

**2010- Foundation Series on Buddhist Tranquil Wisdom insight Meditation (TWIM)**

*As taught by*

**Most Venerable Vimalaramsi Mahathera and Samaneri Khema**

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**FS-Training Note #2**

**May 1, 2010**

***"A continuation of Foundation Meditation Training"***

**Dhamma Greetings to you all.**

First, Sadhu or a job well done for all those who have hung in there with us so far with this training project. Your input helps a lot. Second, a heart felt welcome to all new people who are joining us now as we continue on. There was a pause due to spring clean-up time at the center and now, I am getting down to this again, as promised.

What are TRAINING NOTES? A training note is something you ask about that is not in the syllabus, or something we want to add in because some of you have written privately about it. I write notes if they will help everyone with this newly practiced **OLD approach of using Right Effort** effectively when training.

To get a grasp of what we are going to cover in this training, you can go over to the '**revised syllabus**' in our training index. This can be found at the website OR in the FILES cabinet of the DhammaSukha List. You can read over the earlier installments so you understand all of the original components of the Buddhist practice.

Go to: <http://dhammasukha.org/Study/Training/training-index-2010.htm>

**Q: Why are we doing this kind of foundation training before go directly into the meditation practice?**

**A: Because you cannot build a strong practice without a solid foundation. That would be like trying to study calculus without the foundation math.**

This is an attempt to make sure you get all the parts that the original monks had in motion before they serious long term meditation training with the express intention of reaching Nibbana.

**Q: Where can you get this kind of foundation?**

**A: By relying on what the Buddha did.**

**Q: But the Buddha isn't here anymore?**

**A: Quite right. But his instructions and advice is here.** So we follow go back to the suttas to re-examine them without the bias of commentarial advice. We take his instructions and drills and repeat them.

The early installments help you understand what Buddhism basically is, and about some important ingredients such as how to activate Dana and Sila which are pure Generosity and good operational morality. You'll find out more about

what these are if you read over previous installments. Many times, these ingredients of Generosity and Morality are not understood clearly as an intricate part of the meditation succeeding and are breezed over. Not here.

Now it's time to keep going on this journey. You may notice I have a sidekick when I write. The name is simply "Q". She/he helps me stay on the right tack to reach our destination. You can offer a question to me for "Q" to voice if you like and it may well turn up in the writing. You never know. Just send it to me at [sisterkhema@yahoo.com](mailto:sisterkhema@yahoo.com).

**Q: What is most important for me to know about this training program.**

**A: There are a few things you should keep in mind.**

- Remember that you are not just participating in this to learn, but you are helping us to learn how to present the Dhamma very clearly. So, above all else, Please:
- Keep asking questions and this will keep this project going.
- Submit mistakes you find to me.
- Tell us if you want to know more about something in particular.
- Tell me what parts you would like to be more clear on, but remember to stick with the syllabus subjects as we go along.
- Let us know if you want simpler words when we explain things.

Once again, remember: We may be training you from here, but you are training us on how to present this in the most effective way so it's clear to the largest number of people. Keep testing things by smiling into it and practicing the meditation.

OK. Let's get to it!

Metta and smiles.

Rev. Sister Khema

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