

## COURSE TIMETABLE

04:00 AM	WAKE UP
04:30 – 06:00 AM	MEDITATION
06:00 – 07:30 AM.	BREAK
06:30 AM.	BREAKFAST
07:30 – 08:30 AM.	MEDITATION
08:30 – 09:00 AM.	BREAK (OPTIONAL)
09:00 – 10:00 AM.	MEDITATION
10:00 – 01:00 PM.	BREAK
10:30 AM.	LUNCH
01:00 – 02:00 PM	MEDITATION
02:00 – 02:30 PM.	BREAK (OPTIONAL)
02:30 – 03:30 PM.	MEDITATION
03:30 – 04:00 PM.	BREAK (OPTIONAL)
04:00 – 0500 PM.	MEDITATION
05:00 – 0700 PM.	BREAK
07:00 – 0800 PM.	MEET WITH TEACHER
08:00 – 09:00 PM.	MEDITATION
09:00 PM.	BED TIME

On first reading, this routine may sound demanding, but students will find that they adapt easily after a couple of days. The students should keep an open mind and give a fair trial to the technique by having a certain amount of confidence.

Please note: These guidelines may vary depending on the Conducting Teachers' instructions and also due to the constraints of a non-center facilities.

imchyderabadindia@gmail.com  
<https://imc-hyd.com/>

## Frequently asked questions

### **How can I be sure that 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 not carry any spiritual objects and reading materials.

### **How much does it cost?**

There has never been any charge for the Buddha's Teaching. However if you want you can give any donation you wish to the Teacher and/or the Centre.

### **Can I attend for a period less than 10 days?**

Yes. You are welcome to attend the first weekend of the course.

### **How do I apply to do a course?**

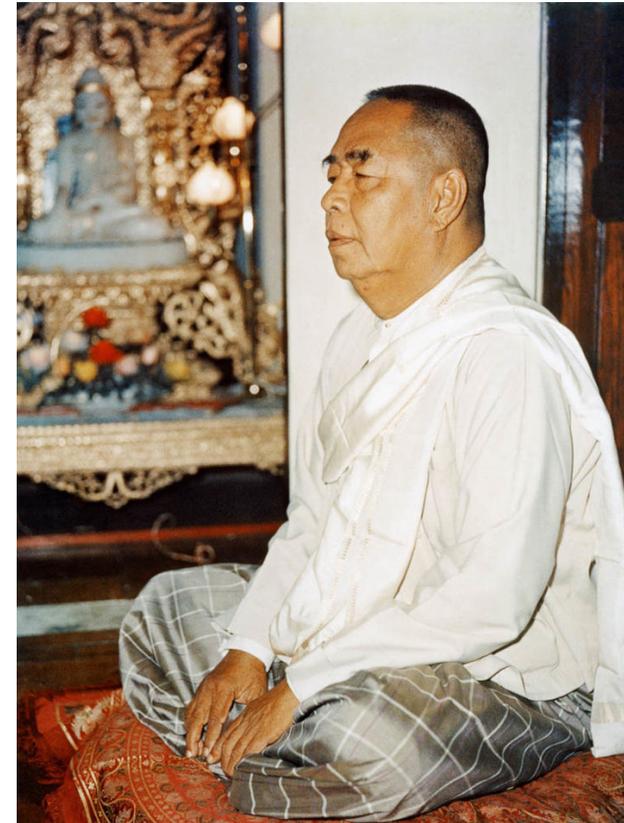
If you wish to undertake a course, please complete the course form.

