



ANAPANA NEWS

Issue 7: 2017

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



Stories articles
puzzles

inspiration

INFORMATION

pictures

cartoons

Luna and her friends lived in a small town where there were some traditional shops, the bakery being one of them. Luna liked to go there because it had a huge range of homemade cakes, including their famous carrot cake.

One Friday, when Luna was queueing at the bakery, her English teacher Miss Brookes came in. When she saw Luna she put down her large handbag on the cake shop counter and said hello to her. "She seems very pleased to see me," thought Luna to herself. "Ah! Luna, I see that you also know about these wonderful cakes! I wonder, maybe you'd be able to help by doing a little job for me on Fridays?" asked Miss Brookes. Luna's eyes lit up a little, inquisitively. "From next week onwards, we'll be having a joint staff meeting after lunch with teachers from two other schools. Could you possibly buy us a box of twenty cakes each week and bring them to us in the staff room?" Luna was surprised, and pleased to be asked. "Err, yes, of course I can. I would be very happy to help you," she replied.

So it was that Luna found herself at the bakery the following Friday with a crisp new twenty pound note, selecting twenty cakes for the teachers. Miss Brookes didn't have a particular preference for this or that cake, so it was up to Luna to choose which ones she bought. "Five custard doughnuts, five flapjacks, five jam doughnuts, and five jam tarts please". "That's £14.25 please," said the shopkeeper.

Luna picked up the cardboard box that the cakes had been carefully placed in, and put the £5.75 change in her pocket.



LUNA and the cakes

Luna was 14 years old. She was brilliant at maths and she played the cello too. With her birthday being in September she was the oldest in her year at school. Just after starting back at school at the end of the summer holidays, all the students in her year were given permission to go into town on Fridays during their lunch break. Some students went to their friends' houses, others to the chip shop, and others to the bakery.

The Old Bakery

Cake Prices

Flapjacks	75p
Doughnuts	60p
Jam tarts	70p
Custard doughnuts	80p
Carrot cake	£1.50
Cupcake	£1.10
Saffron bun	90p



She was surprised that twenty cakes were such good value.

When she got back to school, Miss Brookes was busily showing an elderly group of teachers into the staffroom. She thanked Luna, took

the box of cakes, and asked her if she could do the same again the following week.

The following Friday, Luna knew that the cakes would be much less than £20 if she chose the same ones again. Yet she decided she could keep getting away with buying the cheaper cakes and pocketing the change. When Luna arrived with the cakes, Miss Brookes said they had been wonderful the previous week. To make sure Miss Brookes didn't suspect anything, Luna said: "Here's the change from this week and last week – 40p altogether". Taking the change, Miss Brookes said: "That was clever of you, to select almost exactly £20 worth of cakes Luna. But then, I've heard that you are outstanding at maths!" Luna blushed, but her teacher didn't suspect a thing, thinking that Luna's red cheeks were because of the compliment.

Week by week, Luna selected the cheaper cakes and kept almost all of the change. Her bank account swelled, and she started to spend some of it on special treats for herself, like a sparkly case for her phone. She told her mum that the phone case was a late birthday present from a friend. She didn't like lying to her mum, but she didn't want her to find out the truth either.

During the half term break, Luna accepted an invitation to join her best friend Rose on a special holiday. Together they went to a course at a meditation centre, where a group of young people stayed for two or three days to learn something called Anapana meditation. Before going to the meditation centre she had to apply online to join the course, and on the application form she said that she would follow the code of discipline.

She understood that while she was there she would have to keep her word to not kill, not steal, not tell lies, not take intoxicants, and to not engage in any misconduct.

Luna found the meditation difficult to begin with, and felt like she couldn't sit still. But she felt very supported by the meditation instructions, the calm environment, and the helpful and kind teacher. She tried her best and little by little her mind started to calm down. By the third session she was able to sit more still and to observe her breath much better. Then, while her mind was quite calm, this thought occurred to her: "I have stolen from my teacher, and I have told lies to her and to my mum too. This was very wrong of me indeed! It must stop!" She felt a deep sense of shame for what she had done. At the end of the meditation course she decided to come clean and start living a wholesome life.

