



10gcbToronto@gmail.com  
 10th Global Conference on **Buddhism**  
 TORONTO • CANADA

MEETIRIGALA  
 NISSARANA VANAYA

Newsletter – Issue 11  
 July 2017  
 www.nissarana.lk

## 10th Global Conference on Buddhism



During the 10th Global Conference on Buddhism in Toronto, Canada, Venerable Dhammajiva Maha Thero participated in several sessions on Day 1 (Saturday, June 17, 2017). Venerable Bhante spoke at the Panel Discussion on:

**Session 2 – Mindfulness, its use and misuse: Right and wrong mindfulness in the Buddha's words**  
 9:45-10:30am

1. What is "right mindfulness" according to Buddhist theory and practice? - Ajahn Brahm
2. Mindfulness methods used in Buddhist meditation - Venerable Dhammajiva
3. Wrong mindfulness and its consequences according to the Buddha - Yuttadhammo Bhikkhu

**Session 4 - Are we building a mindful or a mindless society? It's time to rethink!**  
 1:45-2:30pm

1. Teaching mindfulness and compassion in schools: building a less violent society for future generations - Venerable Dhammajiva
2. Teaching mindfulness to police officers in Toronto, a "simple" meditation class that took the internet by a storm - Bhante Saranapala
3. "Mindfulness Without Borders" The role of secular mindfulness in developing social and emotional intelligence in youth - Theo Koffler

During the evening program (3:30-3:45pm) there was a Guided Mindfulness Meditation by Ven. Dhammajiva followed by a Q&A related to meditation by Ven. Dhammajiva (3:45-4:15pm) (via [www.10gcb.org](http://www.10gcb.org))

# Buddhism, Neuroscience & Mental Health

## Making a Mindful Connection

<b>Buddhist Practitioners</b>	<b>Neuroscientists, mental health professionals and others</b>
Ajahn Brahm Australia	Dr. Sara Lazar Harvard University, USA
Ven. U. Dhammajiva Sri Lanka	Dr. Norman Farb University of Toronto, Canada
Bhante Saranapala Canada	Dr. Philippe Goldin University of California, USA
Ayya Medhanandi Canada	Dr. Tony Toneatto University of Toronto, Canada
Bhante Y Wimala USA	<b>Theo Koffler</b> Founder, Mindfulness Without Borders, California, USA
Yuttadhammo Bhikkhu Canada	
Ven Yung Ku Canada	
Bhante Vimalaramsi USA	

And many more!

**17th & 18th June, 2017**  
 Ontario Science Centre  
 (Imperial Oil Auditorium)

For tickets visit: [www.10gcb.org](http://www.10gcb.org)  
 For more information e-mail: [10gcbtoronto@gmail.com](mailto:10gcbtoronto@gmail.com)

**Mindfulness, its use and misuse**

**Mindfulness and mental health**

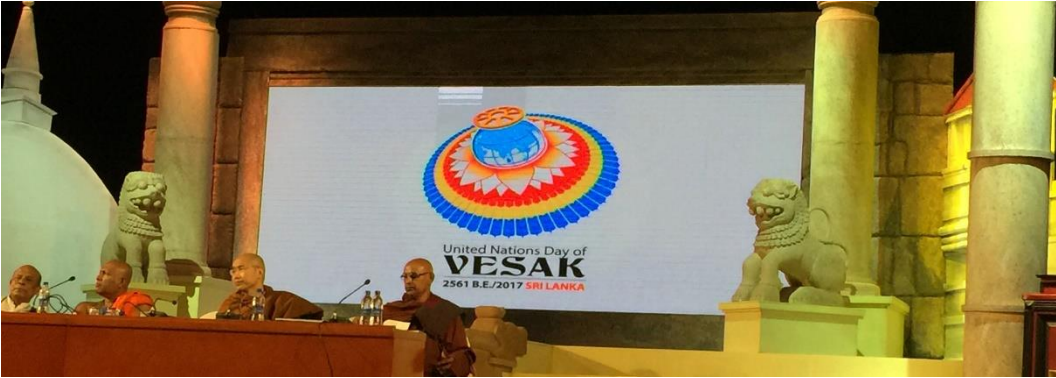
**Are we building a mindful or a mindless society?**

**Emotions: The good the bad and the ugly!**

**What is contemplative neuroscience?**

Presented by

Halton Peel Buddhist Cultural Society  
**West End Buddhist Temple**  
 And Meditation Centre  
1173 Centre Road, Mississauga, ON L4A 2E4 Canada  
 Tel: 905-891-8411 • e-mail: [info@westendbuddhist.com](mailto:info@westendbuddhist.com)



## The 14<sup>th</sup> United Nations day of Vesak (12 -14 May) at BMICH Colombo

On 13 May, 2017, at the first Panel Discussion on Buddhist Teachings for Social Justice and Sustainable World Peace, Sati Pasala was presented by Venerable U Dhammajiva Maha Thero. Using a video presentation which introduced Sati Pasala in detail, Ven. Bhante explained the genesis and evolution of Sati Pasala to dignitaries and delegates from 72 countries. Ven. Bhante also participated in the plenary session held in the afternoon and responded to questions on the makings of Sati Pasala.

The written script of the presentation on Sati Pasala, as well as the book and video of Sati Pasala, were distributed amongst all participants.

Link to the video which was shown at the Panel Discussion is given below.

<https://www.youtube.com/watch?v=meLB0jErgac>



### Dhammaarchive

The Nissarana Vanaya Dhammaarchive consisting CDs containing Dhamma Talks and Discussions is accessible by emailing [dhammaarchive@gmail.com](mailto:dhammaarchive@gmail.com) or by posting a written request to:

Thilina Senevirathna

58/2 Jayanthi Mawatha, Biyagama.

