



Anapana News

Issue 5

2012

A newsletter for children and young people who have attended an Anapana meditation course as taught by S.N.Goenka

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Anapana Helps

One day three friends found themselves in big danger in a foreign land. Jarek, Kaia and Sophie were hiking in some mountains where they had become separated from their parents and then while trying to find them again, they heard on the radio that any foreign visitors who were discovered in the country, were being captured and taken to prison.

They put up the tent they were carrying and then Jarek and Sophie sat quietly trying to think about the best course of action. But they were finding it difficult because Kaia was chattering away to them nervously. The three friends had known each other for a long time, but they had found travelling together difficult because Kaia was always talking, day in, day out, non-stop. After a while, Sophie said she thought they should escape through the mountains and over the border into another friendly country, where they would be able to contact their parents and return safely back home. Jarek agreed, and added that if they met anybody along the way, they mustn't speak to them. They must remain quiet at all times. Otherwise as soon as anyone heard them speaking in their own language, they would certainly be captured. Sophie turned to Kaia and said that she was afraid it would be impossible for her to keep quiet, she was always so talkative. But Kaia did not want to stay on her own and she begged the two of them to take her with them.

They had been friends a long time, and Sophie and Jarek didn't want to leave her alone, but they feared for all of their safety. "You promise you will keep quiet at all times?" said Jarek. "I'll try," replied Kaia helplessly. Kaia's reply didn't sound very reassuring. Back home, Sophie, Jarek and Kaia had all been on a meditation course, where they had learnt Anapana meditation. Sophie remembered this now and thought that reminding Kaia how to do it might help her to control her mind and her tendency to talk. Kaia agreed it might help and so the three friends sat down and practised

together, with Kaia staying quiet for a whole ten minutes. Afterwards, she said she felt calmer too.

The next day, they set off on foot over the mountains. At first they managed to avoid the few people that they saw by hiding or changing course, and they made good progress. Then not far from the border, they turned a corner and saw a group of armed men coming in their direction further down the track. There wasn't time to run away, so they quickly hid behind a large boulder. Unfortunately the men decided to stop and take rest after their steep climb, and they sat down the other side of the boulder from where the three friends were hiding. The three friends could hear the group talking and passing food around to each other. Meanwhile, Kaia was trying her best to stay quiet, but when she smelt all the lovely food smells, she was tempted to blurt out about how hungry she felt. She was just opening her mouth when she remembered the danger they were in and she closed her eyes and started practising Anapana. Gradually her desire to speak went away, even her hunger subsided a bit. Shortly they heard the men pack up their things and move on. Luckily from there, the three of them made it safely over the border into the neighbouring country, where they were able to find help to meet up with their parents and get home. Kaia thanked her friends for reminding her how to meditate, which had helped her to control herself. If it hadn't been for Anapana, she would have said something and revealed their hiding place, landing not just herself, but her two friends in serious trouble as well.

Anapana helps you control your mind



For more information about children's courses and to apply for a course please go to:

www.dipa.dhamma.org/childrens/courses/childrenscourses.html

General enquiries:
info@dipa.dhamma.org

Addresses:

Vipassana Meditation Centre
Dhamma Dipa Harewood End
Hereford HR2 6PH

Vipassana East Anglia
Dhamma Sukhakari
Saxon Road Saxmundham
Suffolk IP17 1EF

Course Schedule 2012

At Dhamma Dipa

- Friday 24 Feb - Sunday 26 Feb Boys 12-18
- Friday 24 Feb - Sunday 26 Feb Girls 12-18
- Friday 30 Mar - Sunday 1 April Mixed 8-11
- Friday 4 May - Sunday 6 May Boys 12-18
- Friday 4 May - Sunday 6 May Girls 12-18
- Friday 28 Sept - Sunday 30 Sept Mixed 8 - 11

Dhamma Sukhakari

- 17 March 8 - 15 yr olds mixed
- 13 - 15 April 8 - 11 mixed
- 3 - 5 Aug boys 12 - 18
- 17 - 19 Aug girls 12 - 18

Visit to Dhammagiri in India

Report by Eiran (13) - 3rd right below - who has done 10 Children's Courses in Dhamma Dipa



On a trip to India a last year I had the wonderful experience of staying at Dhammagiri, the main meditation centre in India. The place is incredible and extremely big. It's

really cool there and it's also an amazingly beautiful place with lots of forest, plants and small mountains behind the grounds. We stayed in a village of bungalows that is just inside the grounds, where they served our meals in a dining hall. Breakfast was savory and spicy.

I spent Christmas and New Year there but although it was winter, it was fairly hot.

There were hundreds of people there and they were very nice and extremely helpful.

I would love to go back one day and maybe sit a course - I am sure I will.

The Five Precepts

This is what two children on a course thought about the Five Precepts.

Intoxicants Make you ill and Bad tempered,

Lies are bad and only make trouble

A misconduct life will waste time you could spend doing other, kind and fun things

Killing will wipe out human kind and other living things.

Stealing is wrong and it not showing respect for other peoples possessions.

