



Commemorative Shrine - Most Venerable Matara Sri Gnanarama Maha Thero



At Nissarana Vanaya, a commemorative shrine (Smarakaya) for the late Most Venerable Mathara Sri Gnanarama Maha Thero, the founding Abbot of the forest monastery, was refurbished and inaugurated on the 10th December 2016. Led by Most Venerable U Dhammajiva, the incumbent Abbot, many resident Bhikkhus and monks of Nissarana Vanaya, and some lay devotees participated at a simple ceremony.



Nissrana Vanaya Newsletter Celebrates Its 10th Issue

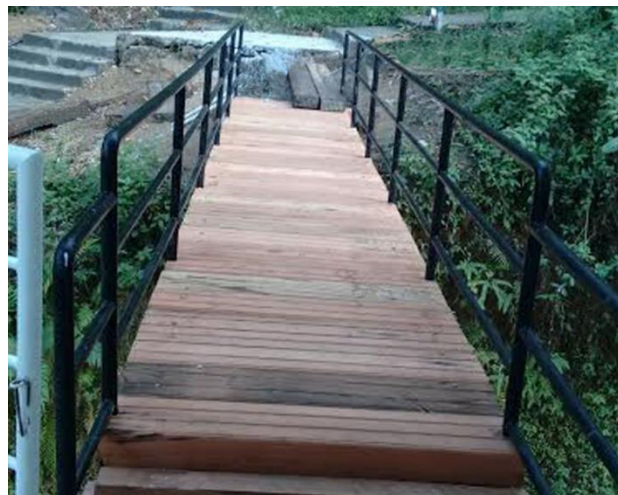
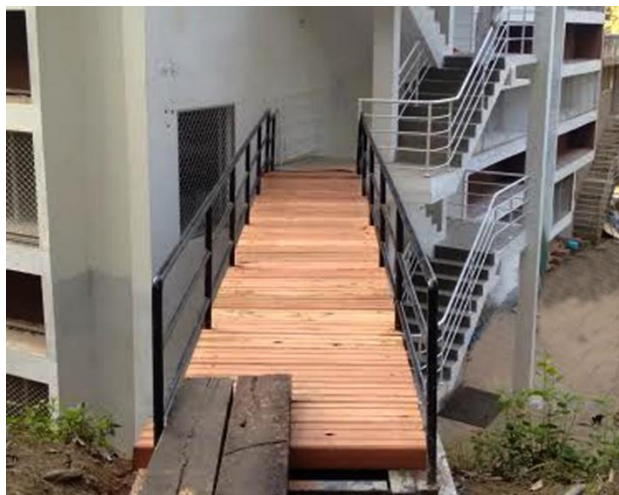
An initiative that commenced in 2015 to share important events connected to the Nissarana Vanaya monastery as well as the Retreat Center for lay meditators, has reached a significant milestone. This quarterly e-news magazine has completed its tenth issue. The newsletter is compiled and designed by a team of meditators who are disciples of the Most Venerable Dhammajiva Maha Thero. We welcome any ideas and suggestions regards improving the contents and design of this publication.

Please email us: nissarananews@gmail.com



New Bridge

A new bridge constructed from railway sleepers, connecting lay yogis' new second floor accommodation, and the steps leading to the upper monastery was opened for use recently. This bridge becomes very useful for yogis, particularly when using the walking paths near the Bodhi tree during walking meditation sessions.



New Walking Meditation Hall

During meditation retreats about 30 yogis can comfortably engage in walking meditation in the new hall constructed for this purpose. The hall is safe guarded from monkeys and has adequate light and ventilation. Coir mats have been laid on the ground to facilitate walking meditation.



Dhammaarchive

The Nissarana Vanaya Dhammaarchive consisting CDs containing Dhamma Talks and Discussions is accessible by emailing dhammaarchive@gmail.com or by posting a written request to:

Thilina Senevirathna

58/2 Jayanthi Mawatha, Biyagama.

The list of suttas that is available on CDs is : <https://drive.google.com/open?id=0B6kbYxSPyHutak5sUlpfQ1FBMEU>



First Sati Pirivena at Nissarana Vanaya

On the 12th February, fifty novice young monks from Sri Subodharama Pirivena, Peradeniya attended a mindfulness training program at Nissarana Vanaya. Venerable Dhammajiva conducted the training program, commencing with simple instructions given regards walking mindfully, sitting mindfully and on being mindful when engaged in daily activities. Special practical instructions were given on how to be mindful when brushing teeth, eating, drinking, and during simple activities these young monks attend daily. The day ended with a very simple yet profound talk on mindfulness delivered by Venerable Dhammajiva.

