

# Anapana News

Issue 6

2015

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

## In this issue -

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## How many Bodhi leaves can you find?

There are Bodhi leaves hidden throughout this newsletter. Can you find them all?

What does the Bodhi leaf symbolise?

To find the answers, go to *page 7*.



**EXCLUSIVE!**

## BOY, 9, DOESN'T LOSE HIS TEMPER

### ANAPANA MEDITATION SUSPECTED TO BE THE CAUSE

From our western England correspondent, 2015.

*Anapana News can today report that a boy aged 9 from the west of England, seems to have lost the ability to lose his temper. Our chief correspondent was sent to investigate...*

**PEACE & CALM:** "There was this time when I really wanted to do something," said the boy, who has taken three courses in Anapana meditation, "...but my dad wouldn't let me." When quizzed on the episode, the young meditator explained: "Normally I would have lost my temper and stomped around, but this time I calmly went upstairs and meditated by myself for some time." He added, "I wasn't at all angry with him."

**TRUTH:** Later, when Anapana News contacted the boy's father seeking confirmation, the father said: "It's true. I didn't even have to tell him to go and meditate, he just did it by himself!"

**WITNESS:** Amazingly, in an ENTIRELY DIFFERENT EVENT, *Anapana News can exclusively report* that a schoolmate of the young Anapana practitioner witnessed similarly inspiring behaviour. "At playtime there were some girls being really annoying," she disclosed to Anapana News' undercover reporter, "...but he didn't get annoyed with them" continued the girl, aged 10. "Instead, I saw him go off by himself, sit down and start meditating for some time." She told us that it was: "Amazing."

**SCIENCE:** In order to get to the bottom of this incredible phenomenon, Anapana News contacted Dhamma Dīpa in Herefordshire, where the boy took his three meditation courses. Sadly, nobody was available for interview. However, later on, they released this statement from their Senior Scientific Researcher, Dr. Federico Capovilla, which Anapana News can

now exclusively publish for the first time:

*"It is true that when young people start to meditate, observing their natural, pure breath, they can start to feel more peaceful and more happy. Their meditation can help them concentrate better, and they can start to see that reacting to situations is not good for them. Their meditation can start to help them control their own mind."*

**LOVING-KINDNESS:** A.N. went back to the boy in the hope that he would share some more words of wisdom with us. "I do a bit of meditation at home," he said, "...and I don't get upset with my little brother so much," he also confirmed. When pressed further he later said, "and I like to send my good wishes to my family and friends too. *MAY ALL BEINGS BE HAPPY!*"

All A.N. can think of to say in response to that is:

**Sadhu, Sadhu, Sadhu!**

A story for young readers.

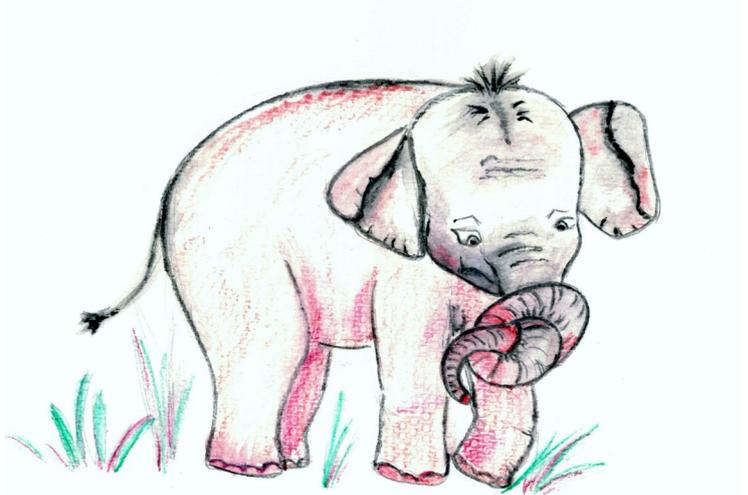
# Little Heti the Elephant

There once was a young elephant named Heti, who was affectionately called Little Heti by his mother. Although he was small, Little Heti had a big problem.

The problem was that his mind was constantly busy thinking. He would ponder all day, thinking about this and that, and his trunk would tie itself up in a huge knot. However, he was so caught up in his thoughts that he never noticed it happening. And what a huge knot it would be. Oh and how painful too, especially when he wanted to sneeze or pick his nose.

Although he was still young, his mother had taken Little Heti at least 30 times to see Dr. Tubib, who was a famous orthopaedist for elephants and other big animals. Dr. Tubib would correct Little Heti's knot by first pulling and then by setting the trunk, but sadly it would only last for a couple of days and soon Little Heti's trunk would get itself all knotted up again.

