

# ANAPANA NEWS

Issue 8: 2019

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



## Feelings of Gratitude

**Teachers:** Goenkaji was born in Burma (which is now called Myanmar). It was there that he met his meditation teacher Sayagyi U Ba Khin, and he learned meditation from him in 1956. Before Goenkaji learned meditation he was a successful and wealthy businessman, and was a respected member of the community. However, because of the various demands on his life he experienced a lot of inner tension. This inner tension made him very unhappy at times. When he learned meditation, and when he started to practice it every day, he gained inner peace and harmony. Throughout the whole of his life Goenkaji always had very deep feelings of gratitude towards his teacher for having given him the wonderful gift of meditation. All of us here at Anapana News are very grateful to Goenkaji for having given us the wonderful gift of meditation as well, and we're sure you readers are all grateful to him too!

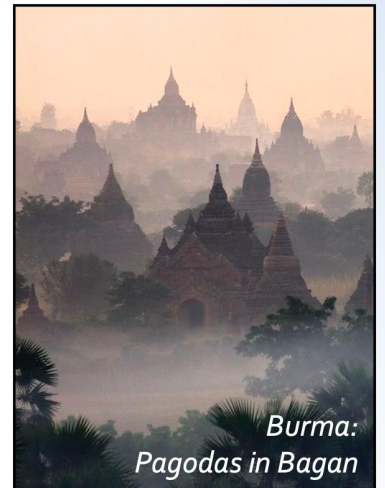


Goenkaji paying respects to his teacher Sayagyi U Ba Khin

**Burma:** There was a famous king in northern India who lived about 400 years after the Buddha passed away. His name was Ashoka, but his nickname was "Ashoka the Cruel" because he was a very cruel man. However, because of some good fortune, he met a person who was perfect in wisdom and the art of meditation. From that person he learned how to

meditate exactly as the Buddha had taught, and he soon gained inner peace and harmony. He also realised how bad his previous behaviour had been, and he changed his life for the better. He wanted others to also experience inner peace and harmony. Because he was king he was very powerful, and he put his power to good use. He sent meditation masters to all corners of his kingdom and beyond. Two of them, Sona and Uttara, were sent to Burma, and the people there also learned to meditate just as the Buddha had taught. They realised what a wonderful thing it was that they had been given. For more than 2,000 years the people of Burma preserved the purity of the meditation technique (the Dhamma). Goenkaji was very grateful to Burma and its people because of their tremendous efforts to maintain the purity of the Dhamma. It is because of their efforts that we are all able to meditate so properly, so we too all feel a lot of gratitude to Burma and its people.

**India:** This year marks the 50<sup>th</sup> anniversary of Goenkaji going to India to teach his first meditation course. He went there specifically to teach his parents who were old and not well. Goenkaji was full of gratitude to his parents, because they had given him a good life full of opportunity. He wanted to pay back his debt of gratitude to his parents. The best way to do that, he thought, was to help them learn to meditate. To lead them towards inner peace and harmony. In 1969 it was not easy for a Burmese citizen to leave Burma. Goenkaji was very grateful to the Burmese government for giving him a visa to leave the country. He was also full of gratitude to the Indian government for letting him stay long enough in India to teach meditation. It was in India that travellers from Europe heard about Goenkaji's teaching. Some of them went to learn meditation from him. Later they invited Goenkaji to come to the UK to teach here. How wonderful that he did come here. All of us here at Anapana News are very grateful that he did come and teach meditation here: because he did we too can live a life of inner peace and harmony. *Sadhu, Sadhu, Sadhu!*



Burma: Pagodas in Bagan

# Priceless Friendship

A long time ago, by the shores of a serene and crystal clear blue lake in the midst of a deep jungle, lived an wise elephant, a brave golden eagle, and two beautiful swallows – a gentleman swallow and a lady swallow. In the middle of the serene and crystal clear blue lake there was a large sandy island, and on the island dwelt an ancient, gentle turtle.