Back at school the following Friday lunchtime, Miss Brookes was surprised and confused when Luna brought a different selection of cakes. There were slices of carrot cake and fancy cupcakes, as well as the usual doughnuts. "Why have you bought extra special cakes today Luna? How did you afford all of this?"

With tears welling in her eyes, Luna confessed: "I have only been buying about fourteen pounds worth of cakes each week, and I have been keeping the change. This week I decided it was time for me to be honest, so this is £20 worth of cakes, and here's the 25p change". Miss Brookes was astonished, but she wasn't angry at all. In fact, she was happy to hear the truth, and respected Luna for telling it. She asked Luna why she had decided to be honest now. "Ever since I learned to practice Anapana meditation, and keep five precepts, I have felt the need to tell the truth and to stop stealing," explained Luna.

Miss Brookes was impressed by this, and decided not to punish Luna too harshly. Although she did explain that Luna would have to repay all the money that she had taken, and that the repayment would have to come out of her pocket money. Luna was grateful for being treated so fairly after having done so much wrong.

Miss Brookes then asked: "Where is this meditation centre? Can we take all of the class for a course? I think all the students would benefit greatly, and I'd like to learn Anapana meditation myself".

This is how Luna's whole class, including their teacher, came to take a one-day course in Anapana meditation. During the course, they learned about the importance of keeping the five precepts, and how to meditate properly. Afterwards, they were all able to continue meditating for ten minutes everyday at school, which helped many of them to become master of their own minds, and live more peacefully.

Luna continued to return for more meditation courses, and her mind became very calm, stable and strong. And of course, she never stole or told lies again.

EXCLUSIVE!

OFFICIAL

Creepy-crawlies have stopped being creepy

They're now just crawly!

Anapana meditation is proven to be the cause

Anapana News has uncovered an incredible natural phenomenon happening all across the country, and is happy to report it for the first time here, exclusively. It seems that insects and bugs, also known as creepy-crawlies, are no longer making people feel uncomfortable. Amazingly, in some extra special instances, they are no longer frightening people either. Our chief science reporter was sent to investigate...

TRUTH I interviewed a young man in Herefordshire about his recent experiences with insects. It just so happens that he has taken a few courses in Anapana meditation. "I am just a normal young boy. When I was even younger there were times when I might not have given too much attention to the well-being of bugs," he confirmed. "I thought they were a bit creepy really. So I might have tried to swot a couple of flies here and there if they annoyed me. Or, if I accidentally hoovered up a spider when I was helping my mum do the chores, I might not have cared so much." he said. He seemed to look a little bit embarrassed by his admission.

HISTORY I pressed the Anapana practitioner further: "You see..." he started to explain, "I grew up in a house where like literally +EVERYONE+ was scared of spiders." To his credit, he did admit that this fact was no excuse for him disliking other beings on planet Earth. "And my sister couldn't bear slugs, especially if they were really slimy" he went on. When I pressed him a little more on the subject, he suggested that back then it was quite normal to be put off by creepy-crawlies. It wasn't weird to have little regard for their welfare. "Like, you wouldn't believe it right, but my mum would +TOTALLY+ jump on top of the armchair when a spider ran across the room." The young man smiled wistfully before adding, "And she'd be screaming

