

*"A stupa should be erected at the crossroads for the Tathagata. And whoever shall bring to that place garlands or incense or sandalpaste with a devout heart, and whose mind becomes calm there — will reap well being and happiness for a long time.*

*There are four persons, Ananda, who are worthy of a stupa. Who are those four? A Tathagata, an Arahant, a Fully Enlightened One is worthy of a stupa; so also is a Paccekabuddha, and a disciple of a Tathagata, and a universal monarch.*

*And why, Ananda, is a Tathagata, an Arahant, a Fully Enlightened One worthy of a stupa? Because, Ananda, at the thought: 'This is the stupa of that Blessed One, Arahant, Fully Enlightened One!' the hearts of many people will be calmed and made happy; and so calmed and with their minds established in faith therein, at the breaking up of the body, after death, they will be reborn in a realm of heavenly happiness. And so also at the thought: 'This is the stupa of that Paccekabuddha!' or 'This is the stupa of a disciple of that Tathagata, Arahant, Fully Enlightened One!' or 'This is the stupa of that righteous monarch who ruled according to Dhamma!' — the hearts of many people are calmed and made happy; and so calmed and with their minds established in faith therein, at the breaking up of the body, after death, they will be reborn in a realm of heavenly happiness. And it is because of this, Ananda, that these four persons are worthy of a stupa."*

*The Buddha  
DN 16.5.11,12*

# News from Vimutti Buddhist Monastery

## The Community

The Sangha is currently making preparations to begin the three month rains retreat (vassa or pansa) on July 26. During this time the community will be wholeheartedly focusing on developing citta bhavana, the serenity and insight that support freedom of mind.

On the material level, finishing touches have been added to the yurt meditation hall and the newest kuti (Right View Kutu). Planting trees has continued with enthusiasm. The many paths around the monastery have been upgraded, and much planning has gone into the stupa.

Recently Ajahn Chandako returned from California where he visited his family, stayed in a tent alone in the impressive forest at the Redwood Mountain Hermitage and spent time at Abhayagiri Monastery. Abhayagiri has a large and well-trained Sangha under the leadership of Ajahns Pasanno and Amaro. Ajahn Amaro will soon be taking over the role of abbot of an even larger monastery, Amaravati in England, so it was a special opportunity to spend time with him in the monastery that he has been nurturing for 20 years. Ajahns Yatiko and Sudanto send their fond regards to all the good people of the ATBA. Ajahn Sudanto has now left for the Portland area where he and two other monks will be starting a new branch monastery.

## The Vimutti Stupa

Everywhere Ajahn Chandako travelled, there was much excitement generated when people heard of Vimutti's plans to build a Stupa. It is amazing how stupas capture people's imagination. At Abhayagiri, Ajahn Pasanno and the Sangha generously offered a special selection of relics from their extensive collection. For this we are very grateful. Also a long-time supporter of Ajahn Chah's monasteries who was visiting from Thailand offered Buddha relics from Wat Pah Pong. Other people who have helped to build stupas for meditation centres in the U.S. spoke of what a meaningful and joyful activity it was for

them. They happily shared their experience and offered holy texts to be included in our stupa.

Here in New Zealand, John Constable and Meth Weerakkody continue to devote much of their time to the realization of this Dhamma monument. For the complete details, background and architectural sketches, please see

[The Vimutti Stupa](#)

### **Enshrining Personal Items**

In the base of the stupa, we will enshrine items gathered from the wider community. People will have the opportunity to include objects that they feel have been supportive in their lives, that represent what is supportive for society as a whole or that are personally meaningful. This will create a kammic link with the Dhamma, and when people visit and circumambulate the stupa, they will know that a part of their lives is enshrined there as well. Also, hundreds of years from now, when the stupa has possibly fallen down, a future society will discover this time capsule from our era.

It is an extremely rare opportunity to be able to enshrine something personal in a stupa. We will be accepting items until November 1. You can bring them to Vimutti Monastery, and the Sangha will look after them until the ceremony of placing them inside the base. It is best if the items are relatively small. 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.

For detailed information about long-term preservation see:

[Enshrining Personal Items](#)

## The Tipitaka

The Tipitaka is the name for the three main divisions of the Pali Canon: the Discipline (Vinaya Pitaka), the Discourses (Sutta Pitaka) and the Philosophy (Abhidhamma Pitaka). Together they form the oldest known record of the teachings of the Buddha. Editions of the Tipitaka in both Pali and English are also planned to be enshrined within the stupa. Currently we are looking for one or more volunteers to help with the printing. This would simply involve using a conventional printer that is already provided.

