

Anapana News

Issue 4

2010

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

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The Wounded Swan



'It's mine!' said Devadatta, getting angry. 'Give it back to me.'

One day Prince Siddhartha was sitting in the garden of his fine palace. A swan flew overhead. Suddenly an arrow hit the swan and the bird fell to the ground close to where the Prince was standing. The Prince removed the arrow and slowly nursed the bird back to health.

A day or two later the Prince's cousin, Devadatta came along. He was carrying a bow and some arrows. 'Have you seen a wounded swan?' asked Devadatta. 'I shot one a few days ago. It fell to the ground but I can't find it.'

As he spoke Devadatta noticed the wounded swan. 'That's my swan!' he said. 'I shot it—it belongs to *me*.'

'Maybe,' said the boy Prince, 'but I nursed the swan back to life again. Perhaps the swan belongs to me.'

'It's mine!' said Devadatta, getting angry. 'Give it back to me.'

'Let's take it to the wise man,' said the Prince. 'He can decide.'

Devadatta didn't like the idea but the two boys went to the wise man. The wise man listened carefully. Finally he said, 'I think the swan belongs to the boy who saved the life of the bird, not the boy who tried to take away its life.'

And so the bird was given to Prince Siddhartha. The Prince then looked up and said, 'I saved the swan's life but its life doesn't belong to me. The bird should have its own life. The Prince then lifted up the bird and allowed it to fly free.'

Many years later Prince Siddhartha discovered how to meditate using Anapana and Vipassana, found enlightenment and became the Buddha.

From the Editor

Hello meditators!

Hope you are remembering to be aware of your breath by practising Anapana meditation? It will really help you in your life. And are you remembering to try and keep the five precepts (promises)? If you are it will be so good for you, as well as those around you. The first precept is not to kill any living creature. As you keep practising Anapana your mind becomes more under control. You become more pure hearted. Then not only do you naturally stop hurting and harming other beings, but you want to give something to help other beings — give them kind words, or help them with something they need. The story from the Buddha's childhood on the front page shows how even as a child he loved and cared for others.

On a recent visit to India I was told about a meditator called Mr Dhumal who made cows happy. You can read about him on the back page. As Mr Dhumal kept becoming a better person because of his meditation it started to help not only him and his fellow humans but even the animals. This real-life story shows how meditation can help make things better.



Courses for 2010

26th Feb - 28th Feb Children's course 8 - 11

30th Apr - 2nd May Young Person's Course 12-18

7th May - 9th May Children's course 8-11

June 21st - Schools Course

1st Oct - 3rd Oct Young Person's course 12-18

18th Oct—Schools Course

Contact (to register for the above)

Vipassana Trust, Dhamma Dipa, Harewood End, Hereford HR2 8JS

Tel: 01989 730234 Fax: 01989 730450

E-Mail: registration@dipa.dhamma.org

For more information:

info@dipa.dhamma.org

Website: www.dipa.dhamma.org

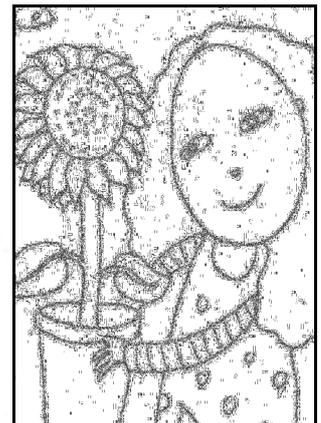
To go directly to the web page for Children and Young People's Courses: - www.dipa.dhamma.org/childrens/courses/childrenscourses.html



Metta

Metta means loving kindness. After practising Anapana and becoming calm and peaceful you can share feelings of loving kindness with all.

May all the
people of the
world be
happy,
be peaceful



Finding Happiness Inside

(The following comment was made by a teenager after a recent 2-day course.)

Meditation is the concentrating and controlling of the mind in order to be calm and happy. When I meditate I feel calm and happy even when I am uncomfortable or finding it difficult to stop my mind wandering. I enjoyed the company, the food, the activities and the meditation. What I found most difficult was remembering not to move and to concentrate on my breath during meditation and I got very tired. It has helped me to be happy in myself.

Meditator Dude Makes Cows Happy!

Meditation changes people for the better. Mr Dhumal is the manager of a big milk company, Govind Milk Products, in Pune, India.

He did a Vipassana Meditation course and liked it so much that he encouraged all the people who worked for him to go and do a 10 day course.

Since then, 500 of his workers have done Vipassana meditation, practising Anapana, and then Vipassana. As a result they all started living much happier lives.

But this was not enough for Mr Dhumal. At the end of one 10 day course Mr Dhumal had an idea. He was practising metta meditation—sharing feelings of loving kindness—just like you do at the end of the Children's course. He heard Goenkaji talk about sharing metta with all beings. Mr Dhumal thought about his cows and how he could make their lives better.

The cows that gave milk to Govind Milk Company lived chained up in sheds belonging to different farmers. They stood in one place, unable to move freely. They often had to lie down in their own cow dung. They often caught diseases because they lived packed so closely. Vets had to come and give them lots of injections to keep them all healthy. They could only drink when a bucket of water was available. They lived miserable lives, tormented by bugs that lived in their skin.

Mr Dhumal decided this had to change. He made sure all the cows in sheds were given a big field that they could live in and move about freely under the natural sun. They lived cleaner lives and did not need to be washed down each day which meant their skin was less rough. They had a trough to drink from whenever they chose. Because they were walking around, their nails no

longer needed to be cut, as they wore down naturally. Free range chickens were allowed to roam amongst them and they would peck the bugs that lived on the cows and made them upset. The cows became so happy that they gave half as much milk again as they did before. The farmers were very happy.

The only people who were not happy were the small army of vets who no longer had any work to do because the cows no longer needed lots of injections. They started telling people wrong stories that the cows were crashing into each other and injuring themselves. Mr Dhumal did not get angry. Instead he called a meeting with the vets. He decided to make them all part of his staff and paid them to go round seeing the cows didn't come to any harm, giving them de-worming treatment. Now the vets were happy too!

Mr Dhumal sends his delicious and top quality milk to Dhammagiri, the main meditation centre in India, where everyday the meditators enjoy milk from his happy cows.

(Note: 'Dudh' is the Indian word for milk - get it?!)



Happy Cow