist Monastery, Bombay

Registration: contact [vimutti.atba@gmail.com](mailto:vimutti.atba@gmail.com)

We are currently looking for volunteers to assist with this retreat.

**Dana**

All retreats and teachings held at Vimutti Buddhist Monastery are offered on a 'dana' basis. Dana is Pali for 'generosity'. Offering teachings freely is a vital principle to uphold. This system of mutual generosity means that there are no registration fees: no charge for the facilities, the food, the management, caretaking, accommodation or the teaching. To engage wisely with a system of dana means that instead of an attitude of paying for goods and services, a retreatant makes good kamma (merit or *punna*) by donating whatever amount feels right: neither too much nor too little. The natural result of generosity is an internal brightness and joy that creates a wholesome and fertile mental environment for developing meditation.

## Need a Ride to the monastery?

If you are looking for a ride to Vimutti Monastery, you can post your request on our ride sharing calendar. If you are planning to drive to the monastery and have room for another person, check the calendar to see if someone needs a ride.

Click here to see [the carpooling calendar](#)

## Free Firewood

Free pine firewood is available from the monastery land for anyone who would like to have it. Some is already prepared but most would need to be cut with a chainsaw.

## Upcoming Events

For Vimutti Buddhist Monastery and the Auckland Buddhist Vihara

Click on these links to find out more:

[Good Kamma Day, Open Day,](#)

[Nine-Day Retreat](#)

**Sunday, November 14, 9:30 am**

**ATBA Annual General Meeting and Open Day**

**The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington**

*Sunday, November 14, 7:30 pm*

Dhamma talk, Ajahn Chandako

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

*Friday, November 19, 6:00 pm*

Dhamma talk, Ajahn Chandako

Auckland University Buddhist Society

Venue: Graham Hill Lecture Theatre, Level 12, Auckland Hospital Support Building, Park Road, Grafton (take lift bank C)

*Saturday, November 20, all day*

Good Kamma Day, our monthly working bee

Vimutti Buddhist Monastery, Bombay

*November 20-28*

Meditation Retreat with Ajahn Chandako,

'Straight from the Heart: The Gradual Training of the Buddha'

Vimutti Buddhist Monastery, Bombay

This retreat will focus on the teaching known as the gradual training. This was the most frequently taught format in which the Buddha presented the entire path of practice. From the very beginning of being enmeshed in defilements to the end of full Awakening, the gradual training systematically leads us along a complete path of purifying the heart.

For registration, please contact Rosalind, (09) 626-7804,

[hew@xtra.co.nz](mailto:hew@xtra.co.nz)

*Friday, December 3, 6:00 pm*

Dhamma talk, Ajahn Chandako

Auckland University Buddhist Society

Venue: Graham Hill Lecture Theatre, Level 12, Auckland Hospital Support Building, Park Road, Grafton (take lift bank C)

*Sunday, December 5, 7:30 pm*

Dhamma talk, Ajahn Chandako

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

*Saturday, December 11, all day*

Good Karma Day, our monthly working bee  
Vimutti Buddhist Monastery, Bombay

*Saturday, December 18, 8:30 am*

Day of Peace, a one-day meditation workshop with Ajahn Chandako  
Vimutti Buddhist Monastery, Bombay

Whether you are a complete beginner in meditation or an old pro, this full day of meditation instruction is an excellent way to keep up with your dedication to inner peace. Meditation is a vital skill for developing calm and insight on the path to enlightenment. It has also been shown to reduce stress, strengthen the immune system and keep the left prefrontal cortex from deteriorating with age. It is a practical way to recharge your batteries and to train mindful awareness for integration into daily life.

It is good to bring loose fitting clothing, a sun hat and some food for a shared lunch. There is no need to register beforehand. Just arrive before 8:30 am.

*Sunday, December 19, 10:30 am*

Open Day, with Ajahn Chandako

An opportunity to meet the ATBA community  
The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington

*December 31, 8:00 pm—after midnight*

New Years' Eve Celebration with Ajahn Chandako

The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington  
Bring in the New Year with meditation, clarity, community, Dhamma talks, paritta chanting and the ceremony of vows.

*January 3-7*

Meditation Retreat with Ajahn Chandako,  
Forgiveness and Gratitude

Vimutti Buddhist Monastery, Bombay  
Registration: contact [vimutti.atba@gmail.com](mailto:vimutti.atba@gmail.com)

**Every Sunday 10:00-11:00am (except Open Day)**

**Chi Kung lessons with Venerable Chang Shean**

**The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington**

**This meditation in movement is an outstanding way to relieve stress, balance energy and develop mindfulness.**

**Sister Chang Shean is a Taiwanese Bhikkhuni who offers these lessons freely on a donation basis. All proceeds go to the ATBA.**

**Every Sunday 3:00-4:30pm**

**Dhamma School**

**The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington**

**Give your children a good start in life with the ATBA Dhamma School.**

**Available for any child or teenager from the ages of 5-18. Contact**

**Benita 09 520-1392 or Wajira 09 273-8241**

**Every Sunday, 7:30 pm**

**Meditation, chanting and listening to a Dhamma talk**

**The Auckland Buddhist Vihara, 29 Harris Rd., Mt. Wellington**

## **Useful items to donate to the Monastery**

**Large plastic storage boxes**

**Plumbing skills**

**Old carpet to use for weed matting**

## **Anumodana**

**We rejoice in the good kamma made by the following people:**

**Steve for mowing**

**Dayananda for a digital recorder**

**John P for a digital recorder**

**Nacha for meditation mats**

**Judy T for a stupa donation**

**Judy L for a large stupa donation**

**Stephen for a stupa donation**

**U and Il for a stupa donation**

Pongsavanh for a stupa donation  
Wanpen for a stupa donation  
Keerthi and Kumudini for a stupa donation  
Priyanthi for a stupa donation  
Besil and friends for bringing and planting native trees

By the power of the Buddha, Dhamma and Sangha,  
may these offerings be a cause for you to realize  
the freedom and peace of Nibbana.

## Download the ATBA Chanting

[Evening Chanting](#)

[The Buddha's Words on Loving-kindness, the Metta Sutta](#)

## Basic introduction to Buddhism

For a simple, straightforward and easy to read introduction to the teachings of the Buddha, click on the following link

[What is Buddhism?](#)

## Carpooling

To make it easier for people to visit the monastery and to reduce your carbon footprint, we have now set up a ridesharing system. If you would like to come to Vimutti but do not have a vehicle, or you would like to share a ride and petrol costs with others, please have a look at the carpooling page of our website. Both people looking for a ride and people who wish to offer a ride can post information on the site. Ridesharing is environmentally friendly, economical and brings people together.

Click here to see [the carpooling calendar](#)

## Definition

**Vimutti:** [Pali] Release, liberation, emancipation; freedom from the fabrications and conventions of the mind. The suttas distinguish between two kinds of liberation. Liberation through wisdom (*pañña-vimutti*) describes the fully enlightened mind of a Buddha or an Arahant. Liberation through awareness (*ceto-vimutti*) is used to describe either the unbounded but temporary liberation of mind in deep samadhi (*jhana*) or the supramundane state of samadhi in the completely purified mind of a Buddha or an Arahant.

### Visit our Website

For complete information on Vimutti Buddhist Monastery and the ATBA, including maps, please see our website

[www.vimutti.org.nz](http://www.vimutti.org.nz)

We wish you all much benefit and happiness from practicing meditation and leading a good life.