



FALL RETREAT WITH SANTIKARO

BIKKHU

OCTOBER 31—NOVEMBER 4, 2003
(WEEKEND: OCTOBER 31—NOVEMBER 2)



BUDDHA, BREATHING, & AWAKENING

by Santikaro Bhikkhu

I am struck with curiosity how little modern Buddhists and teachers refer to the Bud-

dha's own most practical and systematic teaching on meditation — *anapanasati*, mindfulness with breathing in and out. We don't often come across it in all the "how to meditate" books and tapes. Bits and pieces crop up here and there, perhaps, but seldom with the full context, subtlety, and power. Then again, one seldom finds traditional Buddhists mentioning it either. Oh well, expectations are fraught with danger and disappointment. Maybe religion isn't meant to make sense. Digging into origins may be a minority preoccupation.

Still, this lacuna appears even more curious when we realize that this form of meditation is the one the Buddha most often practiced himself, including before, after, and during the Great Awakening. To my mind, the Buddha's own descriptions of what he regularly practiced deserve serious attention and inquiry. After all, *anapanasati* is a "dwelling" he frequented. Fortunately, Ajahn Buddhadasa Bhikkhu, Ven. Thich Nhat Hanh, and others have championed the sutta that lays out this practice and makes it accessible .

The *Anapanasati Sutta* gives us a roadmap for spiritual cultivation, realization, and liberation. Admittedly, it is more of an outline than a detailed exposition or "How To" manual, but that's the case with all the Pali sutta meditation teachings. The oft-referred-to *Satipatthana Suttas* (D.22 and M.10) are more lists of possible practices categorized according to the four applications of mindfulness than systematic explanation of how to do any of them. (The systems came much later, e.g., in the *Vissuddhimagga*.) *Metta* is obviously important in the suttas, but you'll search in vain for methods of how to do it, especially as a "meditation." (These, too, came later.) Still, the *Anapanasati Sutta* (along with related passages in the Vinaya and *Anapanasati-Samyutta*) provide the outline of a complete system of practice, more detailed than any other (except, perhaps, the descriptions of decaying corpses).

Further, this sutta offers a vision of progressive development unfolding through diligent, regular, intelligent, subtle practice rather than force, will-power, or concoctions of thought. This echoes an important theme in some of the more profound early suttas, which Ajahn Buddhadasa articulates as "Dhamma flows into Dhamma naturally without anyone needing to intend." We don't make things happen mechanically so much as skillfully cultivate conditions, mindfully avoid distractions and pitfalls, and open to unfolding Buddha seeds. The Buddha's subtlety is evident in how he describes natural processes and how we can interact with them skillfully (not that there is any real distinction between us and the processes), rather than a "getting results" approach focused on attainments. The potentials are always here and need remembering, but right practice requires wise aspiration, not goal-oriented desire. Nevertheless, clear direction is crucial and this sutta provides it.

The sutta begins with the Buddha announcing that he will speak at the end of the Rains Retreat. This allowed a large number of monks, elders, and teachers to congregate. (Perhaps many nuns were there, too, hidden within the patriarchal language.) The Buddha praised the various realizations and practices within the assembly, then pithily announced that "mindfulness with breathing in and out that one has developed and made much of perfects the four applications of mindfulness ... the seven factors of awakening ... knowledge and liberation." He then explains how each level of *anapanasati* develops progressively higher, which can be summarized as:

- 1 Mindfulness of breathing and related phenomena;
- 2 Mindfulness as applications of mindfulness (*satipatthana*);
- 3 Mindfulness as factors of awakening (*bojjhanga*);
- 4 Mindfulness as true knowledge and liberation (*vijja-vimutti*).

Throughout, *sati* is grounded in breathing in and out. With this wonderful anchor, mind is refined, explored, realized, and liber-

(Continued on page 2)

IN THIS ISSUE

September 9: Talk, Guided Meditation and Q&A with **Sharon Salzberg**

October 18: Ten Year Anniversary Celebration at **Common Ground Meditation Center**

November 8: Art Sale Benefit for Midwest Kuti at the **Ho'omalalama Sanctuary**

(See Page 2 for details)

(Santikaro, continued from page 1)

ated—all while breathing in and out. We start with awareness of a simple bodily process and nurturally follow the unfolding as far as we are able, potentially to the highest realization.

Mere mindfulness of breathing is insufficient for the full unfolding of our lives. One must be mindful of and investigate more subtle realities of mind and Dhamma, including voidness and *Nibbana* itself. Still, the breathing is a fine foundation for all of that, as well as haven, rejuvenator, and anchor. Just learning the ins and outs of healthy breathing is worth the daily effort.