The list of suttas that are available on CDs is: <https://drive.google.com/open?id=0B6kbYxSPyHutak5sUlpfQ1FBMEU>



## Nissarana Vanaya Branch Monasteries

### Vijithapura Dutugemunu Aranya Senasanaya

Many facilities of the Vijithapura Monastery have been upgraded during the past 12 months. The support of our Dayakas is much appreciated. Neglected kutis have been renovated and three new kutis will be constructed. The kitchen, danasalawa and rooms for visitors have been completed and few toilets are to be installed. There are six meditating monks residing in the forest monastery. Single day meditation programs are being conducted for the residents in the neighboring villages on the last Saturday of each month.

Furniture has been ordered for the danasalawa, and there is an opportunity to contribute for certain requirements and the pending construction work. Those interested in assisting Vijithapura Monastery can kindly contact Hemantha (077-3712373, hranawaka@gmail.com) for further information.



### Retreat at Chuang Yen Monastery - Carmel, New York

For the second consecutive year, Venerable Dhammajiva Maha Thero conducted a ten day retreat at CYM on the invitation of Venerable Bhikkhu Bodhi. Venerable Bhante vividly explained the four foundations of mindfulness, to the group consisting of monks, nuns and lay practitioners, going from simple basics to deep and profound insights. The sutta Bhante used to elaborate this core teaching of the Buddha was the famous Dasuttara Sutta, Bhante has dealt in great depth, at Nissarana Vanaya.

The Dhamma Mission to Chuang Yen Monastery is now almost an annual feature in Ven. Dhammajiva's calendar.

Please also see <http://damsara.org/dhamma-talks-in-english/most-ven-u-dhammajiva-maha-thero/insight-through-satipatthana/>



### Listen to NV Retreat Sermons Online

Please join with: <http://mixlr.com/dhammajiva/>

To listen to past Sermons: <http://mixlr.com/dhammajiva/showreel/>



## Meditation Retreats Highlights - July to October 2017

### 10 Days Residential Retreat Nissarana Vanaya

Dates: From 16 – 26 July, 2017.

Organizer: Ms. Tharanga Thilakasiri

[www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2/)

### 7 Days Residential Retreat Nissarana Vanaya

Dates: From 28 July – 04 August, 2017.

Organizer: Mr. H. P. Liyanage

[www.nissarana.lk/event/residential-retreat-for-11-days-2/](http://www.nissarana.lk/event/residential-retreat-for-11-days-2/)

### 10 Days Residential Retreat - Nissarana Vanaya (English Medium)

Dates: From 08 – 18 August, 2017.

Organizer: Ms Devika Jayawardane

[www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2-2/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2-2/)

### 7 Days Residential Retreat - Nissarana Vanaya

Dates: From 23 – 30 August, 2017.

Organizer: Ms. Doreen Weerasinghe

[www.nissarana.lk/event/residential-retreat-for-6-days-3-2-2-2/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-2-2-2/)

### 7 Days Residential Retreat - Nissarana Vanaya

Dates: From 08 – 15 September, 2017.

Organizer: Mr. S Rathnasiri (Kandy)

[www.nissarana.lk/event/residential-retreat-for-6-days-3-4/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-4/)

### 10 Days Residential Retreat - Nissarana Vanaya

Dates: From 17 – 27 September, 2017.

Organizer: Mrs. Deepthi Jayasinghe

[www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2-3/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-3-2-4-2-2-3-2-3/)

### 3 Days Residential Retreat - Nissarana Vanaya

Dates: From 01 – 04 October, 2017.

Organizer: Ms Udeni Thilakaratne

[www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2/](http://www.nissarana.lk/event/residential-retreat-for-6-days-3-4-2/)

### Kalalgoda Retreats

Please visit the following link

<https://drive.google.com/open?id=0B6kbYxSPyHutcHUwWDJNcExURIU>

## Nissarana Vanaya - Dhamma Dana

Dhamma talks delivered at meditation retreats conducted by Venerable Dhammajiva at Nissarana Vanaya, and at other Sri Lankan and overseas locations have been compiled into one document. More recently the Dhamma talks delivered by Venerable Chandaratana have also been included into this list.

The Dhamma talks date back to 2006, where Venerable Dhammajiva undertook his first overseas Dhamma Mission to Australia. Ever since, the teaching schedule at Nissarana Vanaya and elsewhere has been both rigorous and uninterrupted.

Most of these Dhamma talks can be accessed at [www.nissarana.lk](http://www.nissarana.lk) as well as [www.damsara.org](http://www.damsara.org). Those who wish to receive CDs containing some of these talks could email [dhammaarchive@gmail.com](mailto:dhammaarchive@gmail.com), and request the CDs needed by giving the postal address. The requested CDs will be posted free of charge.

Visit the following link to download the document:

<https://drive.google.com/file/d/0B6kbYxSPyHutZGowb1qY2laVm8/view?usp=sharing>



## Handbook for Retreatants

At the Nissarana Vanaya lay Meditation Centre, meditation retreats take place almost every day. Duration of these retreats ranges from one to ten days. There have been occasions when longer retreats have also been arranged. Retreat Organisers together with the Nissarana Vanaya office staff take full responsibility to arrange each retreat meticulously. Of late, nearly 100 yogis (male and female) attend these retreats.

This new Handbook published in May 2017 gives an updated account of instructions to yogis and also some aspects of meditation guidance which will make it easy for newcomers.

Visit the following link to download the book:

<https://drive.google.com/open?id=0B6kbYxSPyHutM3hXeWp3N3N4YIE>