

MABA's One Year of Deep Reflection (Oct 1, 2023 – Sept 30, 2024)

During this one year, MABA monastics seek to reflect on effectively passing on the Buddhist tradition and its spirit of renunciation to the younger generations. The monastics will focus on meditative practice and self-contemplation to strengthen the vow for the perfect enlightenment (*sambodhi*) and the following purposes.

MABA encourages friends and followers to understand our Buddhist tradition through studying the Samyukta Agama (SA) and Samyutta Nikaya (SN) and the principle of Sangha together with us every Sunday. This is the cultural tradition we have inherited, resulting from the successful experience of the Triple Gems propagating worldwide for over 2,500 years.

Purposes:

1. To consolidate a Buddhist sangha with the main body of monks and nuns according to the Buddhist tradition.
2. To assist the lay Buddhists in professionalizing themselves to promote the Dharma and benefit the people.

During this one year:

1. Buddhist Studies Programs remain to be our top priorities.

2. MABA monastics focus on strengthening the tradition of renunciation by studying and contemplating the Dharma, especially the teaching in the SN and SA, the *Vinaya*, and the principle of Sangha.
3. MABA opens Sundays 9:00 AM–3:00 PM only for visitors; Mondays to Saturdays are closed for visitors.
4. MABA suspends all retreats and programs except Sunday Mornings, Qingming Blessing, and Dizang Blessing; no Guanyin Blessing Ceremony this year, 2022. The arranged programs will be concluded before the monastic winter retreat starts on December 1, 2023.
5. MABA stops accepting requests for any duration of overnight stay except those already accepted before August 20, 2023.
6. MABA stops accepting invitations to attend any programs and activities except those already accepted before August 20, 2023.
7. MABA strongly encourages followers and friends to take:
 - "The eight guidelines of Anuruddha" (AN 8.30 and parallel discourse MA 74 are listed below) for personal practice.
 - The practice of giving as an external practice.
 - Three forms of giving: money and materials, time and energy, and knowledge of Buddhist teaching and practice.

Schedule for Sunday Mornings (Oct 1, 2023–Sept 30, 2024):

9:30-10:30 AM:	Silent meditation	
10:30-11:00 AM:	Master Jiru's talk on SA and SN, and/or the principle of Sangha.	2nd session of meditation (If Master Jiru is out of town)
11:00-11:30 AM:	Group discussion on the content of SA and SN shared by Master Jiru.	
11:30-11:45 AM:	Chanting	

The order of the study of the SA and SN:

1. The Path (Maha Vagga)
2. Five Aggregates (Khandha Vagga)
3. Six Sense-bases (Salayatana Vagga)
4. Causes And Conditions (Nidana Vagga)
5. Eight Assemblies (Sagatha Vagga)

"The Eight Guidelines of Anuruddha"

- **AN 8.30** (English translation by Bhikkhu Bodhi)

This Dhamma is for:

1. One with few desires, not for one with strong desires.
2. One who is content, not for one who is discontent.
3. One who resorts to solitude, not for one who delights in company.
4. One who is energetic, not for one who is lazy.

5. One with mindfulness established, not for one who is muddle-minded.
6. One who is concentrated, not for one who is unconcentrated.
7. One who is wise, not for one who is unwise.
8. One who delights in non-proliferation, who takes delight in nonproliferation, not for one who delights in proliferation, who takes delight in proliferation.

• **MA 74** (CBETA 2023.Q3, T01, no. 26, pp. 540c18-542b1)

1. The Path is from no desire, not from desire. 道從無欲，非有欲得。
2. The Path is from contentment, not from insatiableness. 道從知足，非無厭得。
3. The Path is from seclusion, not from delight in gathering and dwelling in a gathering. 道從遠離，非樂聚會，非住聚會，非合聚會得。
4. The Path is from diligence, not from laziness. 道從精勤，非懈怠得。
5. The Path is from right mindfulness, not from wrong mindfulness. 道從正念，非邪念得。
6. The Path is from mental concentration, not from a confused mental state. 道從定意，非亂意得。
7. The Path is from wisdom, not from ignorance. 道從智慧，非愚癡得。
8. The Path is from non-proliferation, delight in non-proliferation, undertake nonproliferation; not from proliferation, delight in proliferation, and undertake proliferation. 道從不戲、樂不戲、行不戲、非戲、非樂戲、非行戲得。