



# Newsletter

**DHAMMA SUKHA  
MEDITATION CENTRE  
Melbourne VIC Australia**

<http://www.dhammasukha.org.au>



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Contact: 03-9512 5333  
Email: [contact@dhammasukha.org.au](mailto:contact@dhammasukha.org.au)

Please contact us if you have any questions about this newsletter or would like to contribute an article for future editions

## Message from Sayadaw: Samvega (Sense of Urgency)

**Talk by Sayadaw in Bacom, Indonesia organized by Indonesia Sati-pathanna Meditation Centre (ISMC). Continued from March 2010 newsletter...**

When you are sick in a nursing home, they no longer accept you, you will be transferred to the hospital with a small room, with one bed, lying down most of the time... and have to pay for it. More suffering... more struggling... more complaining: "Why?... What?... Why this disease... why I cannot be cured? I want this... I want that. Oh... so much suffering..." We would like to be young but the body is becoming old. We would like to be healthy but the body makes you not healthy... in the end we would like to live but there is no chance... no point... at the end, you give up... going to die.



Above: Male yogis reporting to Sayadaw at the April full-month retreat at Manohara.

That is why millions... billions of people, at the end, their eyes are full of tears... not happy.

In their lives, everyone tries their best... looking for a healthy, wealthy life. But no matter how they try, when old age, sickness approaches, they are not happy... not accepting... very upset...

### Verses from the Dhammapada

**Think no lightly of evil, saying,  
"It will not come to me."**

**Drop by drop is the water pot filled.**

**Likewise, the fool,  
Gathering it little by little,  
Fills himself with evil.**

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**Think no lightly of good, saying,  
"It will not come to me."**

**Drop by drop is the water pot filled.**

**Likewise, the wise man,  
Gathering it little by little,  
Fills himself with good.**

and full of tears. They never ever see the truth or never suspect in their body, that it is like a timber house with termites inside destroying their body... *jārā... marāna* - three types of termites every second... every moment... all the time they slowly bite you... they destroy you... they kill you... so only those who are very wise people... think deeply... "Oh, my body is insight... *jārā, byādhi*... old age and different types of sicknesses torture me... kill me... make me suffer too much. They ask, "How can I save myself?...

How can I escape?... How can I find a way...? Only a few people... not many... those who think clearly or reflect wisely develop, what is called *samvega sahotappa*. They have moral fear, and they avoid bad things or bad characters. They prefer purifying their bodily actions, especially thinking in order to purify their mind. They would like to escape... to liberate from this suffering.

Some of them they get *samvega* from worldly conditions affecting their lives: man-made disaster, natural disaster. A lot of things happen in a lifetime. Earthquake, volcano, tsunami, rain, storm, water, fire, can destroy your property... can destroy your life... can kill you. Man-made disasters also happening around the world. Many places are not really safe. Some places... it is very serious: bomb, gun, fire, explosion. Many people lose their property; they lose their loved ones. At the same time they get a sense of urgency. But even when they get the sense of not truth... they still don't have moral fear... they keep on killing, stealing, they still doing sexual misconduct... still telling lies. Also, they take intoxicants... they looking to escape their suffering... but not with a sense of urgency. Only a few really get a sense of urgency: "How can I get out of this suffering?" Some get in their lifetime...very painful...

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whatever they try...they cannot stand up their business. Many times... lost capital... money... business...they do such a bad thing, that's why different people have different suffering... but not many get a real sense of urgency.

Some have family problems... very lovely wife and husband start to quarrel...not happy at all. They think they have a sense of urgency. They would like to approach a meditation centre; they would like to ordain as a monk or a nun; they would like to escape temporarily from their problems. Family associations get broken... they think they have a sense of urgency... but they really have not. Only a very small number of people really realise that: "This is a very big lesson for me, very painful... very sour...very bitter taste, that I would not like to get again in my life...I would like to stop."

To be continued in May-2010 newsletter. ■

## Edition April 2010

### Manohara –Preparation for Inaugural Retreat

It was the Sat, 28-Mar, days away before the start of the April 2010 full-month retreat. The call for volunteers to



Above: Volunteer Derick helping with the planting of the Lotus water fountain.



