



Subang Jaya Buddhist Association
 Lot PT 12593, Jalan Kewajipan, SS13,
 47500 Subang Jaya.

E-mail: sjba@streamyx.com
Tel: 03-5634 8181 / 5631 5299
Fax: 03-5631 5262

ITSM Registration Form **报名表**

Name : _____

Age : _____ Gender : Male / Female

Occupation : _____ Marital Status : Single / Married

Nationality (if not Malaysian) : _____

Mobile/Tel. contact: _____

Email : _____

1. Previous attendance at Introduction to Satipatthana
 Meditation at SJBA?

☐ No ☐ Yes

2. Learned any other meditation method before?

If YES, please furnish details: _____

Date: _____ Signature: _____

Please call our administrator, Sis. Lily or Sis. Cindy
 at Tel: 03-5631 5299/ 5634 8181 to confirm your
 participation.

Ehipassiko – The Teachings is worthy of the **invitation “Come and See”**

Quote :

“The Buddha’s Message, as a Doctrine of the Mind,
 teaches three things :

to know the mind- - that is so near to us, and yet is so
 unknown;

to shape the mind- - that is so unwieldy and obstinate,
 and yet may turn so pliant;

to free the mind- - that is in bondage all over, and yet
 may win freedom here and now.

Right Mindfulness is the Heart of the Buddha’s Mind-
 doctrine, being the starting, focal and culminating point
 of the Buddha-message.

Mindfulness, then, is
 the unfailing master key for knowing the mind,
 and is thus the starting point;
 the perfect tool for shaping the mind, and is
 thus the focal point;
 the lofty manifestation of the achieved freedom
 of the mind, and is thus the culminating point.

Therefore the ‘Foundations of Mindfulness’
 (Satipatthana) have rightly been declared by the Buddha
 as the ‘Only Way’ (ekayana maggo)”

The Heart of Buddhist Meditation
 Venerable Nyanaponika Thera

SUBANG JAYA **BUDDHIST ASSOCIATION**



内观禅入门(英语)课程

INTRODUCTION TO **SATIPATTHANA MEDITATION**

Conducted by

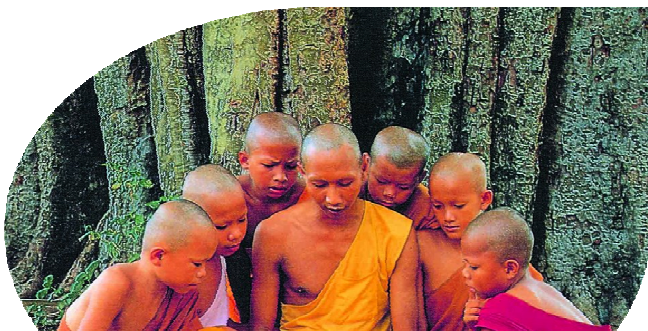
智光法师指导

BHANTE NYANARAMSI

26 May - 4 June 2013



Subang Jaya Buddhist Association
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INTRODUCTION TO SATIPATTHANA MEDITATION

内观禅入门(英语)课程日期

Join us on the following dates:

(Orientation)	26 May - Sunday	8.30 pm
(Lesson 1)	27 May - Monday	8.30 pm
(Lesson 2)	28 May - Tuesday	8.30 pm
(Lesson 3)	29 May - Wednesday	8.30 pm
(Lesson 4)	30 May - Thursday	8.30 pm
(Lesson 5)	31 May - Friday	8.30 pm
(Lesson 6)	01 June - Saturday	8.30 pm

Retreat :

禅修营

01 – 04 June 2013

email : sjbameditation@yahoo.com

BHANTE NYANARAMSI ITSM MEDITATION TEACHER



Bhante was ordained in July 1995 at the Chanmyay Yeiktha Meditation Centre in Yangon with Venerable Chanmyay Sayadaw as his preceptor. In March 1996 Bhante moved to the Hmawbi branch of the same centre and continued his training and learn under Chanmyay Myaing Sayadaw, Ashin Indaka (former abbot of Hmawbi Branch) and other resident Sayadaws.

During his stay at Yangon and Hmawbi, Bhante studied and practiced Vipassana Meditation diligently and made significant progress. Subsequently Bhante was invited to assist in conducting interviews, provide meditation guidance and acted as translator to mandarin speaking foreign yogis.

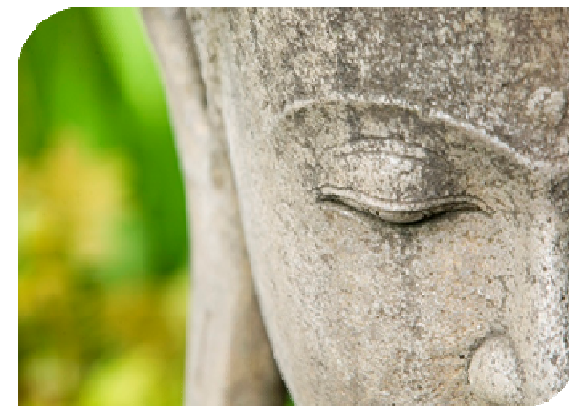
Bhante spent a total of 9 vassas in Myanmar and in late 2003, he accepted an invitation from Subang Jaya Buddhist Association to return to Malaysia to teach Dhamma and Satipatthana Meditation to Malaysian Buddhists. Besides acting as a meditation teacher at SJBA, Bhante has also traveled frequently to Thailand, Taiwan and Indonesia to conduct meditation retreats.

MESSAGE FROM THE ORGANIZER

The Orientation Session will be conducted by Bro. Tan Siang Chye to prepare the participants for their entry into the meditation program. Hand-outs will be given on the Orientation week and the course will be concluded with a short retreat which is optional and open for all.

Let us practice meditation for the happiness for this life, happiness in next life and for our ultimate liberation.

JOIN US!



The Significance of Mindfulness

As one might carry a bowl of oil

Full to the brim without spilling a drop

So should one protect one's own mind

*Yearning for the quarter not reached
before (i.e. Nibbana)*

Samyutta Nikaya