

International Meditation Centre

IN THE TRADITION OF SAYAGYI U BA KHIIN

It has become a sanctuary for people from all over the world who are seeking Enlightenment, the "Nibbanic Peace Within".

To abstain from evil. To do good. To purify the mind. These are the teachings of all the Buddhas.

Dhammapada v 183

Brief History and Purpose

The International Meditation Centre was founded by Sayagyi U Ba Khin in Yangon, Myanmar (formerly Rangoon, Burma) in 1952 to promote the practice of Theravada Buddhist meditation. The Practice is aimed at developing a calm mind leading to the realization of Nibbana.

Sayagyi U Ba Khin was unique in his ability to teach lay people Buddhist meditation. From the time of the Buddha, over 2500 years ago, Buddhist meditation was mainly practiced within the monastic order. Sayagyi U Ba Khin (who was the first Accountant General of Myanmar after Independence) encountered the Teachings as a layman. He realized the importance of Buddhist meditation to modern man. Sayagyi U Ba Khin became a highly respected meditation teacher in Myanmar and taught students from all over the world at the International Meditation Centre until his demise in 1971.

The Meditation and its Benefits

A Buddhist meditation course is based on the Eightfold Noble Path, which is divided into three trainings: morality (sila), concentration (samadhi) and wisdom (panya).

1. Morality is the common denominator of all religions. Students observe the five precepts of refraining from killing, stealing, sexual misconduct (here total celibacy), and the use of drugs or intoxicants. By observing this morality, the student develops purity of physical and verbal actions.
- 2 Concentration is developed through the training in Anapana meditation (mindfulness of breathing). By learning to calm and control the mind during the

first five days of a course, the student quickly appreciates the advantages of a steady and balanced mind.

3. Wisdom or insight is developed through Vipassana meditation, which is taught on the fifth day and practiced throughout the remainder of the course. In Vipassana, the object of meditation is impermanence (anicca). Through personal experience, the student develops an understanding of the impermanent (anicca), unsatisfactory (dukkha) and impersonal (anatta) nature of all mind and matter. Practiced with diligence, this gradual process of mental purification will lead to the end of suffering and to Nibbana, the unconditioned state of Enlightenment.

During the course, the emphasis is on investigating the truth for oneself by practicing the technique. Noble Silence (no unnecessary talk) provides a conducive atmosphere, and discourses in the morning / evening help to clarify the practice. There are also daily interviews with the teacher where each student is given personal guidance.

Students who attend courses at the Centre are from all walks of life, religions and cultural backgrounds. Anyone who comes with an open mind can grasp the technique and benefit accordingly.

Frequently asked questions

How can I be sure I am capable of doing the meditation?

For a person who is genuinely interested, meditation (including Noble Silence) is not difficult. The day's schedule is neither too severe nor too relaxed but follows the Middle Path. Sayagyi U Ba Khin taught his students to work with "zestful ease". The tangible and lasting results of patient practice can be quite surprising.

Do I have to become a Buddhist?

No. People from many religions have found the meditation courses helpful and beneficial in their day-to-day lives. However, for the duration of the course, students are asked to give up previous spiritual practices and leave behind spiritual objects and reading material.

What about food?

Wholesome and tasty vegetarian food in ample quantity is provided, and those who follow a diet for medical reasons will be accommodated as far as possible.

How much does it cost?

There has never been any charge for the Buddha's Teachings.

Can I attend for a period less than 10 days?

Yes. You are welcome to attend the first weekend of a course only in proper centers but not in non-center courses.

How do I apply to do a course?

If you wish to undertake a course, please complete the Course Application Form and send it to the Non Center address or email to: imchyderabadindia@gmail.com
Also send a copy of any of your identity card.

Non-center address:

Address of the Non-center: C/o. Maha Bodhi Society of India, Buddhagaya Centre, P.O. Bodhgaya, District Gaya, Bihar, Pin.824 231, Tel/Fax: +91-631 2200 742 (manned by Vihar staff)

Cell. +91-94414 27668 (1600 – 1700 hrs only), E-mail: imchyderabadindia@gmail.com

Non-center Location Map: [Link: https://goo.gl/maps/9iLB2axkD8x](https://goo.gl/maps/9iLB2axkD8x)

Maha Bodhi Society of India, Buddhagaya Centre, P.O. Bodhgaya, Near Maha Bodhi Temple Complex



How to arrive non-center to the nearest main railway station, Gaya Junction?

By Train:

Gaya Junction is a broad-gauged railway station located just 13 kilometers away from the town. It is regularly connected to major cities of India such as Delhi, Kolkata, Kota, Varanasi, Amritsar, Ranchi, Mumbai, Pune, Gwalior and Dehradun, among others.

Another option is Patna Railway Station, at a distance of 110 kilometers away from Bodh Gaya. This railway station has great connectivity to metro cities of India like Bangalore, Mumbai, Delhi, Hyderabad and Pune.

By Road:

The town of Bodhgaya and city of Gaya are connected via a main road. In order to travel within or outside the state of Bihar, you can opt for government bus service or privately owned buses. Cities such as Nalanda, Rajgir, Varanasi and Kathmandu are easily connected through frequent bus services. You can choose to travel in luxurious air-conditioned Volvo buses which are also connected to nearby towns and cities of Bodhgaya.

Taxi services too are frequent here.

How to arrive center from nearest airport? Nearest Airport: Gaya Airport is the nearest airport to the temple of Bodhgaya, being only 5 Km away.

By Air:

Gaya International Airport is located around 17 km away from the town. This airport is connected to **Varanasi**, Colombo (seasonal), Mandalay, Paro, Kathmandu and others; with the services of Sri Lankan Airlines, Air India, Druk Air, Myanmar Airways International, Golden Myanmar Airlines and Thai Airways International. Many of these flights are not frequent, so you need to have a look once before planning a trip to Bodhgaya, like Thai Airways and Druk Air that fly once a week.

Another option is **Patna** Airport (Lok Nayak Jayaprakash Airport) which is located about 135 km away from the town. This airport is connected to Indian cities, such as **Delhi**, **Kolkata**, **Mumbai**, Lucknow, Bangalore, **Goa** and Ranchi among others; through the services of Air India, GoAir, Jet Airways, Indigo and Spirit Air.
