As a result of past volitional activities there arises consciousness (viññāna), beginning with the first moment of consciousness linking the past and present lives, and dependent upon this arises “name-and-form” (nāmarūpa) or mind-and-body, i.e., feeling, perception, and other mental states along with physical form composed of the four elements—earth, water, fire, and air (extension, cohesion, heat, and motion)—and their derivatives. The “sixfold base” (saḷāyatana) consists of the five sense faculties and the mind, which exist and function in dependence on name-and-form. Contact (phassa) is the coming together of an internal sense faculty with its respective external base or sense object—visible forms, sounds, etc., ideas being the object of the mind-base: “Dependent upon the eye and visible objects visual consciousness arises; the coming together of these three is called contact,” and similarly with the other senses (S IV 32). Feeling (vedanā), which may be pleasurable, painful, or neutral, arises through contact.
Two small classics of the Pāli Canon (Tipitaka) in one volume - Pariyatti Edition.

‘The Udāna’ can be translated as “inspired utterances". The eighty utterances that this work comprises are mostly in verse and are each preceded by a narrative giving the context in which the Buddha uttered it.

The Itivuttaka is a collection of 112 short discourses of the Buddha in both prose and verse, in the Tipitaka directly following the Udāna. According to the commentarial tradition, the suttas of the Itivuttaka were collected by a female lay-disciple, Khujjuttarā. Khujjuttarā became a stream-enterer soon after meeting the Buddha and receiving the Dhamma. She frequented the Buddha's discourses and shared what she heard there with other women.

It is said that the emphatic statements at the beginning and end of each of the suttas, reproduced in this work only in the first and last, were made by Khujjuttarā to stress that they were the Buddha’s words and not her own.

The Itivuttaka is the only book in the Pāli Canon that introduces and concludes its suttas in this fashion, and it is from the opening statement that the title is derived: “This was said (vuttai) by the Lord ... so (iti) I heard”—hence Itivuttaka, “The So-was-said” or “Sayings.”
New audiobook!
Is Buddhism closely related to psychology? "To some extent, yes - but with one tremendous difference: While psychology helps you to understand yourself intellectually and, at best emotionally, Buddhism helps you to get beyond the intellect to the actual experience of life itself. That's why applied Buddhism goes so much deeper than any school of psychology can ever claim to do..." writes Ruth Walshe.

With this audiobook (beautifully narrated Judy Swift), Ruth Walshe encourages the listener to practice mindfulness, to observe bodily sensations with detachment and acceptance, whether they are caused by the body itself or in relation to one's emotions. She wants people to start looking within, instead of outside, and emphasizes the importance of non-attachment in reducing mental suffering. Looking at the six states of mind that are related to most of her suffering (greed - general, greed - for a better self, hurt pride, envy, hatred, anxiety), Walshe gives down-to-earth examples of thoughts human beings are rolling in every day, providing ample food for reflection to view things from a different perspective.

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First Pāli Workshop in Spain 'Deep' and 'Inspiring'

The 17 Vipassana meditators, all old students of S.N. Goenka, who recently participated in the first Pāli-Spanish workshop in Spain, said they greatly valued their experience. They rhapsodized that the week-long event, held at a rented site close to Vipassana meditation center Dhamma Sacca, was a profound learning experience; one that inspired them and deepened their practice. "The workshop has filled my practice with depth. I felt a level of gratitude I had never experienced before," one of the participants stated. "I never imagined how much power the Pāli contains," mentioned another, "and the depth that it's comprehension brings to the practice. I feel so fortunate for this precious opportunity!"
The workshop, conducted by Assistant Teacher Adriana Patiño, started off with a one-day course and proceeded with an intensive schedule; after the early morning chantings study sessions alternated with group sittings throughout the day. “[It was] all in a format and style that favored comprehension, assimilation and attention,” the Spanish Vipassana newsletter read.

Topics covered were the historical context of the Buddha's time, the origin of the Pāli language, basic grammar and pronunciation, and 'Dhamma theory' (pariyatti). The participants also practiced reciting Suttas, combining the understanding of Pāli with observing bodily sensations and practicing mettā bhavana.

"I take back with me more than I imagined, learning the Dhamma through the Pali."

"To be able to plunge into the meaning of each of the words that Goenkaji chants during the courses enabled me to broaden my horizons and insight on the practice of the technique."

"Truly inspiring! In the practical sense, I feel I have more tools to manage all the work that needs to be done."

Bhavatu Sabba Maṅgalaṃ!

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February 28 to March 21, 2019

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