'Get it! Get it!' at my dad until he caught it." **CHANGE** I started to feel a little bit saddened by the boy's frank words, but then I was heartened to hear his story of change. "Everything started to change when I took my first course in Anapana meditation", he exclaimed, his



a spider

eyes lighting up. "At the end of the course Goenkaji taught us how to practice Mettā. Y'know – may I be happy, may my school mates be happy, may my mother & father be happy, may all the people of the world be happy!" the boy kindly explained. He told me it was "literally a wonderful experience" to have learned this practice from his Teacher. "And after that I started to question my old behaviour," he spoke freely. "I started to ask myself things like: 'How could I really expect to be happy if I wasn't being kind to all beings?' and: 'If I do bad things, even if it's accidental, will bad things happen to me?' etc." So I asked him if it was because of these thoughts that he started to change his attitude towards insects. "Well, no, not exactly," he clarified. "I am breathing in and out, observing my pure breath, natural breath, isn't it? It is such a wonderful thing, being able to breathe, and to be able to observe the breath, isn't it? **Being aware, wow, amazing!**" he added. "Insects also breathe, don't they? All they want to do is get on with their life, isn't it? So just let them be, I thought to myself one day".

When he said this a huge smile came across his face. He rounded off with: "Let them be, let them be happy!" Finally, he added: "So it is really is true – creepy crawlies are like literally no longer creepy." **BREATH** It's not easy changing a lifetime of bad habits of course. I was curious to know whether it is really so easy for him to change his attitude like that. So I quizzed him on the matter. "Well, no, not so easy," he said, confirming my suspicions. "For example, when I do see a huge millipede moving quickly towards me, I might feel a bit anxious. But all I do is observe my breath for a few moments, and it helps me stay calm". I was certainly very impressed with his maturity. "What's more," he proffered, "observing my breath like this helps me not to react. It helps me be the master of the situation, like, to be master of my mind." **SCIENCE** In order to understand this amazing natural phenomenon more thoroughly, Anapana News contacted Dhamma Dipa meditation centre in Herefordshire where the boy took his Anapana courses. Sadly nobody was available for comment, however, they did later on release this statement by their chief scientific researcher, Dr Federico Capo: "**It's true, when young people start to practise Anapana meditation, they can understand how precious life is. They appreciate what a good opportunity it is to be able to meditate, and become full of gratitude to their parents for giving them this opportunity. What's more, they feel a sense of compassion for themselves and others. They wish themselves happiness and they naturally want others to be happy too. This often means that they feel compassion towards animals and other beings. It is not at all surprising to hear that Anapana meditators start to change their behaviour towards insects and other living beings too.**"



centipedes & millipedes:
many people send mettā to them

WISDOM Anapana News went back to the boy to see if he would share any more words of wisdom with us. "Well, really, who am I to say anything?" he said. "All I can do is repeat what my Teacher told me: focus on the breath, and well, y'know, be happy!" All Anapana News could think to say in response to that is "Sadhu! Sadhu! Sadhu!" *****



- 1) A lip
- 2) A swan seer
- 3) Whose mole?
- 4) A ship's pen
- 5) Hurt bee rap
- 6) Senior tapir
- 7) I get oranges

ANAPANA ANAGRAMS

Can you rearrange the letters (left) into words or phrases related to Anapana meditation (right)?

- 8) I am on hours
- 9) Mouse, hen, owl
- 10) That's me informed
- 11) Robin mistaking fall
- 12) Handymen, or a cape?
- 13) A rather blunt 'A'
- 14) Innocent actor

- 1) _ _ _ _
- 2) _ _ _ _ _
- 3) _ _ _ _ _
- 4) _ _ _ _ _
- 5) _ _ _ _ _
- 6) _ _ _ _ _
- 7) _ _ _ _ _
- 8) _ _ _ _ _
- 9) _ _ _ _ _
- 10) _ _ _ _ _
- 11) _ _ _ _ _
- 12) _ _ _ _ _
- 13) _ _ _ _ _
- 14) _ _ _ _ _

If you're struggling with the answers, they are hidden somewhere in the newsletter...





COURSE DATES 2017

- 18 February, 1-day course mixed, 8-18, Plymouth
 10 - 12 March, Children's course mixed, 8-11, Dhamma
 Dipa
 26 - 28 May, Young person's courses (boys, girls),
 12-18, Dhamma Dipa
 3 June, 1-day mixed course 8-15, Dhamma Sukhakari
 21 - 23 July, Children's course mixed, 8-11, Dhamma
 Dipa
 29 July, 1-day mixed course 8-15, Dhamma Sukhakari
 28 October, 1-day course 8-18, Dhamma Sukhakari
 3 - 5 November, Young person's courses (boys, girls),
 12-18, Dhamma Dipa

additional courses are
 scheduled from time to time.
 Please check the online
 schedule for updates!