One day the gentleman swallow asked the lady swallow to marry him. "Erm, well..." said the lady swallow. "Do you have any friends?" she asked him. "No, my dear one," he replied, "Sadly I don't." To this she said: "But friends are so important, don't you think? Of course I will marry you, but only after you have made yourself some friends. Good friends. True friends. Life can be very challenging at times, and we might need help if in the future we come across any difficulties."

"I wonder who would make the best of friends, the truest of friends?" pondered the gentleman swallow to him self out

aloud. The lady swallow responded: "I suggest King Golden Eagle, who resides over on the eastern shore of the lake, Lord Elephant who dwells in the fields and jungles to the north, and Great Turtle, who has made for himself a home on the beautiful island in the middle of the lake."

Mr Swallow took her advice, and it wasn't long before a firm friendship was established between the four of them. And, keeping true to her word, the lady swallow married her admirer the following spring. At the wedding ceremony the elephant, the golden eagle and the turtle were the guests of honour. For their new home the newlywed swallows chose to build their mud-nest in the canopy of a glorious flowering tree on one of the lake's many smaller islets. It was not long until lady swallow had laid two delicate eggs, and it

was soon after that that two baby swallows emerged into the daylight.

One day, when the baby swallows were still fledglings, some hunters came to the jungle looking for food. In the jungle they searched and searched but found nothing, so they moved to the lake in the hope of catching some fish. They fished for hours but caught nothing, and so swam out to an islet to rest and enjoy the wonderful view and the fresh, clean air. They lay down underneath a tremendous tree and lit themselves a fire to dry off and keep warm, and to drive away the mosquitoes and midgies which had started to

swarm around them in the cool early evening air. Smoke from the fire rose up into the great tree canopy above, and the fledgling swallows started to cough and cry out. "Is that not the sound of baby birds up in that tree?" said one of the hunters. "Quick, stoke the fire and make it bigger. We'll smoke them out and have ourselves some roasted birds for dinner," said another. They speedily laid more wood on the fire so the smoke became thick and blue and heavy, and rose up through the branches into the canopy. Seeing this Mrs Swallow became very fearful: "Go, my dearest," she said to her husband, "Go and tell your friend King Golden Eagle that our children's lives are being threatened!"

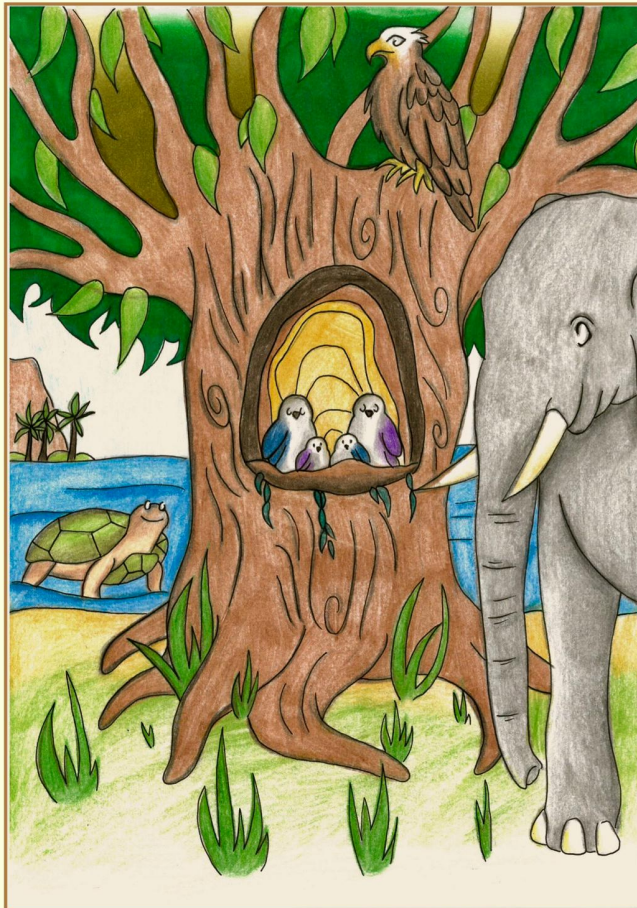
Mr Swallow flew as fast as he could to King Golden Eagle's perch, which was atop a gigantic dead tree looking out over his entire domain. Fortunately, the golden eagle was not yet asleep. "How can I help you, my dear friend Mr Swallow?" asked the golden eagle. "King of all the skies," said the

swallow:

