

“Sariputta: ‘In what way is someone a great person?’

*The Buddha: ‘With a liberated mind, I say, is one a great person.
Without a liberated mind one is not great.*

And how, Sariputta, does one have a liberated mind? Here, a bhikkhu dwells contemplating the body...feelings...mind...and phenomena, ardent, clearly comprehending, mindful, having removed sensual desire and displeasure in regard to the world. As one dwells contemplating, the mind becomes dispassionate, and by non-clinging it is liberated from that which defiles it.’

‘Protecting oneself one protects others; protecting others one protects oneself. And how is it that through protecting oneself, one protects others? By the pursuit, development and cultivation of these four establishments of mindfulness (satipatthana). And how is it that by protecting others, one protects oneself? By patience, harmlessness, loving-kindness and sympathy.’

The Buddha

S47.11,19

News from Vimutti Buddhist Monastery

The Community

Vimutti has been able to purchase another valley adjoining the monastery. This is very important for the long-term survival of the monastery as it will protect the entire east side of the back of the property from future development. This purchase is possible due to the generosity of a very special family in Malaysia. This family has been a model of virtue, open-hearted giving and dedication to the Dhamma. It was mainly this family who organised the huge Ajahn Chah Remembrance Day event last January in Kuala Lumpur.

May the merit from this very important offering go towards the long life and well being of your mother, Wong Choo Mooi.

Ajahn Jotipalo has been recovering from a tonsillectomy operation. Special thanks goes to Dr. Murali Mahadevan for doing the operation and Dr. Amita Abeysekera for covering the anesthesia. Also much appreciation goes to all the many people who looked after Ajahn Jotipalo while he was recovering.

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

How the Other Half Lives

Viewing update: the showing is now scheduled to air Monday, September 27 at 8pm, Ch. 1.

In March, while wandering on tudong, Ajahn Chandako was joined by a television crew who wished to film a programme on Buddhism. The series is called 'How the Other Half Lives'. The host, 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.

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.

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
(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 cabin or caravan—ask when registering.)

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. This is a good way to begin the new year.

Held at: Vimutti Buddhist Monastery, Bombay

Registration: contact 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.

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

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.

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

December 31

New Years' Eve Celebration

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

January 3-7

Meditation Retreat with Ajahn Chandako,
Forgiveness and Gratitude
Vimutti Buddhist Monastery, Bombay
Registration: contact 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 plastic water pitcher with lid, 4L

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)

Large plastic storage boxes

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

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

Magnifying glass

Secateurs (pruners)

Plumbing skills

Old carpet to use for weed matting

Anumodana

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

Murali for offering Ajahn Jotipalo's surgery

Amita for offering Ajahn Jotipalo's anesthesia

Pushpa for offering the Samyutta Nikaya in Pali

Peter and Steve for clearing paths of fallen trees with chainsaws

Sunil (1), Sunil (2), Dayananda and Victor for working through the rain on the Good Kamma Day

Bic and friends for offering many new signs for the monastery

Leni and Guan Seng for their stupa donation

Ramani and Jayanath for their stupa donation

Clair for her stupa donation

Jeb for her stupa donation

Si Yeo for a stupa donation

George and Irene for offering rocks for landscaping, for work on the website and for transcribing a talk

Ajahn Sudanto for offering an ancient amulet for the stupa
Dammi for offering a workbench

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

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