Through firmly establishing *sati* in the breathing, the applications of mindfulness develop. The breathing is an entry into body-*satipatthana*. The joy of being calmly grounded in the breathing is an entry into feeling-*satipatthana*. The minds that experience various phenomena connected with breathing are a good entry into mind-*satipatthana*. Finally, awareness of the breathing's impermanence is a direct entry into Dhamma-*satipatthana*, that is, real *vipassana*.

Once able to practice on the level of *satipatthana*, *sati* is developed to the level of *bojjhanga* (factors of awakening). Not just mindful of something as some "thing" with its own little story, *sati* as *bojjhanga* includes more basic levels of mindfulness and further is "based upon solitude, fading away, and quenching, and matures in release." These terms describe "states" (*dhammas*) closely associated with the highest stages of realization and with *Nibbana*. Mindfulness and *samadhi* are homing in on the end of suffering. This natural unfolding culminates in true knowledge and liberation (*vijja-vimutti*), which are synonymous with full and final awakening. Therein, *sati* and *vipassana* are perfected. You won't find a better description of this anywhere else in the suttas. Our highest aspiration is modeled by the Buddha, and his teaching of the *Anapanasati Sutta* invites us to follow in his footsteps.

This practice may not suit everyone. The Buddha admitted diversity and personal discernment in such matters, and we are encouraged to find what truly works best for each of us. Nonetheless, we do well to recognize that *anapanasati* suited the Buddha and many leading disciples quite well. It may just as well suit those of us who seek the same wisdom, realization, freedom, and coolness the Buddha found.

Ajahn Buddhadasa's detailed discussion of the sutta, along with a translation, is published as *Mindfulness with Breathing: A Manual for Serious Beginners* (Wisdom, 1988).

I hope our upcoming retreat at Christine Center will allow us to explore this material more thoroughly.

References in the article are to:

¹ MN 118; M.iii.78-88; *Middle Length Discourses* p. 941-48.

² Anguttara-nikaya, Ekadasaka-nipata (vol. 5), Anisamsavagga (1), Cetanakaraniya Sutta (2).

**SHARON SALZBERG
TUESDAY, SEPTEMBER 9, 2003 7—9 P.M.**

Coffman Theater, Coffman Memorial Union
300 Washington Ave SE, University of Minnesota,
F.F.I. 612-722-8260

Sharon Salzberg has been a Buddhist meditation teacher since 1974 and is a co-founder of The Insight Meditation Society. She is the author of *Faith: Trusting Your Own Deepest Experience*, *Lovingkindness: The Revolutionary Art of Happiness*, and *A Heart as Wide as the World* (Shambala).

Sharon will speak on "Meditation: Tools for Awakening Courage, Faith and Compassion." A book signing follows.

This event is sponsored by Common Ground Meditation Center, TCVC and the Center for Spirituality and Healing at the University of Minnesota.

**TENTH ANNIVERSARY CELEBRATION
COMMON GROUND MEDITATION CENTER
OCTOBER 18, 2003**

Common Ground Meditation Center will celebrate its tenth year of serving the Twin Cities mindfulness meditation community on October 18th beginning with a morning peace meditation followed by tea and muffins at 8:00—10:00 A.M. From 10:30—12:30 we will prepare and deliver small thank you gifts for Common Ground's neighbors. At 6:30 P.M. we will have a reception with music and desserts, a short meditation, dharma talk and story telling. We will end the evening with more music and socializing.

Please join us in honoring our community, center and practice. RSVP by calling or stopping by. There are many opportunities to assist in planning, production and cleanup. Let Mark Nunberg know if you would like to help.

**ART SALE BENEFIT FOR THE
HO'OMALAMALAMA SANCTUARY
NOV 8, 2003 11:00 A.M.— 5:00 P.M**

Home of David and Joanne Hedrick Skarjune
3518 East 25th Street, Minneapolis 612-724-9357

The Midwest Kuti Committee is again participating in the Seward Art Crawl to raise funds for the Vipassana Metta Foundation's Midwest Kuti on Maui. If you would like to donate art for the sale, please drop it off with David and Joanne anytime before November 8.

We hope that you can join us for the sale—the teapot will be on! Thanks to everyone who has contributed. We have raised \$20,059.53 of the \$25,000 needed so far.

VIPASSANA PRACTICE IN THE TWIN CITIES

Common Ground Meditation Center

3400 E. 26th Street
Minneapolis, MN 55406
Contact Mark Nunberg and
Wynn Fricke at 612-722-8260
www.commongroundmeditation.org

Common Ground offers beginning instruction, daily meditation sessions, a Buddhist study program, and weekly sitting groups.

Upcoming retreats include:

Day-long Retreats: Saturday
Oct. 11 & Nov. 22nd.