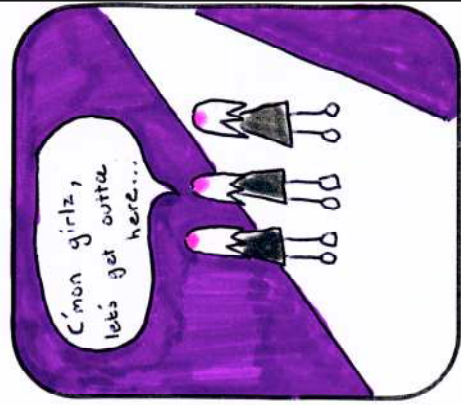
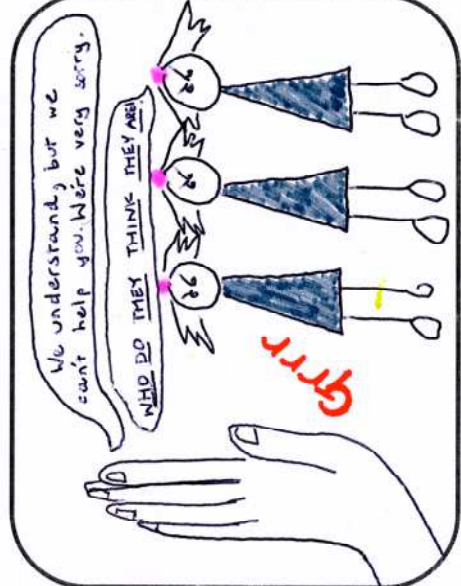
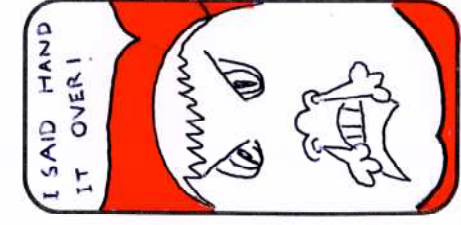
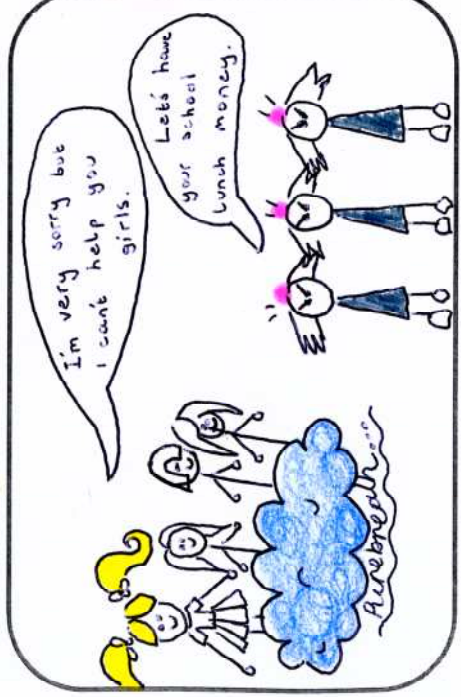
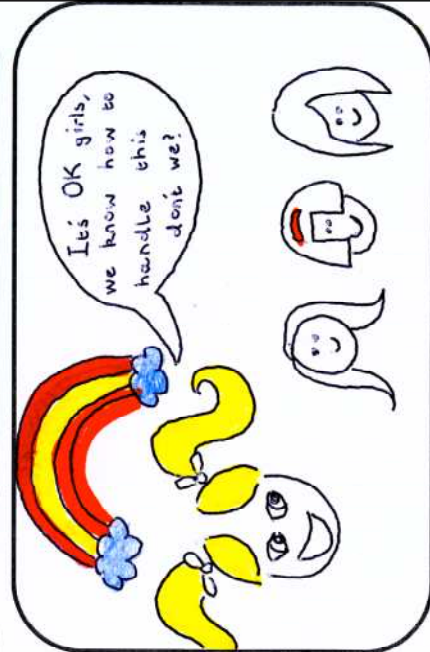
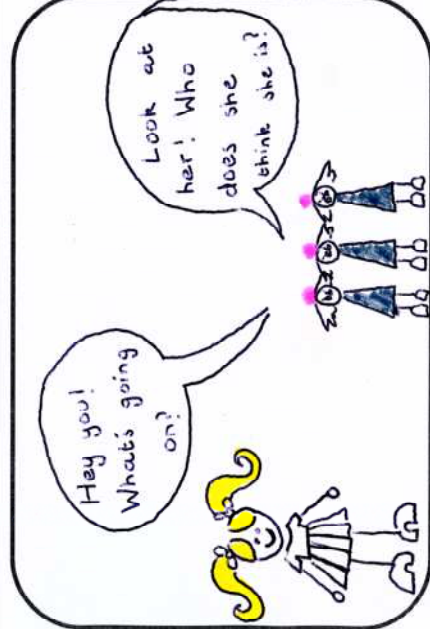
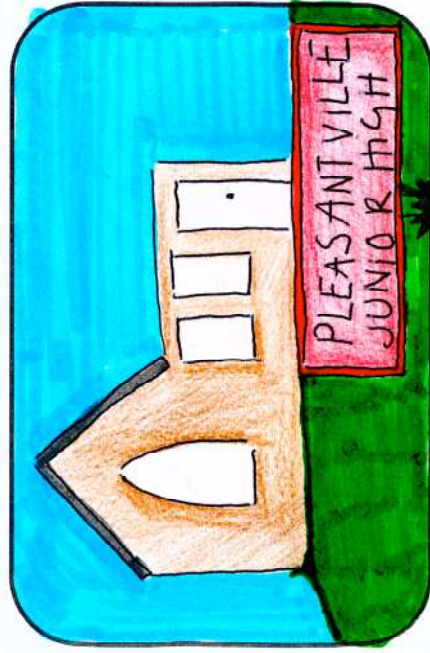
https://www.dhamma.org/en/schedules/schdipa#child_course

