

Meditation in Theory and Practice

An Introduction to Abhidhamma

A Five-Week Course with Noa Ronkin and Shaila Catherine

May 26, June 2, 9, 16, 23, 2010

Wednesdays

7:00–9:00pm

940 Lassen Dr
MENLO PARK, 94025

This series introduces the foundational doctrines of the Abhidhamma—a system of thought and method of exposition in Theravāda Buddhist tradition that is set out in the third “basket” of the Pali Canon. The Abhidhamma provides a systematic account of what constitutes lived experience and represents the theoretical counterpart to what a practitioner experiences in meditation. It does so by describing in great detail how one's mind works and by prescribing a comprehensive analysis of consciousness. The talks in the series will introduce this theory of mind, its supporting doctrines, and their implications for the practice of meditation. Discussion topics include the Abhidhamma analysis of the cognitive process and of causation and time, some developments in the Abhidhamma notion of the Buddhist path, and the relation between cosmology and meditation.

COST: \$100 fee to cover operational expenses, plus voluntary Danā offerings to support the teachers.

DANĀ: In an effort to embrace these teachings in the spirit of generosity, no charge for the teachers is included in the basic course fees. A basket will be available for practicing generosity by offering voluntary donations (*danā*) to support the teachers and their ongoing efforts of serving the dhamma.

TO REGISTER: Send \$100 payable to *Bodhi-Retreats*. Include your name, e-mail, phone, and address.

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NOA RONKIN received her PhD in Buddhist Studies in 2003 from the University of Oxford and her BA and MA in Philosophy from Tel Aviv University. Her research interests include a range of issues associated with Theravāda Buddhist philosophy and psychology, and comparative Western and Indian philosophy. She is the author of *Early Buddhist Metaphysics: The Making of a Philosophical Tradition* (Routledge-Curzon, 2005) and several articles on the Abhidhamma tradition. Since 2003, Noa has been affiliated with Stanford University in a number of research, teaching, and administrative positions. She is currently a Research Fellow at the Ho Center for Buddhist Studies at Stanford.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience, and several years studying with masters in India, Nepal and Thailand. Guided by Pa Auk Sayadaw of Burma, Shaila is currently developing deep concentration (*jhāna*) and its application to insight with an approach that explicitly applies Abhidhamma principles in meditation. She authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications 2008.

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