"To the lake the hunters have come,  
Our children's lives will soon be undone.  
Thick smoke is rising high into the air -  
But the little ones flee not, they do not dare!  
Majestic one, this is our hour of need!  
Would you not help us now, I plead?"

"Don't be afraid," said the golden eagle calmly, "Let us fly there right away", and he said the following verse:

"An eternal truth – that those who have wisdom,  
Choose only true friends for their life's protection.  
My dear swallow, on my help you can always rely,  
In your time of need, like this, I could never be shy."



Flying straight and fast like an arrow to the island, King Golden Eagle saw the men climbing the glorious flowering tree. At this sight he dived deep into the crystal clear blue waters and drenched his feathers, and then instantly sprung up out of the lake and flew over the fire, flapping his wings as he did. The water that had gotten trapped in his feathers splashed out all over the fire and doused the flames. The fire went out. Angry, the hunters jumped out of the tree and restarted their fire. So King Golden Eagle, keen to help protect his friend's children, stooped down again into the lake, and again doused the flames. Again and again he did

this in response to the hunters who again and again relit their fire, until the golden eagle started to tire.

Mrs Swallow saw her husband's loyal friend begin to show signs of tiredness, so she sent her husband off to ask his friend the turtle to come to their assistance. So off flew Mr Swallow to the nearby island, and he explained his situation to his friend like this: "Our children's lives are under threat. King Golden Eagle has helped, but now he's exhausted. This is why I have come to you, Sir:

"Those who perform selfish deeds suffer such pain;  
But when in need they get help, may they feel light again!  
Our loved ones are in danger now, so I fly to you!  
Great Turtle, kind lake-dweller, what can you do?"

Upon hearing this, the lake's elder statesman's heart was moved, and he responded to his friend Mr Swallow:

"In your moment of need to this island you flew  
Fear not my friend, there's nothing I wouldn't do.  
Many times I have benefitted from such kind deeds  
Thus to give back to my friends, for me it is a need!"

As the last words left his lips, the Great Turtle dived to the very bottom of the lake and scooped up as much wet mud as he could carry, which was a lot him being so strong and such a deft swimmer. Resurfacing he swam to the small islet, and upon reaching the beach he hauled himself and his load ashore. Dragging himself along the

beach he pushed all the mud onto the hunters' fire and out it went like a light. Then the gentle one immediately pulled his head and limbs into his shell, and he lay there still and silent like a rock. Spying him, the hunters called out to one another: "Why should we labour so heavily to catch just a couple of small birds when we can flip this here huge turtle over and have it for our dinner instead!"

The hunters cut down some vines from the tree and made a couple of ropes, and tying them around the grand old turtle they tried to flip him over. But try as they would, they could not make him budge even an inch. Instead, the turtle pushed out his legs and started to scuttle down the beach, and out he slipped into the water. The hunters, not wishing to let their prize catch go, kept hold of the vines that they had lashed around him, but the turtle dived down deep into the lake, and dragged the men under with him. As the men couldn't breathe and were afraid of drowning, they let go of the ropes and swam to the surface, coughing and spluttering as they made their way back onto to dry land.

"What's going on?" one of the hunters cried to the others, puzzled that their quest for supper had been foiled once more. "Let's light another fire, and smoke those birds out of their nest!" responded the third hunter. Mrs Swallow, watching from a distance, was once again concerned for the

safety of her young ones. "Quick!" she said to her faithful husband, "go fetch your friend the mighty elephant!" and all of sudden the swallow was airborne speeding toward Lord Elephant's den. Spying his friend approaching out of the corner of his eye, the elephant quizzed him: "Mr Swallow, is it not a little early for you to be up? What's going on?" To this, the swallow filled his friend in with all the details:

"O Lord! O Sir! Doubtless the mightiest of all,  
The hunters' actions I witness, and feel so appalled,  
Our family is in danger, please help me my friend!  
My children's suffering, I need your assistance to end."

