December 2022

NEWSLETTER

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

IMC United Kingdom IMC Yangon (Myanmar)

IMC Australia (NSW)

IMC Australia (WA)

IMC Austria

IMC USA

**COURSE SCHEDULE 2022–23**

*Before making travel plans to come for a course, please double check the dates with the relevant Centre or group or on the global home page :* [***www.ubakhin-vipassana-meditation.org***](file:///D:\Michael\Desktop\www.ubakhin-vipassana-meditation.org)*.*

**IMC United Kingdom**

**Courses taught by Mr Roger Bischoff:**

December 23 – 2 January 2023

January 20 – 30

February 24 – 6 March

April 7 – 17 Water Festival

May 26 – 5 June

June 23 – 3 July

July 21 – 31

August 18 – 28

September 15 – 25

October 20 – 30

November 17 – 27

December 22 – 1 January 2024

**IMC Australia (WA)**

March 17 – 27, 2023 Mr Douglas Solomon

June 30 – 10 July Mr Gregory Solomon

November 10 – 20 Mr Douglas Solomon

**IMC Australia (NSW)**

December 30 – 9 January 2023 Mr Richard Walsh

February 3 – 13 Mr Roger Bischoff

April 7 – 17 Dr Mark Peterson

May 19 – 29 Mr Michael Fraser

June 30 – 10 July Mr Michael Fraser

August 11 – 21 Mr Richard Walsh

September 22 – 2 October Dr Mark Peterson

November 3 – 13 Mr Michael Fraser

December 8 – 18 Mr Richard Walsh

**IMC Austria**

December 30 – 9 January 2023 Mr Franz Zelsacher

March 10 – 20 Mr Franz Neuner

April 28 – 8 May Mr Roger Bischoff *(Ukrainian course)*

May 12 – 22 Mr Franz Zelsacher

June 9 – 19 Mr Roger Bischoff

July 14 – 24 Mr Hubert Knaus

September 1 – 11 Mr Renzo Fedele

October 6 – 16 Mr Roger Bischoff *(Ukrainian course)*

October 27– 6 November Mr Franz Neuner

December 29 – 8 January 2024 Mr Franz Zelsacher

**IMC USA**

December 23 – 2 January 2023 Mr Craig Storti

March 17 – 27 Mr Michael Kosman

May 26 – 5 June Mr Michael Kosman

June 23 – 3 July Mr Craig Storti

August 4 – 14 Mr Roger Bischoff

September 15 – 25 Mr Michael Kosman

October 20 – 30 Mr Craig Storti

December 22 – 1 January 2024 Mr Craig Storti

**Germany**

Weekend Courses :

March 16 – 19, 2023 Dr Christian Wunschik

September 29 – 3 October Mr. Horst Jughard

**Italy** (*at IMC Austria, in Italian and English*)

September 1 – 11, 2023 Mr Renzo Fedele

**Japan**

April 28 – 8 May 2023 Mr James Emery *(in Osaka)*

August 10 – 20 Mr James Emery *(in Aomori)*

December 16 – 26 Mr James Emery *(in Osaka)*

**Japan (continued)**

Weekend Courses, all in Osaka :

January 6 – 9, 2023 Mr James Emery

February 3 – 5 Mr James Emery

May 26 – 28 Mr James Emery

June 16 – 18 Mr James Emery

October 13 – 15 Mr James Emery

November 2 – 5 Mr James Emery

**Moldova**

September 1 – 11, 2023 Mr Roger Bischoff

**Netherlands**

February 3 – 13, 2023 Dr Matthijs Schouten

**Russia**

January 6 – 16, 2023 Mr Roger Bischoff

March 17 – 27 Mr Roger Bischoff

July 7 – 17 Mr Roger Bischoff

November 3 – 13 Mr Roger Bischoff

**Singapore**

December 1–11, 2023 Mr Roger Bischoff

**Switzerland**

April 6 – 16, 2023 Mr Eugen Jung

Weekend Course :

