

Tribute to the Venerable Sayadaw U Pandita of Burma.



World Dharma

The Art and Activism of a Life Based On Freedom

My Dear World Dharma Friends.

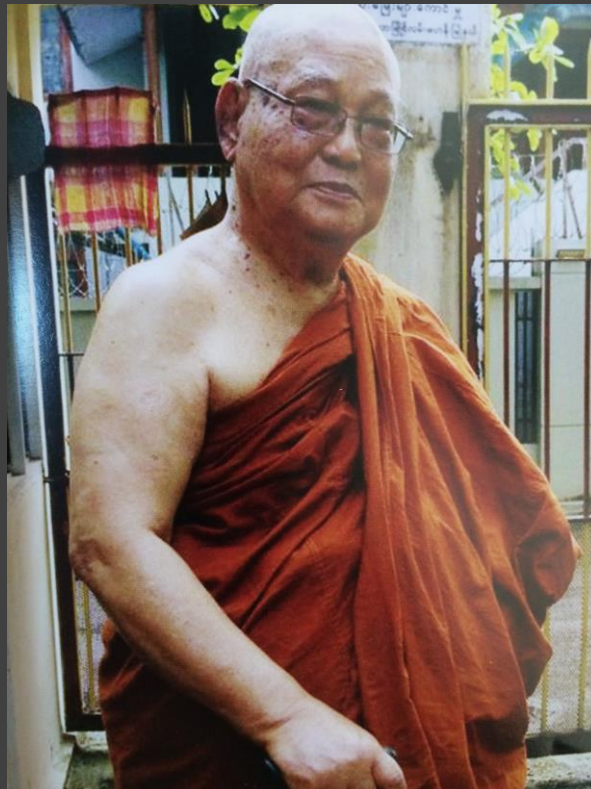
My beloved dharma teacher, the Venerable Sayadaw U Pandita of Burma, has passed away. He was 95 years old. Within minutes of meeting him at the Mahasi Meditation Centre in Burma in 1979 I knew that I had met the reason I was born. He engaged me in truth, beauty and freedom like no other; bringing out the best in me, inspiring me to have the courage to polish the rest. He remained my most trusted source of wisdom-guidance for the next 37 years. I have written a Tribute to him below, with photographs.

**Although I am broken hearted, I know what he would say,
'embody the practice of freedom not the sadness of loss.'**



The Venerable Sayadaw U Pandita of Burma

1921 – 2016



In February of this year I was blessed to have spent eight nights interviewing Sayadawgyi in a series of conversations titled, "Dhamma Advice to the People of My Country." Among the topics discussed, Sayadawgyi illuminated the "Requisites of Reconciliation," the very basis of Aung San Suu Kyi and her new government's policy of peace-building by transitioning from dictatorship to democracy (that of bringing the oppressed and the oppressors together) through the practices of non-hostility or active metta - loving kindness in action. The entire 20,000-word conversation will be published in a forthcoming new book titled, "Myanmar After Dictatorship: Aung San Suu Kyi and Burma's Voices of Freedom," that will also include feature length conversations with the country's many other Voices of Freedom. If you wish to help us complete this epic work, in any capacity whatsoever, **please contact us**, please.

Sayadawgyi was the most important person in my life. Sadhu to you Venerable Sir for the profound influence you have had on me and the hundreds of thousands of others around the world.

Tribute to the Venerable Sayadaw U Pandita of Burma.



My love and respect for Sayadawgyi grew over the 37 years we knew each other. He continually emphasized dhamma over person and personality. He never failed in elevating freedom over conceptual comfort. He embodied radical presence - be true regardless - yet tempered