Half-day Retreats: Saturday
Sept. 27th & November 1st

Day of Mindfulness: Tuesday,
Sept. 16th and Oct. 21st

Midwest Vipassana Association

807 University Avenue NE
Minneapolis, MN 55413
www.dhamma.org

Upcoming 10-day courses:

Nov 26—Dec 7, 2003

Mar 24—April 4, 2004

Contact Jane Scamurra
651-649-4725
registration@mn.us.dhamma.org

Phat An Temple Vietnamese Buddhist Association of MN

Chua Phat An
475 Minnesota Avenue
Roseville, MN 55113

Saturdays, 7–9 A.M., vipassana
meditation sessions.

Saturday, Sept 13 and Sept 27, half-
day retreats 7 A.M.– NOON.

Upcoming Retreat:

Oct 4–9 Venerable Khippa Panno
(Kim Trieu).

Contact Nita Truitner
651-644-8641
nitatruitner@yahoo.com

Thich Nhat Hanh Sangha

Heartwood Mindfulness
Practice Center
3706 East 34th Street
Minneapolis, MN 55406
Contact Judith Lies at 612-724-8168

Ongoing meditation schedule

beginning in October:

1st & 3rd Mondays 7:30– 8:30 A.M.:
sitting and walking meditation.

2nd & 4th Tuesdays 7:30– 9:00 P.M.:
sitting and walking meditation, and
dharma discussion.

OTHER RESOURCES IN THE TWIN CITIES

Buddhist Peace Fellowship

For information about the next
meeting, call Michael O'Neill
at 612-825-7658

Beverly White Community Outreach

Opportunity to facilitate simple self-
awareness meditation sessions for
people in challenging life circum-
stances. Call Cal Appleby at
612-929-0901.

REGIONAL VIPASSANA

Madison Vipassana, Inc.

www.vipassana.net

Upcoming retreats:

Oct 23–26 Eugene Cash

Jan 22–25, 2004 Ginny Morgan

April 29–May 2, 2004 Sally
Clough

All retreats are residential and
held at the St. Benedict Center,
Madison, Wisconsin.

Contact Cindy McCallum at
608-255-4559, uppekha@yahoo.com

Mid America Dharma

P.O. Box 120246
Kansas City, Missouri 64112
www.midamericadharma.org

Upcoming retreats:

Nov 7–9 Non-residential retreat
with Wes Nisker

in Lawrence, Kansas.

Contact Joyce Wyler
785-242-2795 or joyce@att.net.

Dec 30, 2003–Jan 2, 2004 resi-
dential retreat with Ginny Morgan
at Conception Abbey, Missouri.

Contact Bridget Rolens
314-426-4238 or
bridgetr@brick.net.

Winona Sitting Group

A vipassana meditation group
meets 8:00–9:00 A.M. every Sun-
day. Contact Lynn Rabuse at
507-457-0347.

Twin Cities Vipassana Cooperative (TCVC) is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of *vipassana* (insight) and *metta* (lovingkindness) meditation, primarily in the Theravada Buddhist tradition.

GrassRoots Dhamma is published by the Twin Cities Vipassana Cooperative. David Hall is the editor. To join our mailing list, send your name, address, and phone number to the TCVC e-mail address or the PO box.

Listings for local, regional and national vipassana organizations are on our website, www.tcvc.info, under the Resources heading.

Two national organizations of note are The Inquiring Mind (www.inquiringmind.com), which publishes a semiannual journal with national retreat listings, and Dharma Seed (www.dharmaseed.org), which provides dharma talks on audio tapes and streaming audio online.

RESIDENTIAL MEDITATION RETREAT

SANTIKARO BIKKHU

OCTOBER 31—NOV. 2 OR OCTOBER 31—NOV. 4, 2003

Insight Meditation (Vipassana) is a simple, direct and powerful practice—the moment to moment observation and investigation of the mind-body process through the development of a calm, focused, and balanced awareness. As stillness deepens, we begin to understand life and ourselves as a constantly changing process, thus beginning to free the heart/mind from fear and clinging. We awaken to living more fully in the present moment with greater wisdom, compassion, and an inner peace.

This silent retreat is suitable for both beginning and experienced practitioners. It will include sitting and walking meditation, Qi Gong, Sutta study, and Dhamma talks. The primary instruction is drawn from the *Anapanasati Sutta*, or Mindfulness with Breathing, a complete path of liberation in itself and the meditation system that was most often practiced and taught by the Buddha.

Yogi jobs are included in the retreat schedule for full-time participants. These half-hour mindful work periods will be assigned on a first-come first-served basis at check-in time.