While Little Heti's friends played and had fun, he could usually be found deep in thought worrying about different problems that came into his mind. Sometimes he would think about the future: 'What will I do when I am grown up?' or 'Shall I take a bath tomorrow in the river?' Sometimes he would think about the previous day, or the one before that, and sometimes he would ask himself questions of a more philosophical nature like: 'Why are elephants so big and mice so small?' and 'Why am I an elephant and not a crocodile?' However, sometimes he would torture himself with all kinds of



thoughts full of self-doubt, like: 'My legs are so fat and my trunk is so long!' and 'My ears flap about in the wind', and 'I am really not a beautiful elephant' and 'I am the weakest elephant when it comes to playing games like Hook the Tusk.' And when these kinds of thoughts came into his mind his trunk would tie itself up in a huge tight knot, but he would be so caught up in the thoughts that he never noticed it happening. The thoughts came automatically and there were so many and they were so confusing. They seemed to jump here and there like a kangaroo mouse walking on hot stones!

His mother became increasingly desperate about her dear son's situation. She didn't want him to continue suffering with a trunk that tied itself up in knots like his did. Dr. Tubib's consultation fees were very expensive and Little Heti didn't seem to be learning from his painful experiences. His trunk continued time and again to get all knotted up, and Little Heti's so-called friends laughed and made fun of him because of it.

'There just has to be a way out of this!' thought Little Heti's mum to herself. By way of good fortune, Little Heti's mother heard about a wise woman living in a mango grove who had been able to help some other animals. Dalin the crocodile, who endlessly ground his teeth, Siberia the owl, who was afraid of flying, and even Graubus the bug, who obsessively went round and round in circles when there was a thunderstorm, (even though all he wanted to do was to sleep) - all of them had been helped by this wise woman who dwelt in the mango grove.

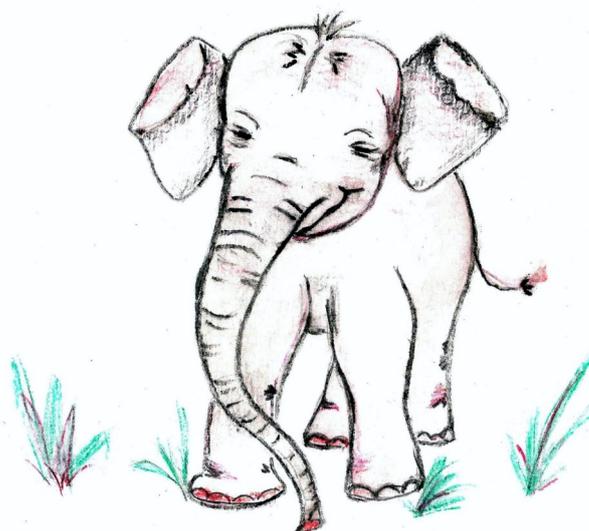
So, one day mother elephant and Little Heti went off to the mango grove to find this wise woman. After half a day's journey travelling way beyond the Seven Mountains, they arrived at a place called the Seven Mango Trees and found the spot where the wise woman lived. With high expectations in their hearts they knocked at her door. The wise woman opened the door and welcomed them in. As soon as her eyes fell on Little Heti she immediately knew what the problem was: 'You think too much little elephant!' she said. 'With all these thoughts buzzing around in your head you forget to live in the here and now!' 'Come,' she said 'and we shall practise Anapana meditation together!'

That very evening they sat on a comfortable carpet made of bamboo straw and started meditating the way that the Buddha had taught many years previously. For three whole days in the wise woman's hut at the place called the Seven Mango Trees, in the middle of the mango grove, they practiced Anapana meditation together. Of course, at the beginning it was very difficult for Little

Heti: one time he nearly fell asleep; another time a thought came to his mind that made him giggle; another time he groaned with pain because of the big knot in his trunk. But slowly his thoughts became weaker and weaker and the knot in his trunk loosened little by little

His mother was so relieved at the progress he made in those three days. She realised that the long journey they had made together had been well worth it. Because she had been practising Anapana too, some knots of her own had also loosened a little, especially the sorrow that she had felt about her son and the situation with his knotted trunk. That knot of hers was invisible because it was in her mind, but a knot is a knot wherever it may be!

At the end of the three days the wise woman said to Little Heti: 'I encourage you to practise every day. If you do, you will help yourself greatly and your mind will become calm.' Little Heti was so happy. He could breathe deeply through his trunk which was no longer knotted, and he could observe his natural breath, pure breath. And just like that life for Little Heti was so much easier, so much happier, and much more peaceful.





