

***"When one attends unwisely
Unarisen defilements arise, and arisen
defilements increase.
When one attends wisely
Unarisen defilements do not arise, and arisen
defilements are abandoned. "***

***The Buddha
MN 2.3***

News from the Auckland Buddhist Vihara

Wesak Celebration

**The Birth, Enlightenment and Passing Away of the
Buddha**

**Auckland Buddhist Vihara
Sunday, May 16, 2010**

On May 16, at the Auckland Buddhist Vihara we will celebrate Wesak, the annual commemoration of the Buddha's birth, enlightenment and Parinibbana. The day will include a full array of opportunities to pay respect to the Buddha. Beginning at 8:00 am you can honor the fully enlightened one by undertaking the eight precepts and practicing meditation. Ajahn Chandako will be there to offer guidance and instruction. Additional good kamma can be generated through offering the meal to the Sangha beginning at 10:30 am. In the afternoon we plan to do walking meditation up to the top of Mount Wellington, a practice that symbolises the spiritual climb up the mountain of transformation of mind. In the late afternoon there will be time for Dhamma discussion. Beginning at 5:30 pm the children's Dhamma school will begin their presentation of songs, followed by circumambulating the Vihara and the Bodhi Tree.

Finally, there will be chanting, taking precepts and a Dhamma talk to conclude the day.

The Auckland Buddhist Vihara Makeover

The Good Kamma Day working bee on Saturday at the Vihara was a wonderful success. With a turnout of 40 enthusiastic people armed with buckets, rags and hammers, much was accomplished and, just as important, everyone had a great time. We filled an entire skip (dumpster) with old rubbish, gave away lots of extra items in good condition and cleaned out and organized every room, shed, closet, cupboard, bookcase and shelf. The landscaping was pruned and the driveway and patios water blasted. It was an inspiring example of how the ATBA community comes together for the common good.

In the process of cleaning we discovered four leaks that have been causing water damage, so if anyone has skills to help with that, please contact us at Vimutti.atba@gmail.com. On Saturday, May 8, 10:00am, the process of sorting through old stuff will continue with a fresh skip. Anyone who would like to take part in that is welcome. Ajahn Chandako will have the meal at the Vihara on that day.

Asian Food Fair

For 28 years the ATBA has organized an annual Asian Food Fair as a fundraising activity. It has always been a very popular and successful event, with all of the proceeds going to support Bodhinyanarama Monastery near Wellington and later Vimutti Monastery in Bombay. Putting on the fair has always been a huge amount of work for the main group of organizers, and they deserve much praise for their years of sacrifices. With the law of impermanence in

mind however, they have now decided to discontinue the Food Fair. After 28 years they deserve a break!

News from Vimutti Buddhist Monastery

Ajahn Jotipalo has left on tudong for a month, visiting monasteries in Australia. Ajahn Chandako will be looking after the monastery.

Meditation Retreats

The ATBA committee discussed the location of future meditation retreats and decided they would like to hold more at Vimutti. A few months ago, just after New Year, we had our first retreat with Luang Por Sumedho. It went surprisingly smoothly, with many volunteers organizing the meals, showers and registration. Although accommodation entails roughing it a bit, our new yurt meditation hall makes it possible to cultivate all that tranquil and insightful energy at the monastery. The next retreat by Ajahn Chandako would then be scheduled for November 20-28.

For those who appreciate a bit more bodily comfort while freeing their minds, the annual Labour Day retreat at the Friary in Auckland will be held October 22-25

Planting and landscaping at Vimutti Monastery

We have begun this year's planting and will be putting trees in the ground almost everyday for the next month. If you would like to come and help dig holes, you are very welcome. We plan to focus on native New Zealand trees, so if anyone has seedlings or trees that they would like to have planted at Vimutti, please feel free to bring them to the monastery. We will be planting hillsides, stream banks and wetlands, so any plants appropriate for these conditions would be appreciated.

For example:

Ponga, Karamu, Toetoe, Carex varieties, Sedges, Rushes, Tussock, Flax varieties, Kahikatea, Raupo, Jointed twig rush, Marsh club rush, Umbrella spike, Swamp Maire

Upcoming Events

Vimutti Buddhist Monastery and the Auckland
Theravada Buddhist Assoc

Friday, May 7, 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, May 9, 7:30 pm

Dhamma talk, Ajahn Chandako

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

Sunday May 16, all day and evening

Wesak Celebration

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

Friday, May 21, 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, May 30, 10:30 am

**Open Day, an opportunity to meet the ATBA community
The Auckland Buddhist Vihara, 29 Harris Rd., Mt.
Wellington**

Sunday, May 30, 7:30 pm

**Dhamma talk, Ajahn Chandako
The Auckland Buddhist Vihara, 29 Harris Rd., Mt.
Wellington**

Labour Day Weekend, October 22-25

**Three day retreat in Auckland with Ajahn Chandako
For registration, please contact Raja, (09) 524-0270
(m) 0274-751-091**

November 20-28

**Meditation Retreat with Ajahn Chandako, "Straight
from the Heart"**

**Held at Vimutti Monastery, this week of quietude,
practice and instruction is a wonderful way to deepen
your heart of peace and wisdom.**

**For registration, please contact Rosalind, (09) 626-
7804, hew@xtra.co.nz**

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:

Plumbing skills

An electric hot water jug

Old carpet to use for weed matting

A matching pair of wooden A4 sized picture frames

Exterior paint (brown, black or white primer).

Partially used cans OK.

A monastic looking wooden cupboard for the Vihara shrineroom

By the power of the Buddha, Dhamma and Sangha, may this offering be a cause for you to realise the freedom and peace of Nibbana.

Download the ATBA Chanting

[ATBA Chanting](#)

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

[chant](#)

vimutti [Pali]:

Release, liberation; freedom from the fabrications and conventions of the mind. The suttas distinguish between two kinds of release. Wisdom-release (*pañña-vimutti*) describes the fully enlightened mind of a Buddha or an Arahant. Awareness-release (*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.

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

www.vimutti.org.nz

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