

*"Bhikkhus, develop concentration. A bhikkhu who is concentrated understands things as they really are..."*

*"Bhikkhus, make an exertion in seclusion. A bhikkhu who is secluded understands things as they really are."*

*"And what does he understand as it really is? He understands as it really is: 'This is suffering.' He understands as it really is: 'This is the origin of suffering.' He understands as it really is: 'This is the cessation of suffering.' He understands as it really is: 'This is the way leading to the cessation of suffering.'"*

*"Therefore, bhikkhus, an exertion should be made to understand: 'This is suffering.' An exertion should be made to understand: 'This is the origin of suffering.' An exertion should be made to understand: 'This is the cessation of suffering.' An exertion should be made to understand: 'This is the way leading to the cessation of suffering.'"*

*The Buddha*

*S56.1,2*

## News from Vimutti Buddhist Monastery

### The Community

The resident community at Vimutti is currently practising quietly during the three months of the rains retreat. This is a time to focus more directly and intensively on the main purpose of having a monastery: to practise for the liberation of heart through samadhi and wisdom. Ajahn Jotipalo is handling the public talks during this time.

On July 31, a sala full of people gathered to celebrate Ajahn Chandako's Birthday. Warm wishes, a few gifts and Dhamma reflections from Ajahn made the occasion a pleasant one. ATBA president Benita had a special cake made topped with an elaborate frosting picture of the Vimutti Stupa. Very sweet of her. In many Asian countries, when a 12-year cycle of years comes around, it is considered a very important and auspicious year. At 48, Ajahn has now completed four cycles since birth.

The grove of cherry trees by the meditation hall is now coming out in blossom, as hearts too blossom along the Way.

## How the Other Half Lives

In March, while wandering on tudong, Ajahn Chandako was joined by a television crew who wished to film a programme on Buddhism. The host of the show, rugby star Mark Ellis, found Ajahn in the far north and spent three days interviewing him. Later Mark and the film crew came to Vimutti to do additional filming and were here for the annual visit from the children's Dhamma school.

The series begins on Monday, September 6 at 8:00pm on TV1. Currently the Buddhist episode is scheduled for September 20, but the order of the shows has still not been finalised. We have not seen the edited version, but it should be interesting and fun.

## Upcoming Meditation Retreats

**Satipatthana, The Four Establishments of Mindfulness**  
**October 22-25**  
**Taught by Ajahn Chandako**

These four 'establishments' or 'foundations' are areas where we can focus our mindfulness to more fully understand the human experience. They encompass the full scope of our conditioned existence, and understanding this central teaching of the Buddha is crucial to the Path of Awakening.

Held at: St. Francis Retreat Centre, Auckland  
Registration: contact Raja before 9:00pm, (09) 524-0270 (m) 0274-751-091

**Day of Peace**  
**Saturday, October 30, 8:30 am**  
**Taught by Ajahn Chandako**

This will be the first Day of Peace Meditation Workshop of our new season. This is a valuable opportunity for beginners and experienced meditators alike.

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.

Held at: Vimutti Buddhist Monastery, Bombay  
Registration: no need to register beforehand

**Straight from the Heart Retreat: The Gradual Training of the Buddha**  
**November 20-28**  
**Taught by Ajahn Chandako**

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.

Held at: Vimutti Buddhist Monastery, Bombay  
Registration: contact Rosalind, (09) 626-7804, [hew@xtra.co.nz](mailto:hew@xtra.co.nz)

**Forgiveness and Gratitude**  
**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.

We are looking for volunteers to assist with this retreat.  
Held at: Vimutti Buddhist Monastery, Bombay  
Registration: contact [vimutti.atba@gmail.com](mailto:vimutti.atba@gmail.com)

**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.

## The Vimutti Stupa

The site for the stupa is now staked out, and already people are circumambulating and experiencing some surprising benefits. For the complete details, background and architectural sketches, please see

[The Vimutti Stupa](#)

### Enshrining Personal Items

We are now gathering items from the wider community to be enshrined in the base of the stupa. 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. 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 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.

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

**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**

**Sunday, October 3, 7:30 pm**

**Dhamma talk, Amala Wrightson**

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

Amala Wrightson is the Spiritual Director of the Auckland Zen Centre. She worked in theatre and language teaching before training at the Rochester Zen Center in upstate New York for over a decade. She was ordained in 1999, was the Center's Head of Zendo for five years and in 2004 she was sanctioned as an independent Zen teacher by her teacher, Roshi Bodhin Kjolhede.

**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 Kamma 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

*Saturday, October 30, 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. Please see the attached poster for details.

*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

*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).

*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)

*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:**

**Supplies for sewing robes: a long metal ruler, a large pair of cloth scissors, and pins with heads.**

**Candles (common household table variety)**

**Long, brown hiking/work socks, size 11-13 (however, socks of other colours or brown dress socks are not needed)**

**Sharpie pens (black)**

**A large plastic storage box**

**A screw in compact florescent light bulb, 14 or 18 watt**

**A motorcycle battery or similar for running 12v electric lighting**

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

**Magnifying glass**

**Thermometer**

**Secateurs**

**Plumbing skills**

**A plastic water pitcher with lid, 4L**

Old carpet to use for weed matting

## Anumodana

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

**Nuk** for offering a Kauri bowl

**Cliff** for making a beautiful donation box and chanting book stand

**John** for many projects to beautify the Auckland Vihara

**Chandra and Vinitha** for wheelbarrows

**Gae** for offering and bringing reliquary stupas from Thailand

**Santi** for offering a computer for the Vihara

**Eddie** for repairing a gas leak

**Yoshi** for offering dental check-ups

**Tim** for the framed tapestry at the Vihara

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](#)

# 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?](#)

## 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 practising meditation and leading a good life.