# Breadmaking on the Young Person's Course at Dhamma Dipa



## Course Dates for 2015

09—11 January	Childrens Course, Mixed 8—18 years	Dhamma Dipa
20—22 February	Children's Course, Mixed 8—11 years	Dhamma Sukhakari
20—22 March	Young Person's Course, Boys/Girls 12—18 years	Dhamma Dipa
01—03 May	Children's Course, Mixed 8—11 years	Dhamma Dipa
30 May	Children's Course , mixed 8—15 years	Dhamma Sukhakari
18th July	Childrens Course, Mixed 8—18 years	Dhamma Sukhakari
18—20th September	Children's Course, Mixed 8—11 years	Dhamma Dipa
30 Oct - 1st Nov	Children's Course, Mixed 8—11 years	Dhamma Sukhakari



# Anapana International

Did you know that courses for children and young people take place all round the world in India, Asia, North America, Latin America, Europe, Australia and New Zealand, the Middle East and Africa? On this page we hear from young meditators around the world. To find out more about Anapana worldwide go to [www.children.dhamma.org](http://www.children.dhamma.org).

Frankly speaking, I laughed at the idea of a meditation course before attending it. I thought it would be painful and simply a waste of time and energy. But when the course started, I began to realise that I was wrong. - **Nazia, India**

Like when I get mad at one of my family members I can use what I've learned. Or when I'm doing my school work it will help me to concentrate. - **Rachel, America**

I enjoyed learning how to do Anapana as it was broken down into easy steps. It is very beneficial to do this course, Basically you feel better about yourself and you will have a more positive outlook. — **Udan, Australia**

At first we just went there, not for the sake of going to meditate, frankly speaking we just went there for the sake of our parents. Being a sixteen year old girl, at that time it was troublesome for me to sit for one hour without opening the eyes. Sometimes I talked to myself: "Why they are torturing us like this? Ha Ha ... !" But slowly and steadily, as time passed I found much more calmness, patience and confidence. - **Chitra, Myanmar**

My concentration level went up and I could also have control over my anger to a certain extent. - **Sagarika, Singapore**

I practice ten minutes each morning and evening so that the seed given by Goenkaji will sprout into a plant and grow into a big tree to give fruits, flowers, and shade in my life. - **Nwe Lei Ko Ko, Myanmar**

Anapana is a very good method which helps each and every person to improve his talents. It has helped me to gain first and second in the school swimming competition. - **Wai Yan Hpone Paing, Asia**



**Students on a course in the U.S.**

## Need inspiration to practice Anapana at home?

Did you know you can listen online to a ten minute Anapana meditation group sit with Goenkaji's instructions?

Go to:

[www.dipa.dhamma.org/childrens/courses](http://www.dipa.dhamma.org/childrens/courses)

Click on 'Group Sit' to listen to the 10 minute audio recording.

Listen twice a day while you practice Anapana for best results!



## Drops of rain

The claw marks of hatred,  
The rashes of pain,  
All can be diminished,  
With a drop of rain.

This rain, this storm,  
Of Anapana,  
Is the first step,  
To get to Vipassana.

The rain of wisdom,  
Of love, not fear.  
The rain that nothing bad,  
can dare to go near.

This rain, this practice,  
Can feed the seed.  
The seed of Dhamma,  
Which we'll always need.

A story for all ages.

## The Bamboo Acrobats' Great Balancing Act

*One day, Ganendra, the most famous acrobat in all of northern India, was teaching his assistant a new balancing trick.*

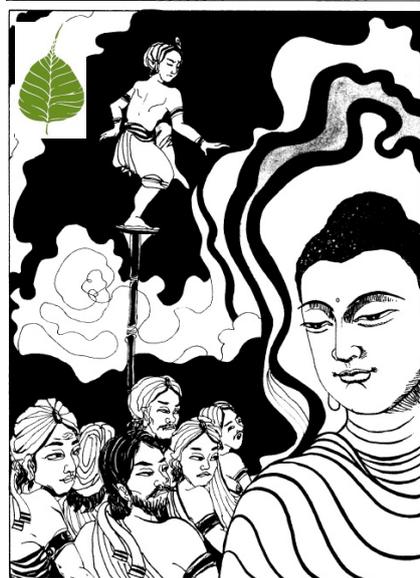
It was the most difficult trick that any acrobat could undertake on the mallakhamba (or bamboo pole) and required utmost concentration and balance. After many months of intensive training, Ganendra and his assistant were soon to set out on a tour that would take them all over the vast continent of India; to perform in great cities, sea ports, market towns and mountain villages. Preparations were almost complete and Ganendra had saved the most difficult trick until last.

In the middle of a forest clearing, Ganendra raised the mallakhamba pole onto his forehead, before calling out to his apprentice:

'Now then, Frying Pan,' for that was what she was known as, 'climb on my shoulders and from there, up onto the pole, as we practiced yesterday.'

Frying Pan's real name was in fact Medakathalika (or Medaka for short); meaning 'bowl of gems'. She

had been given the nickname Frying Pan by Ganendra. When the acrobat first arrived in the village, Medaka had brought fried rice balls every day to the forest clearing and tried to persuade him to accept her as his apprentice. Ganendra had no plans to take on an apprentice at



that time, but because he had enjoyed the rice balls so much, he eventually relented and allowed her to try a simple balance on the pole. When he saw how gracefully she performed it, he asked her:

'Where did you learn such skill and concentration?'