## Sambodhi Village

Interested in a sweet lifestyle upgrade? Our plans for a Buddhist eco-village on land next to the monastery are evolving. A number of people have expressed interest in living close to the monastery while retaining more independence than if they were a lay guest. We envision a group of people who would lease an area of Vimutti Monastery's land for Dhamma practice. Some of these people might choose to live there as their primary dwelling, leading a quiet, meditative life, while others might choose to use their dwelling as a contemplative retreat to periodically 'get away from it all'. These would be single person dwellings that make use of environmentally friendly, natural building materials and designs. With the modern way of life facing a seriously uncertain future, this could be a viable option for serious practitioners.

There are a limited number of spaces available, and some have already been taken. Sites would be allocated on a first come first served basis. If you are interested and would like more information, please have a look at the link below and contact the monastery.

[Sambodhi Village](#)

# The Dhammapada in Parliament

On July 12, a large delegation of Buddhist monks, nuns and laypeople representing all the major traditions gathered from around the country to present the beloved Buddhist text The Dhammapada to the New Zealand Parliament. This unique edition was in Pali, Chinese and English. The English translation that was chosen was that of our native Kiwi friend, teacher and long-standing supporter of the ATBA, Ajahn Munindo.

On the following day, a workshop on death and caring for the dying was held at Bodhinyanarama Monastery in Stokes Valley. Six speakers from the main traditions gave talks and answered questions from the crowd of health-care professionals. Ajahn Chandako represented the Thai Sangha.

## 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?](#)

## Healthy Food

Everybody wishes to prepare and eat food that is nourishing and healthy, and yet recently some concerns were raised about the hidden sources of MSG and the accompanying health risks associated with it. The following links will give you a taste of the problem.

[http://www.truthinlabeling.org/hiddensources\\_printable.pdf](http://www.truthinlabeling.org/hiddensources_printable.pdf)

<http://www.naturodoc.com/library/nutrition/MSG.htm>

<http://www.redicecreations.com/specialreports/hiddenMSG.html>

<http://www.msgexposed.com/hidden-sources-of-msg-monosodium-glutamate-on-food-ingredient-labels/>

# Upcoming Events

For Vimutti Buddhist Monastery and the Auckland Buddhist Vihara

Click on these links to find out more:

[Good Kamma Day](#), [Open Day](#),  
[Labour Weekend Retreat](#), [Nine-Day Retreat](#)

**Monday, July 26**

Beginning of the vassa, rains retreat

**Friday, August 13, 6:00 pm**

Dhamma talk, Ajahn Jotipalo

Auckland University Buddhist Society

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

**Saturday, August 14, all day**

Good Kamma Day, our monthly working bee

Vimutti Buddhist Monastery, Bombay

**Sunday, August 15, 7:30 pm**

Dhamma talk, Ajahn Jotipalo

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

**Sunday, August 29, 10:30 am**

Open Day, an opportunity to meet the ATBA community

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

**Sunday, August 29, 7:30 pm**

Dhamma talk, Ajahn Jotipalo

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

**Friday, September 10, 6:00 pm**

Dhamma talk, Ajahn Jotipalo

Auckland University Buddhist Society

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

*Saturday, September 11, all day*

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

*Sunday, September 12, 7:30 pm*

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

*Sunday, September 26, 10:30 am*

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

*Sunday, September 26, 7:30 pm*

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

*Friday, October 8, 6:00 pm*

Dhamma talk, Ajahn Jotipalo  
Auckland University Buddhist Society  
Venue: Graham Hill Lecture Theatre, Level 12, Auckland Hospital Support Building, Park Road, Grafton (take lift bank C)

*Saturday, October 9, all day*

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

*Sunday, October 10, 7:30 pm*

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

*Labour Day Weekend, October 22-25*

Meditation retreat, with Ajahn Chandako  
'Satipatthana, The Four Foundations of Mindfulness'  
St. Francis Retreat Centre, Auckland

Understanding this central teaching of the Buddha is crucial to the Path of Awakening.

For registration, please contact Raja before 9:00pm, (09) 524-0270 (m) 0274-751-091

*Sunday, October 31, 10:30 am*

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

*Sunday, October 31, 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).

*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

*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:**

A travel alarm to time meditations, with a large digital display

Wheel barrow

Magnifying glass

Thermometer

Secateurs

Plumbing skills

A plastic water pitcher with lid, 4L

Old carpet to use for weed matting

Looking for someone to transcribe Dhamma talks

## **Anumodana**

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

Freddie for offering a drill

Thavy, Victor and Jane for making a set of meditation cushions

Adeline for offering an electric hot water jug

Nuk for offering plane tickets for Ajahn Jotipalo

Sian and family for sponsoring next year's calendars

De Silva family for phone cards

Meth for fixing our computer

Woonsong for her regular flower arrangements

Siri for arranging to install a heater in Ajahn's kuti

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

## Download the ATBA Chanting

### Evening Chanting

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

## 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; 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.

## 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  
practising meditation and leading a good life.