February 10 – 13, 2023 Mr Eugen Jung

**Ukraine**

April 28 – 8 May 2023 Mr Roger Bischoff *(at IMC Austria)*

October 6 – 16 Mr Roger Bischoff *(at IMC Austria)*

**SPECIAL DAYS 2023**

19 January 2023 Sayagyi U Ba Khin’s Demise Day

28 January Mother Sayamagyi’s Demise Day

5 March Full Moon of Tabaung

9 March Mother Sayamagyi’s Birthday

16 March Sayagyi U Ba Khin’s Birthday

13 – 16 April Water Festival

17 April Burmese New Year

3 May Buddha Day (Full Moon of Kason)

2 June Mahāsamāya Day (Full Moon of Nayon)

1 August Dhammacakka Day (Full Moon of Waso)

12 October Anniversary of the Teachers’ arrival in the West

29 October Abhidhamma Day (Full Moon of Thadingyut)

27 November Festival of Lights (Full Moon of Tasaung Mon)

28 December Sayagyi U Thet’s Demise Day

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**EATING AT IMC YANGON WHEN SAYAGYI WAS TEACHING**

Sayagyi U Ba Khin said:

*The fourth soldier of Mara is the desire to experience a variety of tastes in food and drink.*

*Some of these desires become irresistible. Therefore, I want that the food is good here. When you are offered your meals, Sayama puts in so much effort to make sure that every­one is satisfied with the food. Do you enjoy your food? Do you miss chicken, which you are not offered here? However, we make an effort to serve you the best (vegetarian) food.*

*If you eat a great variety of tasty dishes, what hap­pens? Will the desire for different tastes not come up, or will it still come up? The food we eat has to come in contact with our tongue. Can we eat it without enjoying its taste? No one except the Arahats can do this.*

*You are coming here to do away with desire altogether. You are giving up defilements so that desires diminish. You are getting rid of impurities.*

*If we reduce the tastiness of food a lit­tle, [by not serving meat] does not then also the craving for tastes diminish? If I talk of a hunk of cooked pork, desire for it comes up in you immediately. But we have come here to eradicate this crav­ing, this defilement and you are in the process of doing just this. I have to keep control here, in order not to strengthen this craving in you. If you try to rid yourselves of defilements so completely as to annihilate them alto­gether, you have to put aside everything. Mara is bringing up the craving for food deep inside you.*

These are the principles that Sayagyi set out for the kitchen at the IMC in Yangon. Sayamagyi followed these very scrupulously. Every day they served delicious food and each and every dish was prepared with great care and attention so that the taste was perfect. But the variety of tastes was kept under control and the number of different tastes was always the same. Every lunch consisted of one soup, one curry, one stir fry, one salad and maybe a pickle or chutney or dip. In addition a sweet was served, and once or twice during a course a deep fried dish was prepared.

Sayagyi talks of renunciation as being important in the Buddha’s teachings and he says that this was practised at the centre by eating only vegetarian food. For a Burman dur-ing Sayagyi’s time to eat only vegetarian food was really a great act of renunciation. They did not have cheese, eggs and all the other dairy products. There are few completely vegetarian traditional Burmese recipes, as shrimp paste, shrimp powder and fish sauce are used to flavour many dishes, and without these, food seems to have little taste to a Burman.

Sayagyi and Sayamagyi wanted all the students to be satisfied with their food so they could meditate well, but they also watched over the quantities of food taken. With too many dishes, not only the craving for tastes increases, the students also eat so much that they cannot meditate comfortably anymore. Sayagyi U Tint Yee said in one of his discourses: “When Sayagyi was alive, and when during Vipassana time some donors came and gave rich food like coconut noodles and such like, he didn’t like that – because if the food is too rich, the meditators feel heavy, and sloth and torpor comes in.”

Sayamagyi followed a middle way of balance. When she cooked Ono kauk-swe, chicken coconut noodles, for the last time at the centre here in England on a special day, she cooked it by proxy and Yin Htwe was her sous chef. He ran back and forth between the kitchen and Sayamagyi’s house with samples of his cooking until Sayamagyi was satisfied that the taste was perfect. In addition to the main dish Sayamagyi only had him prepare a salad of finely sliced cabbage flavoured with oil, vinegar and salt, and, surprisingly, a little bit of chillies.

In this way Sayagyi and Sayamagyi indulged the students with very good, delicious cooking and they controlled their cravings by limiting the variety of different dishes.

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International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIN AND MOTHER SAYAMAGYI

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*Published by the Sayagyi U Ba Khin Memorial Trust, United Kingdom, address as IMC UK above. Registered charity 280134*