The elephant stretched out his huge trunk and issued a deafening roar:

"My dear Mr Swallow, you! A friend so dear!  
Let's go and put an end to your children's fear!"



Within no time at all the Lord Elephant was in the water, and the hunters seeing the mighty beast swimming towards them, became fearful for their own lives. "The golden eagle extinguished our fire, the turtle nearly had us drown, but this is the last straw! We're done for!" and off they ran as fast as they could away from the elephant to save their lives.

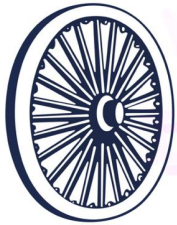
When Lord Elephant reached the island, the hunters were nowhere to be seen. The golden eagle, the turtle, and the two swallows

joined the elephant and celebrated the swallow family's newfound safety. The elephant gave a short speech praising the priceless nature of friendship: "*Never forget the importance of respecting the ties of true friendship. Make sure that you make good, trustworthy friends, and always respond to their needs with generosity and a kind, loving heart.*" With the warm glow of the elephant's wise words and the strength of each other's friendship in their hearts, the animals all returned to their respective homes.

Seeing her beautiful young offspring, mother swallow thought to herself: "How wonderful! Truly it is due to the strength of our bonds of friendship that my children's lives were saved!" and she sang this verse to her husband:

"Mr Swallow! The meaning of making friends is clear!  
Lord Elephant, King Eagle, Great Turtle, each one so dear  
Gratitude to them, our family's future is safe and sound,  
What better companionship could ever be found?"

And so it was that all five friends – the elephant, the golden eagle, the turtle and the two swallows, remained faithful to each other for the rest of their lives. And the two baby swallows? They grew up in a happy, loving household and one day they flew the nest to set out into the skies on their own adventures.

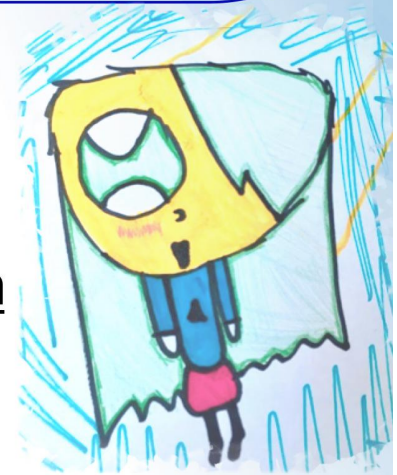


# ANAPANA MEDITATION IN THE UK AND IRELAND

Look at all the wonderful different places in the British Isles where Anapana mediation courses have taken place recently! Check out the online course schedule to see where the next courses are going to be...

Another 1-day course took place at the Gaelic School Bun-sgoil Taobh na Pàirce in Leith. The students were all between the age of 8 and 10. Isla, (9), a new student said: "We had a talk about meditating and went to the hall to do Anapana meditation. I didn't like the dark and I thought others might not too. But then it was very peaceful. It gave me time to just be me - not funny or sad, or angry, but just me".

## Edinburgh



## Cumbria

A 2-day residential course took place at Castlehead Field Centre in Grange-over-Sands. Fourteen 8-11 year olds participated, with families travelling from as far afield as Aberdeen in Scotland and Kent on the south coast of England.

### Dhamma Sukhakāri

### Dhamma Dīpa

## Colchester

Two 1-day courses have taken place in Colchester recently, with a total of 46 students participating. These were the first ever courses to take place in Colchester.

## Dublin

Two 1-day courses have taken place at Rathmichael Parish National School in Shankhill recently. These were the first ever Anapana meditation courses for children and teenagers to take place in Ireland. A total of 27 students between the ages of 8 and 15 participated.