Zoll March 3rd

Emily Palmer

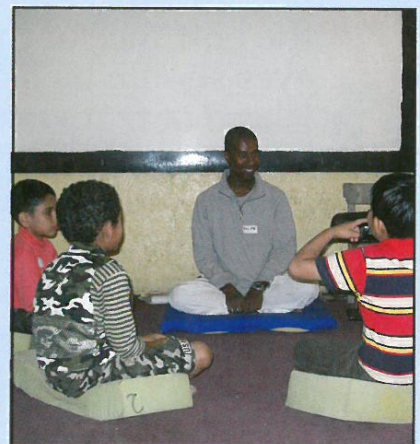
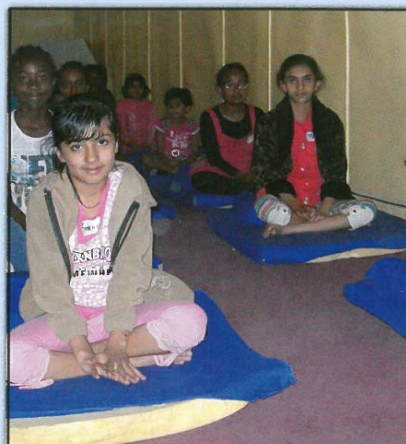
If everyone followed the 5 precepts the World would be:

- ♥ happy,
- ♥ Peaceful,
- ♥ Calm,
- ♥ beautiful,
- ♥ and everyone would be friendly with each other.

If only everyone followed the 5 precepts.

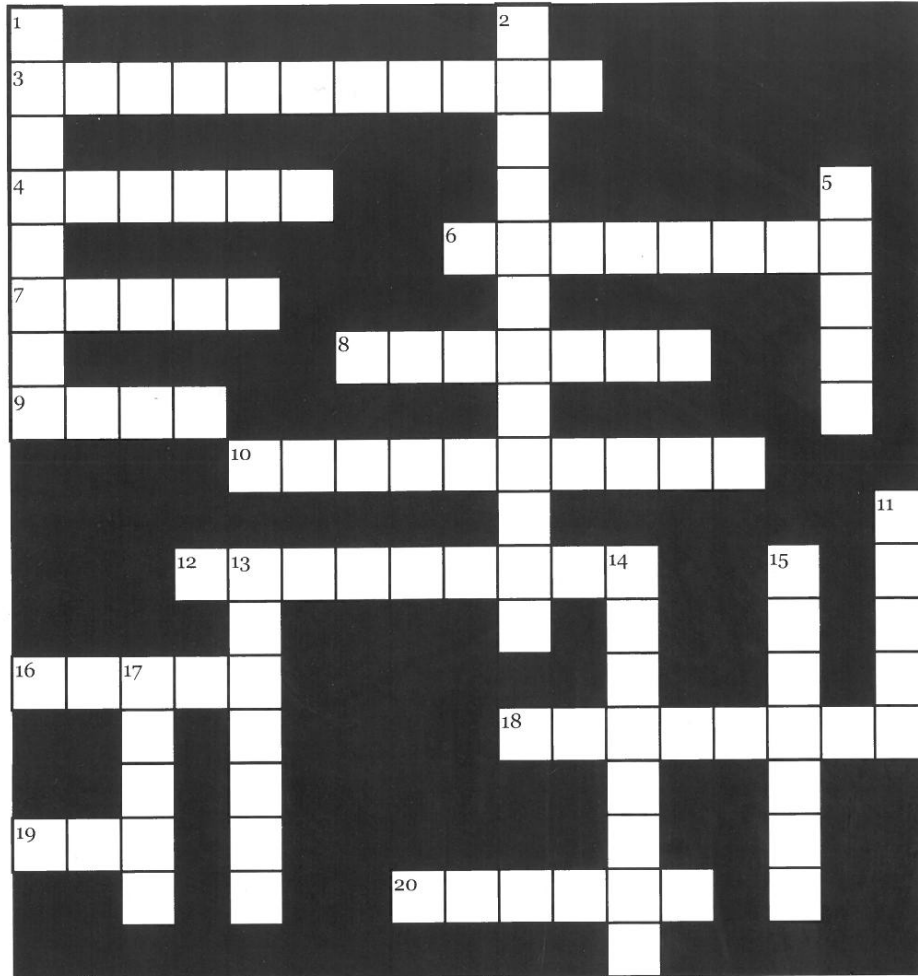


By Megan



Children in Ethiopia on a Children's course

Anapana Crossword Puzzle



Across

- 3 long word meaning breath
 4 a small piece of time
 6 calm means to be...
 7 keep the body...
 8 take the attention to the entrance of this
 9 eyes should be like this
 10 island of truth
 12 opposite of suffering
 16 loving kindness
 18 they explain how to do something
 19 a good position to meditate
 20 he lived 2500 years ago

Down

- 1 take 5
 2 anapana makes you...
 5 clouds depart then its....
 11 be aware of one thing
 13 a friend that is always with you
 14 keep the back..
 15 to watch the breath
 17 something that is right

Need Some Help?

Respiration	Anapana
Truth	Focus
Observe	DhammaDipa
Happiness	Teachers
Promises	Sit
Concentrated	Straight
Moment	Clear
Still	Buddha
Nostril	Peaceful
Shut	Metta