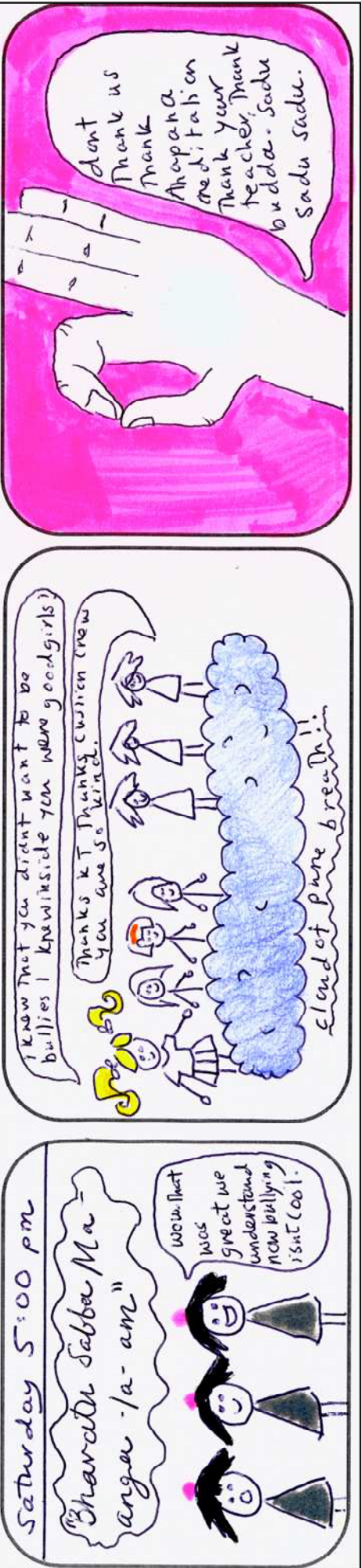
PUPPET SELFIES
 AT DHAMMA DIPHA, JULY 2016
 MAY ALL BEINGS BE HAPPY!