# COURSE DATES 2019

## Dhamma Dipa, Herefordshire

18th - 20th January, teenagers' course (12 -18 years old)

5th - 7th April, children's course (8 - 11 years old)

30th August - 1st September, teenagers' course (12 -18 years old)

8th - 10th November, children's course (8 - 11 years old)

## Dhamma Sukhakāri, Suffolk

Please check the course schedule for course dates!

## Edinburgh, Bun-sgoil Taobh na Pàirce, Leith

2nd February, 1-day course for 8-15 year olds

## Dublin, Rathmichael Parish National School, Shankhill

10th February, 1-day course for 8-15 year olds

We plan to run a course every 4 months: [childrens-courses@ie.dhamma.org](mailto:childrens-courses@ie.dhamma.org)



[https://www.dhamma.org/en/schedules/schuk#child\\_course](https://www.dhamma.org/en/schedules/schuk#child_course)

Katy K and the calm cushion crew  
in  
"F" is for friendship  
**GO FRIENDSHIP!**

**School Friends**  
Sam has moved to a new neighbourhood but he's still finding his feet.

Hey sam we are at the park...  
B there in a sec

5 min later...  
**SILENT BOY**

Hey guys check this out!  
Hey Sam cool!  
How much?

£150  
Crazy  
Awesome  
I can believe it

It wouldn't have been so with discount

give it HERE!  
I'm thirsty!  
Have some pop me too!

They are making fun of Sam.  
Sam is sad they have snatched his cars.

check these moves out  
Anrrgh! ouch! help! That hurts!

Not to go now see you later  
Ha! Ha! Ha!  
Manning Ha! Ha!

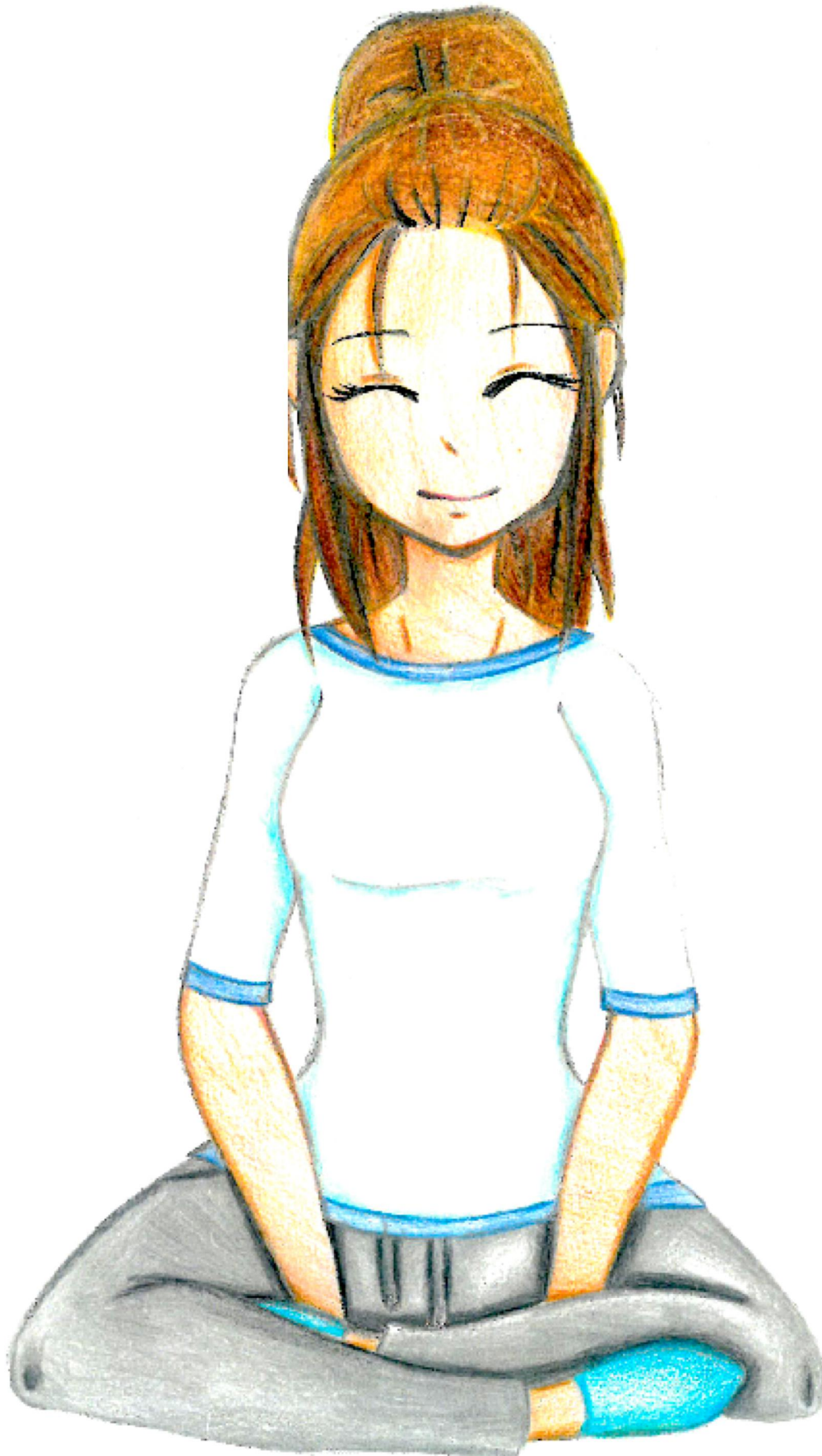
Later that day Sam gets a message from his friend Katy.

