

*“Develop the mind of equilibrium.
You will always be getting praise and blame,
but do not let either affect the poise of the mind:
follow the calmness, the absence of pride.”*

*The Buddha
Sutta Nipata*

News from Vimutti Monastery

Tudong 2012

“There are disciples of the Blessed One who dwell in remote forest glades, where there is little noise or shouting, far from the maddening crowds, hidden from people, suitable for retreat.”

Atanatiya Sutta, D32

In April of 2012, two monks from Vimutti Buddhist Monastery spent a month wandering the South Island of New Zealand. Ajahn Chandako and Ajahn Pongchai travelled with no money, no food, no transportation and no fixed plans. This wandering practice is called 'tudong' and is conducive to non-attachment, being at peace with uncertainty and being content with whatever happens. Sometimes surviving on almsfood collected in decidedly non-Buddhist areas, often meeting wonderful and supportive strangers and always relying on a deep trust in the law of kamma, the two monks took each day as a teaching. Although from one day to the next they usually did not know where their next meal was coming from, they never went hungry. Although they had no means of transportation, they were able to make it all the way from Wellington to Stewart Island and back. Although they had no temporal deadlines other than being fully present in the now, their travels were right on schedule.

They spent much time meditating and walking in the remote and spectacular scenery of the South Island. From the magic of the Marlborough Sounds to the sheer mountains near Queenstown, the inspiring natural environment of New Zealand formed an ever-changing backdrop of quietude for the lifestyle of a wandering monk. On the Otago peninsula they lived with sea lions while also

connecting with the meditators in Dunedin. University students organised talks and a day trip along the Catlin coast. Sri Lankan professionals in Dunedin and Invercargill arranged a visit to the remote and wild Stewart Island off the Southern coast of the South Island. A European-New Zealand family hosted them in Christchurch. Thai restaurant owners from Picton to Queenstown were overjoyed to have the unexpected opportunity to offer food to monks on tudong. And none of this was planned. It all just happened naturally by being at peace with whatever transpired.

Ajahn Chandako recently spoke about the tudong in a talk that can be downloaded from the Dhamma talk section of the Vimutti website,

[Dhamma Talks](#)
'Tudong 2012'

Photos of the tudong can be seen at [Wandering Monks 2012](#)

Ajahn Chandako's discussion with the Otago University students in Dunedin can be found at:

[Dhamma Talks](#)
'Discussion with University Students'

Teachings given in Christchurch by Ajahn Chandako can be found here:

[Dhamma Talks](#)
'Stability is an Issue'
'Questions in Christchurch'

Luang Por Piak Retreat Recordings and Video

Recordings and video footage of Luang Por Piak teaching at Vimutti Monastery can be downloaded from the following links:

[Luang Por Piak video](#)
[Meditation Retreat with Luang Por Piak 2012](#)

Thai Pilgrimage Video and Recordings

Luang Por Utai

Luang Por Utai is one of the most highly attained, respected and sought after meditation masters in Thailand. He made a special effort to meet with the ATBA group on their Thai pilgrimage, and a video of his talk can be seen here:

[Luang Por Utai video](#)

Wat Pah Nanachat

While the group on the ATBA Thai Pilgrimage stayed at Wat Pah Nanachat, the senior teachers assembled for the International Elders Meeting gave many public talks.

[Dhamma talks from Wat Pah Nanachat](#)

ATBA Thai Pilgrimage Movie

A movie of the ATBA Pilgrimage to Thailand was put together by the Sangha at Vimutti and is available on request at the monastery.

Meditation Retreats

8-day Retreat

November 24-December 2

Taught by Ajahn Chandako

Held at: Vimutti Buddhist Monastery, Bombay

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

(There is no registration fee, but if you cancel your registration within two weeks of the retreat, you will automatically be put on the waiting list for future retreats within the upcoming year.)

Accommodation is in dormitories, rented caravans or tents. If you wish to hire a caravan—please mention this when registering.

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, food, management, caretaking, accommodation or teachings. 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 *punya*) by donating whatever amount feels right: neither too much nor too little. The natural result of generosity is an internal brightness and joy, and this creates a wholesome and fertile mental environment for developing meditation.

Comings and Goings

Venerable Ajahn Chandako will be on sabbatical in the United States until November 10 and spending this year's rains retreat at Abhayagiri Monastery in California. After many years of hard work and sacrifice at Vimutti Monastery, this sabbatical is a well-deserved break for our abbot.

