

Profiles

Sayadaw U Agganna

Sayadaw was born in 1953 and graduated with a BSc degree in mathematics from Rangoon University. He started practicing as a lay Buddhist in 1989 and was ordained by his teacher, Pa-Auk Sayadaw U Acinna in 1992.



From years 1997-1998 and 2000-2001, Sayadaw taught meditation to both lay people and monks at various centers in Sri Lanka including the Dhammayatana, in Meetigala and Polgassovita Vipassana Centre. While in Myanmar, Sayadaw taught meditation at the Pa-Auk Forest Monastery. He also taught at the International Buddhasassana Meditation Centre in Thanlyin, Myanmar as an assistant teacher.

He later returned to Sri Lanka to continue his meditation practice and teaching at the Nauyana Forest Hermitage. Sayadaw has also taught at the Pa-Auk Meditation Retreat in 2000 at the Penang Buddhist Association, Malaysia.

Ven U Nyanacara

Ven U Nyanacara was born in 1974 and ordained as a Theravada novice at the age of 15. He studied Pali Texts under famous teachers in Myanmar and passed the 3 levels of Pali language examinations (Lower, Intermediate & Advanced) by the age of 22, two years after his higher ordination.



Since 2001, he has received instructions on meditation from Pa-Auk Sayadaw and dwelled in a forest monastery.

Ven U Nyanacara later passed the prestigious "Dhammacariya" examination which confers the title of Dhamma Teacher in 2002 at the age of 27.

He now teaches Pali and Abhidhamma to novices and senior monks at the Pa-Auk Forest Monastery and has given several Dhamma talks. Ven U Nyanacara is fluent in English.

SAMATHA & VIPASSANA MEDITATION PROGRAMME

Conducted by:
Sayadaw U Agganna
Venerable U Nyanacara

Venue:
Ti-Sarana Buddhist Association
90 Duku Road, Singapore 429254
3rd Floor, Relic Chamber
Tel: 6345 6741

***GROUP 1 (limited to 40 people) - to register please email to
tisarana@singnet.com.sg or sms to Susan 9694 9607***

15/7/06 - 12/8/06 (21 days)

Date	Hours of guided sitting	Time
15 th July (Sat)	8 hours	8.00am - 5.30 pm
17 th Jul (Mon)	1 ½ hours	8.00 pm - 9.30 pm
19 th - 21 st Jul (Wed - Fri)	1 ½ hours	8.00 pm - 9.30 pm
22 nd Jul (Sat)	8 hours	8.00 am - 5.30 pm
24 th Jul (Mon)	1 ½ hours	8.00 pm - 9.30 pm
26 th - 28 th Jul (Wed - Fri)	1 ½ hours	8.00 pm - 9.30 pm
29 th Jul (Sat)	8 hours	8.00 am - 5.30 pm
31 st Jul (Mon)	1 ½ hours	8.00 pm - 9.30 pm
2 nd - 4 th Aug (Wed - Fri)	1 ½ hours	8.00 pm - 9.30 pm
5 th Aug (Sat)	8 hours	8.00 am - 5.30 pm
7 th - 12 th Aug (Mon - Sat)	Full Day Retreat	8.00 am - 5.30 pm

- *Interview on Saturdays*
- *Lunch will be provided on Saturdays*

SAMATHA & VIPASSANA MEDITATION PROGRAMME

GROUP 2 (limited to 40 people) – to register, please email to tisarana@singnet.com.sg or sms to Ms Denise 9737 8181

14/8/06 – 9/9/06 (21 days)

Date	Hours of guided sitting	Time
14 th Aug (Mon)	1 ½ hours	8.00 pm - 9.30 pm
16 th - 18 th Aug (Wed- Fri)	1 ½ hours	8.00 pm - 9.30 pm
19 th Aug (Sat)	8 hours	8.00 am - 5.30 pm
21 st Aug (Mon)	1 ½ hours	8.00 pm - 9.30 pm
23 rd - 25 th Aug (Wed - Fri)	1 ½ hours	8.00 pm - 9.30pm
26 th Aug (Sat)	8 hours	8.00 am - 5.30 pm
28 th Aug (Mon)	1 ½ hours	8.00 pm - 9.30 pm
30 th Aug - 1 st Sept (Wed - Fri)	1 ½ hours	8.00 pm - 9.30 pm
2 nd Sept (Sat)	8 hours	8.00 am - 5.30 pm
4 th - 9 th Sept (Mon - Sat)	Full Day Retreat	8.00 am -5.30 pm

- *Interview on Saturdays*
- *Lunch will be provided on Saturdays*

A monk once asked the Buddha, "What is most powerful, and what is most illuminating?" The Buddha replied, "Meekness is most powerful, for it harbors no evil thoughts, and, moreover, it is restful and full of strength. As it is free from evils, it is sure to be honored by all.

The most illuminating is a mind that is thoroughly cleansed of dirt, and which, remaining pure, retains no blemishes. From the time when there was yet no heaven and earth till the present day, there is nothing in the ten quarters which is not seen, or known, or heard by such a mind, for it has gained all-knowledge, and for that reason it is called 'illuminating'.