Hey sam. going good?  
What happened?  
Ern  
I wanted to make friend

So long as you didn't break promises, it will be fine.  
Everything went wrong  
I just wanted to be like them!

face time...  
Just be yourself you're great!  
Thanks, Katy you're the best!

Let's meditate over face time!  
Bharatu sabbe mangalam  
Sodhu Sodhu Sodhu!



May all beings be happy!

*A big thank you to Amaasha for providing all the wonderful illustrations in this issue!*

# ENCODED ANAPANA

The Anapana meditation phrases below have been encoded using Caesar's Cipher, an ancient way of hiding messages. Can you decipher them using the clues that are given? The first one is an example to help you on your way...

## Example:

The phrase "MAY ALL BEINGS BE HAPPY!" is encoded with Caesar's Cipher with a shift of 1 (where 'B' is written as 'A' and where 'C' is written as 'B', etc.) to this: "LZX ZKK ADHMFR AD GZOOX!"

## Two easy level phrases:

- A) QYBFS, QYBFS, QYBFS! (Shift of 2)
- B) V RCJGZ NJHZ HDIY. (Shift of 5)

## Two middle level phrases:

- C) TJP'MZ HVFDIB TJPM HDIY V CZVGOCT HDIY, V RCJGZ NJHZ HDIY.  
(Shift of 5)

## Two advanced level phrases:

- E) ALIR CSY EVI SFWIVZMRK XLI REXYVEP FVIEXL CSY EVI AMXL XLI  
XVYXL. (Shift of 4)
- F) UFE'K RCCFN R JZEXCV SIVRKY KF VEKVI PFLI EFJKIZCJ NZKYFLK PFLI  
RNRIVEVJJ. (Shift of 9)

## One Master of the Mind level phrase:

- G) GUVF VF UBJ LBH'ER GENAVAT LBHE ZVAQ, GB PUNATRVGF BYQ  
UNOVG CNGGREA BS JNAOREVAT VA GUR CNFG BE VA GUR SHGHER.  
(Shift of 13)



Hello there! If you're struggling with the answers, you'll find them on our new website under the DOWNLOADS button:

<https://www.uk.dhamma.org/children-young-people/>  
You'll also find loads of other interesting and important things there too, so why not check it out...