

“Then the Venerable Ānanda approached the Blessed One ... and said to him: “Venerable sir, it is said, ‘Empty is the world, empty is the world.’ In what way, Venerable sir, is it said, ‘Empty is the world’?” “It is, Ānanda, because it is empty of self and of what belongs to self that it is said, ‘Empty is the world.’ And what is empty of self and of what belongs to self? The eye, Ānanda, is empty of self and of what belongs to self. Forms (sights) are empty of self and of what belongs to self. Eye-consciousness is empty of self and of what belongs to self. Eye-contact (seeing) is empty of self and of what belongs to self.... Whatever feeling arises with mind-contact as condition—whether pleasant or painful or neither-painful-nor-pleasant—that too is empty of self and of what belongs to self. “It is, Ānanda, because it is empty of self and of what belongs to self that it is said, ‘Empty is the world.’”

*The Buddha
S35.85*

News from Vimutti Buddhist Monastery

On Saturday, November 10, our abbot Ven. Ajahn Chandako will be returning after spending the vassa on sabbatical at Abhayagiri Monastery in California. Ven. Ajahn Kusalo, the new abbot of Bodhinyanarama Monastery near Wellington, will be visiting November 9-15. Bhante Guttasila will be visiting from Sri Lanka in late November and staying at the Auckland Vihara.

Good Kamma Day Spring Cleaning

On Saturday, November 10, there will be a Good Kamma Day working bee at Vimutti. We will be preparing the grounds, facilities and walking meditation paths for the upcoming retreat. This will include landscaping, mowing, and cleaning, so everyone is invited to come and help keep the monastery looking tidy and beautiful. This is a day of meditation in action at the monastery, and the fresh air and tranquillity of the countryside is revitalising. Every helping hand is appreciated.

Day of Peace Meditation Workshop with Ajahn Chandako

On Saturday, November 17, at Vimutti we will be celebrating Spring by cultivating peace. This full day of practice and instruction is an excellent way to keep up your dedication to wisdom. Meditation is a vital skill for developing calm and insight in the midst of a chaotic world. It has now been scientifically proven to benefit the brain in a way that prevents deterioration of the prefrontal cortex and reduces mental and physical stress, strengthening the immune system. People

who meditate regularly know firsthand that it is a practical way to learn how to live with greater balance and understanding, to recharge one's batteries and train mindful awareness for integration into daily life. This workshop is an invaluable resource for beginners and experienced meditators alike.

Venerable Sister Chang Shean will be leading the group in Chi Kung as part of the training in mindfulness and body awareness.

It is recommended to wear loose fitting clothing and bring a sun hat and some food for a shared lunch.

ATBA Annual General Meeting

The Annual General Meeting of the Auckland Theravada Buddhist Association will be held at the Auckland Buddhist Vihara, on Sunday, November 18, at 9:30am. There will be an alms round and a shared meal after the meeting, so you are invited to bring a dish of food.

The AGM 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 discuss the past year, the current situation and future plans for the ATBA, while 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 annual membership fee, you might wish to come a bit early to take care of that before the meeting begins. Anyone is welcome to attend, but only members have the opportunity to vote on a 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

Summary of the minutes from the 2011 AGM

The Treasurer's report

Electing committee members and officers

Robe Offering Ceremony

Traditionally at the conclusion of the vassa period, or monastic rains retreat, the local lay community makes offerings of robe cloth and other requisites to the monastery. On Sunday, December 2, 11:00am at Vimutti Monastery the lay community will be organising a ceremony for offering robes to the Sangha (pa

pah). Everyone is welcome to attend. In addition to offering items needed by the monastery, a group of supporters will be gathering donations for the completion of the Vimutti Stupa. You are welcome to join us for the shared meal and ceremony.

Programme:

11:00am Refuges and Five Precepts

11:30am Rice Pindapata/almround and Meal Offering

1:30pm Offering of Robes and Requisites

2:30pm Dhamma Talk

Upasika Training Day

Ajahn Chandako will lead this new event on December 29 at Vimutti from 8:30am to 4:00pm. The day of practice will be similar to the Day of Peace meditation workshops but will branch out to teach the all-around training of a lay Buddhist. Each Upasika Training Day will focus on a different Dhamma theme, and our first theme will be right speech. As well as providing guidance in meditation, the programme will include instruction in chanting, puja, precepts, bowing, and inviting Dhamma talks. The day will not be held in complete silence, as the emphasis will be on education and creating community.

New Year's Eve Dhamma Celebration

You are welcome to join us at the Auckland Buddhist Vihara for a wholesome and joyful evening of letting go of the past, preparing for the future and enjoying the present. We will be celebrating with meditation, Dhamma teachings, Paritta chanting, the annual New Year's resolution ritual and a showing of 'Buddhist Masters Pilgrimage 2012', a video of the ATBA pilgrimage to visit the great living meditation masters of the Thai Forest Tradition. Ajahn Chandako will narrate and tell stories. The evening will conclude with a delicious meal in the early morning hours.

Programme:

8:00 Meditation

9:00 Showing the film 'Buddhist Masters Pilgrimage 2012'

11:00 Dhamma talk

11:45 Paritta chanting

12:05 Affirming vows and precepts(adhitthana parami)

Food and snacks will be available after midnight. You are welcome to bring some to share with others.

ATBA Dhamma School

Are you interested in teaching Dhamma to children? Educating the next generation to have a foundation of wise behaviour, inner peace and an

appreciation of goodness is vital for the well-being of our society and the future of our planet. A Dhamma school imparts not merely information, but a way to live in balance with nature and the Earth.