Chi Kung

Venerable Chang Shean will now be teaching Chi Kung on Saturday mornings (not Sunday as she had previously done) from 10-11am. This is a unique opportunity to learn from an accomplished master. All are welcome.

Upcoming Events

Vimutti Buddhist Monastery and the Auckland Buddhist Vihara

Click on these links to find out more:
[Good Karma Day](#), [Open Day](#), [Day of Peace](#)

Good Karma Day Working Bee Saturday, all day

July 7, August 11, Sept. 8, Oct. 13, Nov. 10

Vimutti Buddhist Monastery, Bombay

Dhamma talks, Sunday, 7:30 pm

**July 8, July 22, August 5, August 26, Sept. 16,
Sept. 30, Oct.14, Oct. 28, Nov.11**

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

Open Day, Sunday, 10:30 am

July 22, August 26, Sept. 30, Oct. 28,

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

ATBA Annual General Meeting

Sunday, November 18

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

Meditation Retreat

Saturday, November 24 to Sunday, December 2

Ven. Ajahn Chandako

Vimutti Buddhist Monastery, Bombay

Chi Kung lessons

Every Saturday 10:00-11:00am

with Venerable Chang Sean

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 Sean is a Taiwanese Bhikkhuni who offers these lessons freely on a donation basis. All proceeds go to the ATBA.

Dhamma School

Every Sunday 3:00-4:30pm

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

Meditation, Chanting and a Dhamma talk

Every Sunday, 7:30 pm

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

Useful items to donate to the Monastery

Please see the list at the bottom of the newsletter for details.

Anumodana

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

Su for offering to build a kuti at Vimutti

Choo family for a stupa donation

Bahn Thai Restaurant for a stupa donation

Freddie for offering pallet shelving for the garage and workshop

Amy and Gae for many chairs from their restaurant

Nuk and Ae for replacing a book on relics

Jeevendra for the polyethylene box to house the relics in the stupa
Besil for servicing the monastery vehicles
Kelsey Khaw for stupa plaques
Bruce and Wi for an Indonesian stone Buddha
Lismi for an Indonesian stone Buddha
Sunil for cutting the grass at the monastery
Wee Beng Tan for repairing the Vihara plumbing and for a printer
Buddhila for waterblasting at the Vihara
Irene for shipping stone Buddhas and stupas from Indonesia
Harsha for pallet racking and assistance with shipping
Harsha for welding a rack for timber storage
Anoja for organising the pilgrimage reunion
Dayananda for offering council services
Nihal for offering help with council applications
Mike for offering help with council applications
Jane Keo for mending meditation cushions
Kindu, Rob, Prema, Raja and Ratana for their outstanding assistance to the monks on tudong.
And to everyone else who have helped in so many ways, “sadhu!”

**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](#)

[Basic Introduction to Buddhism](#)

For a simple, straightforward and concise 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 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.

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.

Opportunity for Offerings

Vimutti Buddhist Monastery can only continue to exist and offer opportunities for Dhamma practice if people continue to support it. Everything we currently make use of was donated by people in the past, and our donations in the present create the opportunity for others in the future to be able to learn and practice the teachings of the Buddha. This system of mutual generosity gives everyone the chance to optimize their good kamma. The following are some suggestions for donations:

Workshop, laundry and shower facility

Bringing electricity to workshop \$5250

3 Water tanks @ \$5,640 each

Water pump \$1200

Gas hot water heater \$1100

Retaining walls for storage of gravel, rocks and mulch \$2800
Driveway \$3500
Cupboards and counters for laundry room, cost undetermined

Kuti Renovation

Enclosing the veranda with windows and plastic. \$2500
Wooden boards for inside walls. \$1060.
Flooring \$500

Yurt

Wooden Gate leading to the yurt meditation hall. 4 metres wide
(\$1200)

Vimutti Stupa

Rock wall around base of stupa. The rock itself would cost approximately \$2,500, while the labour is estimated to cost \$5-10,000—even though monks plan to do as much of the work as possible to reduce the cost.

Tiles to cover the base walking area. There is approximately 50 sq. metres to tile, with the tiles costing \$50-100 per sq. metre.

Benches: wooden benches in the corners of the base of the stupa.
\$200 each

A roofed shelter next to the stupa to protect people from wind, rain and sun. Approximately \$5000

Smaller Stupas

1.6m Indonesian stone stupa for Vihara, \$2350
2.2m Indonesian stone stupa for Vimutti, \$3220

Stone Buddha

1000mm sitting Buddha, carved in Indonesia in the Borobudur style,
\$750