About the Teacher Ven. Santikaro Bhikkhu is an American-born monk who lived and trained in Thailand for twenty years. A graduate of the University of Illinois, he served with the Peace Corps in Thailand for over four years. A bhikkhu (fully ordained monk) since 1985, Ven. Santikaro trained at Suan Mokkh, the monastery founded by Buddhadasa Bhikkhu, a leading Thai teacher, scholar, and reformer. He became Ajahn Buddhadasa's primary English translator and was abbot of Suan Atammayarama, a training center for foreign monks nearby Suan Mokkh. Ven. Santikaro translated/edited *Mindfulness with Breathing*, *Heartwood of the Bodhi Tree*, and numerous smaller teachings in print and on tape. He hopes to open Liberation Park—his vision for a monastic community and Dhamma center—in the Chicago area in 2004. Please see www.liberationpark.org for more information.

Dana (Generosity) Since the Teachings of the Buddha are considered priceless, they have traditionally been offered freely and out of the spirit of dana. Teachers for these retreats do not ask for or receive any payment from TCVC for their teaching. At retreat's end, retreatants may practice dana by offering a voluntary donation to express appreciation for the benefit they have received and to support the teacher's continued dhamma work and meditation practice.

Attendance Please plan to arrive by 6:00 P.M. on the opening day of the retreat and to stay for the duration. **The weekend retreat ends at 4:00 P.M. Sunday Nov. 2;** the full-time retreat ends after the noon meal on Tuesday Nov. 4. Exceptions must be approved by the retreat manager.

Meals and Facilities Vegetarian meals begin with an evening meal from 6:00—7:00 P.M. on the opening night and end with lunch on the last day of your retreat. Accommodations at the Christine Center are shared with one or more people and vary from rooms in the main house to modern and rustic cabins. **Room assignments are made on a random basis with the exception of those with special needs.** In order to treat everyone fairly and to care for the container of the retreat, preferences and roommate requests are not considered when assigning rooms.

What to Bring Come prepared for the outdoors: flashlight, sturdy walking shoes and a warm coat. Consider bringing boots as the grounds may get muddy if it rains. Wear comfortable, loose-fitting clothes. Bring a meditation cushion or bench, a soft floor pad, and blanket as needed for sitting. TCVC and the Christine Center have extra meditation cushions, benches and floor pads, but not enough for the whole group. Chairs are also available. Bring an alarm clock, and earplugs if you are a light sleeper. Towels and bedding are supplied.

Please do not wear or bring strongly scented lotions or shampoos, perfumes, incense, essential oils, or aromatic balms.

Scholarships Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, attach a letter with your registration, giving the background of your need and the amount of your request. Send a check for the retreat fee minus the scholarship amount requested. Those with financial resources may wish to help others by donating to the scholarship fund.

To Register Send a check payable to TCVC for the full amount along with the registration form. Registrations are not confirmed unless you send a self-addressed, stamped envelop or postcard along with your registration.

If you send a self-addressed, stamped *business-size* envelop you will receive directions to the retreat and some general orientation information. You can also retrieve this information under the Retreats section of our web site at <http://www.tcvc.info>. Registration priority is given to full-time retreatants. **Registration deadline is October 10.**

Cancellations Notify the registrar as early as possible if you need to cancel. TCVC will retain a \$25 fee for all cancellations received after the close date, along with any cancellation amount charged by the retreat venue.



TCVC CALENDAR

**All retreats are suitable for both beginning and experienced students.
Weekend and full-time options are offered for residential retreats.**

DATE	EVENT	LOCATION	CONTACT
Tues., Sept 23, 2003 7:00 P.M.	TCVC Business Meeting	Home of Merra Young 3716 East 34th St., Minneapolis	Merra Young 612-724-2185
Wed., Oct 22, 2003 7:00 P.M.	TCVC Business Meeting	Home of Naomi Baer 1812 Princeton Ave., St. Paul	Naomi Baer 651-698-1458
Oct 31– Nov 2 or Oct 31– Nov 4, 2003	Santikaro Bhikkhu Vipassana Retreat	Christine Center Willard, Wisconsin	David Hedrick Skarjune 612-724-9357 yogi@wordimage.com
Jan 30– Feb 1 or Jan 30– Feb 3, 2004	Matthew Flickstein Vipassana Retreat	Christine Center Willard, Wisconsin	Steve Burt 612-721-1021 sburt@hclib.org
June 11– 13 or June 11– 20, 2004	Steve Armstrong and Kamala Masters Vipassana Retreat	Christine Center Willard, Wisconsin	Joanne Skarjune, 612-724-9357 jskarjune@hotmail.com
Sept 17– 19 or Sept 17– 21, 2004	Phillip Moffit Vipassana Retreat	Christine Center Willard, Wisconsin	www.tcvc.info TCVCoop@hotmail.com

(TCVC Info Line 651-229-3139

**: TCVC web site <http://www.tcvc.info> : E-mail tcvcoop@hotmail.com
+ TCVC, P.O. Box 14683, Minneapolis, MN 55414**

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