Above: Sayadaw Dammananda clearing the dead foliage. Insert: Volunteer Daniel.



Above: Sayadaw leading the repairs to the damaged fencing at the back of the property

come to Manohara forest centre were answered! Many turned up and the work involved clearing the dead foliage, cleaning of the areas around the property, fixing the bunker beds for

### Library Update

Full formal approval had been obtained. Numerous furniture had been moved in and the books are starting to line the shelves... We can now sign off this project—and wish all supporters.

Sadhu! Sadhu! Sadhu! ■

both the men and women rooms. It was hard work but fun to work together with a common objective. It was a truly Dhamma family experience to practice and work together like a family. ■ *by cL*



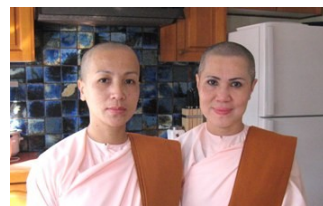
Above: Sayadaw with DSMC Malaysian Representative Paul Oon attended the New Delhi Disaster Interfaith Services (NeDDIS) Meeting on 17th Feb 2010

### Manohara's Inaugural Meditation Retreat

Early reports on the first 30-day retreat at Manohara, DSMC's new forest centre in picturesque bushland north of Melbourne are that the site was well chosen for its innate tranquility is truly ethereal.

The natural calm of the property perched atop a hilltop did not guarantee meditators an easy ride, for all would have struggled at times with their practice. But when meditators face the inevitable upheavals that accompany intensive practice it is definitely helpful to be surrounded by such overwhelming natural beauty.

A group of 10 started the retreat and two of the women, Jenny Nguyen and Ha impressed everyone by taking robes to become Sayalay Khemacari and Sayalay Candawati (photo), respectively, for the month.



Early starts to the day were routine, with the 4.30am

wake-up bell quickly becoming superfluous after Sayadaw recommended an earlier start – 3am - so meditators could take advantage of the most peaceful hours of the day to sit and walk before the dawn.

He was right of course and few who were there would disagree that the pre-dawn sittings offered the greatest clarity. Rising early also had the added advantage of enabling meditators to observe

the early morning mists that regularly cloaked the forest and made Manohara look like a jewel-bedecked heavenly realm.

Sayadaw was at constant pains to urge all to make maximum effort, stressing from the outset the importance of continuity of mindfulness. In one of his first dhamma talks, he led us through a microscopic examination of going to the toilet. For some it may have been far too much information.

But this is arguably the strongest and most valuable aspect of Sayadaw's teaching – the encouragement to make

sitting and walking meditation just components in a continuous 24-hour practice of mindfulness "non-stop".

And while the taste of Dhamma was the goal, Sayadaw's encouragement to the lunch donors to make every meal "yummy yummy" paid off handsomely for the meditators. The hardy souls who ventured up to Manohara every day with lunch are to be applauded. Each meal was a triumph worthy of a gourmet food show on SBS.

I, for one, thought almost daily: "If people knew how amazing this retreat is, meditators would be queuing up in their thousands to do retreats".

For sure, I will want to participate in future similar retreats. ■ *by Royal Abbott.*

### Acknowledgments

To all our Dhamma brothers and sisters who supported in getting us off to a great start for the April retreat:

- Soe Naing, Khanh Hien, Helen & Jack, Tung, Thuy, Myo Kyaw, Mei, Winston Kyi, Billie, Tun, Tung, Kim, Soe Tint and Ranjit, with Dana (breakfast, lunch and evening drinks)
- Neow & Derek, for transport between Springvale and Plenty for Sayadaw
- Royal for his egoless services at Manohara
- Chris, Mei, Neow, Chee-chian, Weng-nie, Daniel & Derek, with clearing and cleaning of the property of dead foliage, weeds and rubbish
- Tun with Dana of a much needed second refrigerator.
- All others who helped but not listed.

Sadhu! Sadhu! Sadhu! ■