'Master, I have no acrobat training, but I do practise meditation and this makes my mind firm and stable, which in turn makes my actions more skilful.'

Ganendra was so impressed that he agreed to train her as a mallakhamba acrobat, and from that day onwards he continued to call her Frying Pan. The young novice learned quickly and Ganendra soon realised that as a double act they could be even more successful even than his solo show. That was how they came to be known as 'Ganendra and Frying Pan's Great Balancing Act.'

In the clearing, Frying Pan clambered onto Ganendra's shoulders. She paused for a moment to steady herself by observing her breath coming in and going out before mounting the pole. Ganendra kept the pole steady by fixing his attention at the very top of it. As Frying Pan climbed, Ganendra shifted slightly with each of his partner's movements in order to redistribute the weight. Once Frying Pan was perched on the top, the two acrobats balanced there still and straight, wavering only slightly, like a tall reed in a gentle breeze.

Afterwards, Ganendra smiled at his apprentice.

'Now we have perfected this trick, our show is complete.'

*Continued from page 6...*

Frying Pan was glad her master was pleased.

'The secret to this balancing act,' Ganendra told her, 'is that if you watch out for me, dear Frying Pan, I will watch out for you. By protecting and watching out for each other in this way, we can amaze our audiences, come down safely from the pole, and be rewarded at the end of it.'

Frying Pan thought about this for a moment before replying:

'But Ganendra, surely it would be better if you watch out for yourself, and I watch out for myself, and by protecting and watching out for ourselves and in this way, we will amaze our audiences, come down safely from the pole, and be rewarded at the end of it.'

Ganendra was puzzled at first by what his apprentice had said, but

he thought about it as the two of them packed away their bamboo pole and belongings.

A hazy dusk settled on the forest, as wearily, they headed along the path that lead back to the village. The smell of cooking and the shouts of children playing drifted towards them. They would spend a final night eating rice balls and other delicious foods with Frying Pan's family before setting off the next morning. As they walked together in silence, swatting away insects and contemplating the challenges that were ahead of them, Ganendra recalled the words of his apprentice:

'By protecting and watching out for ourselves in this way...'

And it occurred to him that she was very wise indeed.

The Buddha himself told this story to a group of monks, explaining that:

'Looking after oneself, one looks after others.

Looking after others, one looks after oneself.

And how does one look after others by looking after oneself?

By practicing meditation, by developing it and doing it a lot.

And how does one look after oneself by looking after others?

By patience, by non-harming, by loving kindness, by caring for others.

Therefore looking after oneself, one looks after others,

and looking after others, one looks after oneself.'

*Story adapted from the Sedaka Sutta.*

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### How many Bodhi leaves did you find?



The **Bodhi Tree**, also known as a Peepal tree, was a large and very old, sacred fig tree under which the Buddha sat and meditated until he reached enlightenment.

A direct descendent of the original Bodhi Tree (planted in 288 BC!) still grows today on the same spot in Bodh Gaya, India. The Bodhi tree is recognisable by its heart shaped leaves.

Answer: There are 7 Bodhi leaves hidden in the newsletter.



# Anapana Wordsearch

Can you find all the words? Do you know what they mean?

h e m n y x s r p a s d l g m y g w y s  
a v o o p m o s l u v s v o t t h w n a  
r r m i p w a e t a r m e i v o b o i d  
m e e t a s r s h p f e l n l e i f d h  
o s n a h t i a t n e a b e i t m e d u  
n b t r e u l w o e e c s r a p m w d s  
i o k i b i i m r r r o e t e o p c v a  
o c h p s t a b l e m o i r s a o a h d  
u d f s g c s j l e d d f e p n t n h h  
s t i e n l k u x u e h l t c e p h q u  
f z j r i s r g c m x o a e h d v n v s  
p a l i e r a w a o h m n m z e j i e a  
s n i w b m d n b w f t d d m v m j f d  
l v c l l q a g n c r u u l v a e i f h  
m w u w l p n u y a v h e q c p d i n u  
l n w v a z j e t m n o i t n e t t a d  
a m z n y j h i s e g r e g a t i o n i  
c x a n a j o h t a e r b l a r u t a n  
n e g q m n r b t z l r k s d d q i p z  
t l p e a c e a n d h a r m o n y j q g

wholesome  
attention  
observe  
calm  
alert  
anapana meditation  
respiration  
concentration  
stable

silā  
sadhu sadhu sadhu  
natural breath  
harmonious  
may all beings be happy  
pure breath  
pālī  
aware  
moment  
dhamma

love  
reality  
happiness  
segregation  
peace and harmony  
master of the mind  
five precepts  
focus  
unwholesome