*"Spiritual development is essential to make your mind healthy and strong. Water naturally flows down. Likewise, uncontrolled mind naturally goes towards evil. This exercise on breathing gives you immediate results. It is good for your physical health, for relaxation, sound sleep and for efficiency in your daily work. It makes you calm and tranquil. Even at moments when you are nervous or excited, if you practice meditation for a couple of minutes you will see for yourself that you immediately become quiet and at peace. Apart from all this the power of concentration is essential for any kind of deep understanding, penetration and insight into the nature of things, including the realization of Nibbana."*

INTERNATIONAL MEDITATION CENTER, INDIA

(In the tradition of Saya Gyi U Ba Khin)

- for people 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 Center was founded in Yangon, Myanmar in 1952 by Sayagyi U Ba Khin who was the first Accountant General of Myanmar after Independence, to promote the practice of Theravada Buddhist meditation. He concentrated his Dhamma-duta work in two main areas: (1) the maintenance of the purity of the Buddha's teachings in Myanmar and abroad, and (2) the revival of the Sasana (the Buddha's teachings) in "its land of origin and the spread of Dhamma to lands where it had only been seen as a glimmer before." He became highly respected meditation teacher in Myanmar and taught students from all over the world at the International Meditation Center until his demise in 1971.

## ***Teacher***

10-day Online Courses are conducted under the personal guidance of Sayagyi U Khin Zaw, Teacher of International Meditation Centre, Yangon, Myanmar assisted by Mr. Ravi Reddy Kumar and Mr. John Hemant Kumar.

## ***Students***

The centre admits foreigners from various countries, from many different walks of life, races, cultural and religious backgrounds. All those who are genuinely interested in Theravada Buddhist Meditation and are seeking the most effective method to gain Enlightenment, Nibbana are welcome.

## ***The Training***

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

### **Sila: Morality**

Every candidate needs to observe the Eight Precepts and guard the six sense doors (Indriyasamvara sila) and also take a vow of Noble Silence. A trainee can acquire purity of both physical and verbal actions by rigidly observing this morality. Sila is binding on all the candidates who sincerely take a 10-day Online Course. Eight moral precepts are as follows:

1. To refrain from killing any living beings
2. To refrain from stealing
3. To refrain from sexual misconduct (here, total celibacy)
4. To refrain from lying
5. To refrain from taking liquor, wine and drugs.
6. To refrain from taking food after twelve noon.
7. To refrain from dancing, singing, playing music and from use of garland, perfume and unguents.
8. To refrain from using high or luxurious seats and beds.

### **Samadhi: Concentration**

After the student establishes this base of morality, he or she is given training in the Concentration. The method used is Anapana meditation-mindfulness of breathing. Anapana involves the awareness of three things; the spot around the tip of the nostrils where the breath touches the in-breath, and the out-breath. Anapana is practised during the first four days of training. Nearly all candidates are able to build up concentration within the initial four days of Anapana.

### **Panna: Wisdom**

This third part of the training is designed to achieve the various levels of knowledge for deliverance through Vipassana Meditation. This is practiced throughout the remainder of the training period and in fact, until one gains the Path (Magga) and Fruition (Phala) States. Vipassana is a process that

enables the student to develop concentration and awareness and also to get an understanding of himself or herself as just a process of physical and mental phenomena which are always in a state of flux. The student then learns his or her body and mind are nothing but Anicca (Impermanence), Dukkha (Unsatisfactoriness) and Anatta (Non-self), the three characteristics of all existence. All these physical and mental tendencies inherent in oneself can be felt as sensations: vibrations, heat or cold, pain, etc. The emphasis in practicing this technique is on directly experiencing the truth for oneself.

A serious meditator who practices persistently will be able to secure insight into the true nature of Impermanence, Unsatisfactoriness, and Non-self. Practiced with diligence, this gradual process of mental purification will lead to the end of suffering and to Nibbana, the unconditioned state of Enlightenment. Therefore he or she should never give up Vipassana meditation, but continue with it until the Paths (Magga) and Fruitions (Phala) are attained in this life or in one of the lives immediately following

## ***Responsibilities of Candidates***

Trainees are requested to take refuge in the Triple Gem, the Buddha, Dhamma and Sangha, to observe the Precepts and to pay due respect to the Teacher. Meditators are asked not to leave the precinct of the house, not to practice pseudo-sciences, low arts, wearing or adorning themselves with special amulets such as beads and strings etc and not to break the vow of Noble Silence except to ask the Teacher questions.

Students should give a true and accurate account of their experiences when they meet the Teacher. Students who attend courses are from all walks of life, religions and cultural backgrounds. Anyone who comes with an open mind can grasp the technique and benefit accordingly.