At this time we are looking for new teachers who can bring a fresh and creative approach to educating the minds and hearts of young people. It is best if the teachers have had experience on retreats and meditate regularly themselves. Please consider the possibility of offering some time each week to guide children and young adults in the ways of the Buddha.

If you are interested, please contact the monastery at vimutti.atba@gmail.com

Early Photos of Vimutti Monastery

In order to fill out our visual history of Vimutti, we are looking for photos from the early days, particularly from the purchase of the property to 2005. Both digital and hard copies are appreciated, and if you can scan the hard copies, that is especially useful. The photos can be brought or emailed to the monastery.

Meditation Retreat

2012 End of the World Retreat

(this *may* be your last chance)

November 24-December 2

Taught by Ajahn Chandako

With December 2012 looming, and the proliferating theories for the demise of the planet soon to be tested, the theme of this year's 'Straight From the Heart' Retreat is cessation—the end of the world. What did the Buddha say about the end of the world? What constitutes the world in the eyes of an Awakened One? What comes to an end? What ceases? And in the end, who or what is there to know that something has ceased?

We will take a good look at the apocalyptic in our own minds, the relationship between peace of mind and certain things coming to an end. What then is the difference between annihilationism and Nibbana? If the world is empty of a self or Self, and matter is neither created nor destroyed, then what *does* cease within the vastness of beginningless and endless samsara?

Whether you are an Armageddon-anticipating doomsdayer; a Mayan-interpreting, devotee of Shiva's dance with planet Nibiru; or an asteroid ducking, polar-

magnetic-field-shift believing, predictor of global economic collapse; or you simply aspire to the cessation of form, feeling, perception, mental formations and consciousness as the highest happiness, this might be your final opportunity to discover your only true friend—the end.

Whatever your views are on the matter, it's time to let go of attachment to them and prepare for your day of non-judgment, your Jim Morrison moment, the joy of passing away and the apocalypse in the present moment of now—the End.

“I tell you, friend, that it isn't possible by travelling to know or see or reach a far end of the world where one is not born, does not age, die, pass away and reappear. But at the same time, I tell you that there is no making an end of suffering without reaching the end of the world. Yet it is just within this six foot-long body, with its perception and intellect, that I declare there is the world, the origin, the cessation of the world and the path leading to the cessation of the world.”

The Buddha

“What's the world? The world is any preoccupation that gets you stirred up, that disturbs you right now. ‘How is that person going to be? How is this person going to be? When I die will anyone look after them?’ All of this is the world. Whatever we think up—fear of death, fear of aging, fear of illness, whatever the fear—it's all world. Drop the world—it's just the world. That's the way the world is. If it arises in the mind, make yourself understand: The world is nothing but a preoccupation. Preoccupations obscure the mind so that it can't see itself.”

Venerable Ajahn Chah

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 rented caravans, dormitories (marae style) 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. Of course, it requires funds to operate a

monastery, and retreats can only be offered if people are willing to support them. However, to engage wisely with a system of dana means that instead of a business-like attitude of paying for goods and services, a person makes good kamma (merit or *punya*) by donating whatever amount feels good: an amount appropriate to one's economic situation. The natural result of generosity is an internal brightness and joy, and this creates a wholesome and fertile mental environment for developing meditation.

Upcoming Events

Vimutti Buddhist Monastery and the Auckland Buddhist Vihara

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

Good Kamma Day Working Bee

Saturday, November 10, all day

Vimutti Buddhist Monastery, Bombay

Dhamma talk by Ajahn Kusalo

Sunday, November 11, 7:30 pm

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

Day of Peace Meditation Workshop with Ajahn Chandako

Saturday, November 17, 8:30am to 4:00pm

Vimutti Buddhist Monastery, Bombay

ATBA Annual General Meeting

Sunday, November 18, 9:30am

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

Meditation Retreat with Ven. Ajahn Chandako

November 24 to December 2

Vimutti Buddhist Monastery, Bombay

Pa Pah Robe Offering Ceremony

Sunday December 2, 11:00am

Vimutti Buddhist Monastery, Bombay

Dhamma talk

Sunday, December 9, 7:30 pm

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

Open Day

Sunday, December 23, 10:30 am

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

Dhamma talk by Ajahn Chandako

Sunday, December 23, 7:30 pm

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

Upasika Training Day with Ajahn Chandako

Saturday, December 29, 8:30am to 4:00pm

Vimutti Buddhist Monastery, Bombay

New Year's Eve Celebration

Sunday, December 31, 8:00pm to 1:00am

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

Chi Kung Lessons

**Every Saturday 10:00-11:00am (except on Day of Peace workshops)
with Venerable Sister 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. **For more information please contact Santi, 021-037-8880**

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.**

Meditation, Chanting and a Dhamma talk

Every Sunday, 7:30 pm

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

Useful Things to Donate to the Monastery

A new translation of the Anguttara Nikaya has recently come out, called the Numerical Discourses of the Buddha, translated by Bhikkhu Bodhi.

Used white shirts, black pants or black skirts for men and women staying at the monastery. For example, at the store Mr Bo Jumbles, one can buy used clothing very inexpensively.

Volunteers to sew covers for meditation mats.

Please see the list at the bottom of the newsletter for further ideas.

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

Workbenches \$1800

Water pump \$1200

Gas hot water heater \$1100

Retaining walls for storage of gravel rocks and mulch \$2800

Driveway \$3500

Brush-cutter \$2000

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