The link to this talk is given below:

<http://mixlr.com/dhammajiva/showreel/dhammajivas-mixlr-190/>



Useful links

- Retreat Application
<http://www.nissarana.lk/pdf/Application.pdf>
- Retreat Timetable
<http://www.nissarana.lk/meditate-with-us/retreat-timetable/>
- Dhamma Talks at Nissarana Vanaya
<http://www.nissarana.lk/audio-and-publications/dhamma-audio-archive/>
- Publications – Sinhala
<http://www.nissarana.lk/audio-and-publications/publications-sinhala/>
- Publications – English
<http://www.nissarana.lk/audio-and-publications/publications-english/>

Listen to NV Retreat Sermons Online

Please join with: <http://mixlr.com/dhammajiva/>

Weekly Schedule dharma sermons in SL Time:

- Every Tuesday: Dhamma-deshana + discussion (in English) at Meethirigala Nissarana Vanaya from 8:30AM to 9:30AM.
- Every Thursday: Dhamma-deshana + discussion (in Sinhala) at Meethirigala Nissarana Vanaya from 7:30AM to 8:30AM.
- Every Saturday: Dhamma-deshana + discussion (in Sinhala) at Meethirigala Nissarana Vanaya from 7:30AM to 8:30AM.

NOTES:

You could ask questions using Mixlr chat window so it could be passed to Ven. Dhammajiva

Past Sermons: <http://mixlr.com/dhammajiva/showreel/>



Meditation Retreat Highlights - April to June 2017

5 Day Residential Retreat Nissarana Vanaya - for School Teachers

Dates: From 15 – 20 April, 2017.

Organizer: Ms Isha Suriyapperuma

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6/>

10 Day Residential Retreat Nissarana Vanaya - for Sil Meniyos

Dates: From 21 April – 1 May, 2017.

Organizer: Ipalogama Pradeepa Maniyo

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-3/>

7 Days Residential Retreat - Nissarana Vanaya

Dates: From 14 – 21 May, 2017.

Organizer: Mrs. Marasinghe

<http://www.nissarana.lk/event/5-days-silent-retreat-for-senior-yogis-3/>

7 Days Residential Retreat - Nissarana Vanaya

Dates: From 23 – 30 May, 2017.

Organizer: Ms. Priyanka Molligoda

<http://www.nissarana.lk/event/residential-retreat-for-6-days-3-6-2-2-2-2-2-2-2/>

7 Days Residential Retreat - Nissarana Vanaya (English Medium)

Dates: From 1 – 8 June, 2017.

Organizer: Ms. Doreen Weerasinghe

<http://www.nissarana.lk/event/residential-retreat-for-9-days-2-3/>

7 Days Residential Retreat - Nissarana Vanaya

Dates: From 11 – 18 June, 2017.

Organizer: Ms. Malkanthi de Silva

<http://www.nissarana.lk/event/5-days-silent-retreat-for-senior-yogis-3-2/>

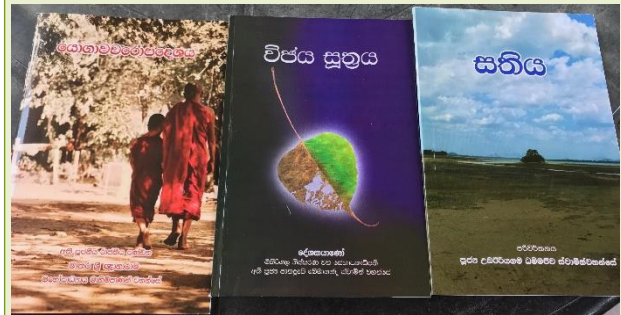
7 Days Residential Retreat - Nissarana Vanaya

Dates: From 21 – 28 June, 2017.

Organizer: Ms. Shari Mallawarachchi

<http://www.nissarana.lk/event/5-days-silent-retreat-for-senior-yogis-3-2-2/>

Three recently published books are now available at Nissarana Vanaya



• සතිය

This new book explains mindfulness and its application in several aspects in day to day living. This book is authored by Most Venerable Uda Eriyagama Dhammajiva Maha Thero, and was based on the original publication on the same topic by the erudite German Bhikkhu Venerable Analayo. In the Introduction, Venerable Dhammajiva recalls the original introduction to Bhikkhu Analayo by the late Godwin Samararatne, the popular meditation teacher at Lewalle, Kandy, and the subsequent continued association with a valuable kalyanamitta.

• විජය සූත්‍රය

This book was authored by the former Abbot of Nissarana Vanaya, Most Venerable Panaduwe Khemananda.

• සේනවච්චරජදේශය

Describing how a dedicated meditation practitioner should conduct himself and what methods he/she should adopt to protect his mind from wayward thoughts, day dreams and fantasies, this publication by the founder Abbot of Nissarana Vanaya Most Venerable Matara Sri Gnanarama Math Thero, has been reprinted in December 2016. This slim volume becomes an essential hand book for the diligent and steadfast yogi whose primary aim is to reach nibbana in this life it itself.