K.T. and she - Calm Cushion Crew
 in -
 K is for Kindness

There has been a wave of bullying at Pleasantville Junior High School. Luckily K.T. and her friends have so far escaped the attention of the bullies... but wait, what's this...?





BE HAPPY!

This is a short extract from a book which tells Goenkaji's life story. We can understand how Goenkaji had such deep respect for and an appreciation of his elders.

Goenkaji was part of a large and loving family. He had five sisters and four brothers. He had a special relationship with his grandfather. The old man was a master of poetry (dohas). He seemed to have a never ending supply of these verses at the tip of his tongue. Many of them moved the young Goenkaji greatly. They made a deep impression on his mind.

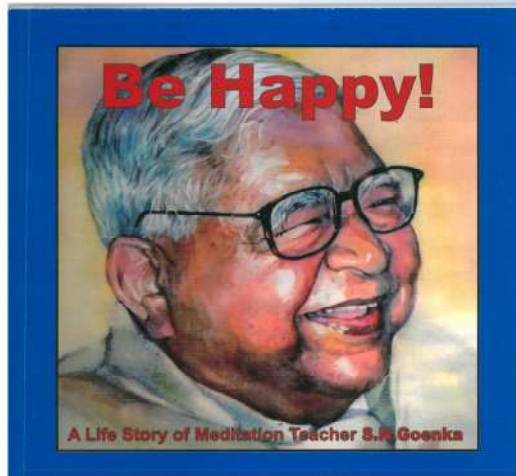
In the early morning the grandfather would dress in a traditional Indian style, in snowy white dhoti (trousers) and kurta (shirt) and light pink turban. Then he set out for his morning walk, with the little boy often keeping him company. On his way out of the door, as he reached for his walking stick, he would tenderly recite the following verse:



*'Come my friend! My legs are weak,
So I must lean on you.
To the temple, stepping safe and slow!
My mother's loving wish,
Her blessings given many years ago.'*

Sometimes he would explain the verse to the boy: "When I was your age, my mother used to bless me by

saying 'May you grow old! May you have a long life!' And now her blessings have come true. Look, now I am a staggering old man!" And he would chuckle at his own weakness.



His grandfather and he would often visit the famous Mahamuni temple in Mandalay.

There was a very large statue of Buddha there. Some people used to sit silently in front of it. His grandfather would also sit with them. The young Goenkaji had two reasons to go with his grandfather – one, children were allowed to travel free in electric trams and two, it gave him something to do on his Sunday holiday. The young boy would spend an hour or so there playing and at times he would sit quietly beside his grandfather for 5 to 7 minutes. He was very fond of sitting there in silence... the peace and cleanliness attracted him. Whenever he went there he felt strangely calm.

Vipassana Research Institute
Be Happy! A Life Story of Meditation Teacher S. N. Goenka
July 2015; ISBN 978-81-7414-373-0

LISTEN & WATCH

Would you like some extra support or inspiration with your meditation at home?

Why not try listening online to Goenkaji giving 10 minutes of Anapana meditation instructions? Follow the link below, or click on the QR code on the right:



<https://www.dipa.dhamma.org/fileadmin/europe/uk/dipa/content/NS/Courses/ChildrensGroupSitting.mp3>



The Wild Mind - a short film of a puppet show

Sometimes it's easy to concentrate on the breath, but sometimes we have to put in a lot of effort, don't we? Why not follow the story of Amy as she tries hard to concentrate on her breath? To find the film, go to the very bottom of the children's courses web page: www.dipa.dhamma.org/courses/childrens-courses/