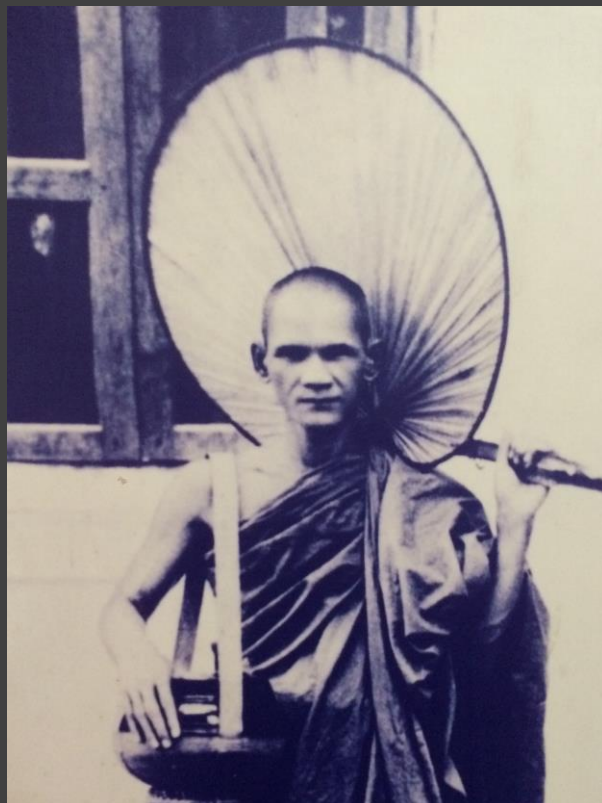
with the wise consideration of tone, timing, intention, language and heart.
He elevated smart to new heights.
He charmed the angry.
Relaxed the fearful.
Elevated the traumatized.
Ignored the arrogant.
And walked from violence and hatred unless confronted and then killed
with kindness and wisdom.
His mind was the sharpest edge of truth-telling I have known or will likely ever know.
I absolutely loved speaking with him.
He empowered space by nature of his presence so long as you were open to freedom.
His true gift was his courage and compassion to connect with you
on the terms of your ignorance, and with the skill to invite it's unveiling
by finely chosen words of metta-inspired expansion.

Thank you, teacher.

Thank you from my heart.

May we embody the practice of freedom rather than the sadness of loss.

**Sayadaw U Pandita's Meditation Teacher was
The Venerable Mahasi Sayadaw**



My long-time colleague and dear friend, Dr Jeannine Davies (Vice-president of the Buddha Sasana Foundation), and I, during the nightly interviews with Sayadawgyi in February. Derek Kaye was also there, in addition to Ma Vajira and U Khin Hlaing.

Derek filmed the 8 part (10 hour) series.

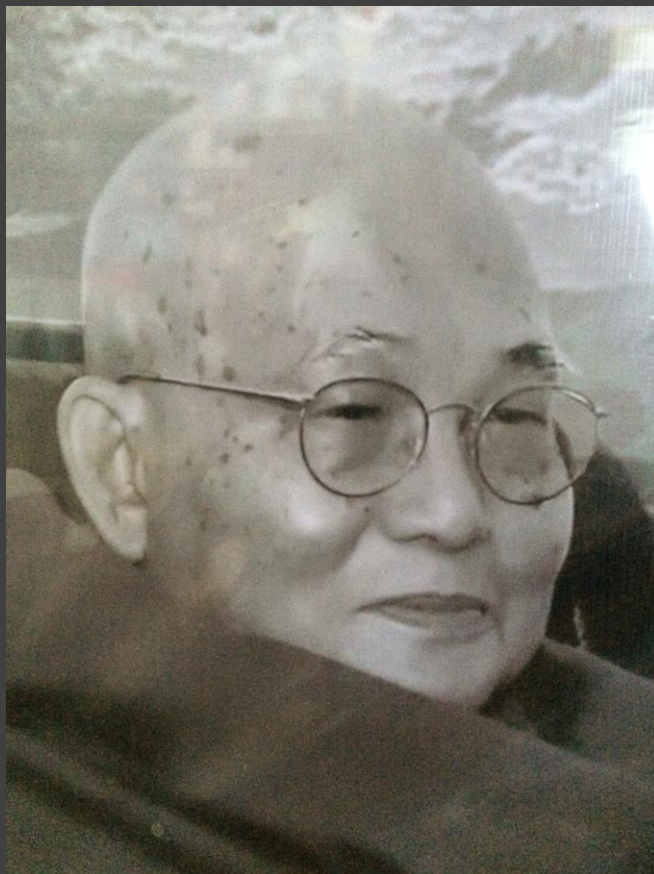
I pray we can find a way to bring this priceless footage to the world.



Sayadaw U Pandita as a young monk



At Sayadaw U Pandita's cottage within his monastery in Yangon.



Aung San Suu Kyi paying her respects to her dhamma teacher.



Sadhu, sadhu, sadhu to a life well lived.

Upcoming Speaking Tours, World Dharma

Retreats, Books, Services, Opportunities,
and the 2nd Annual Wisdom of Mindfulness
Meditation Retreats, at the Mahasi Sasana
Yeiktha (MSY), Yangon, Myanmar.

Retreats, Tours and Trainings



WORLD DHARMA
WISDOM OF MINDFULNESS
MEDITATION TRAINING RETREATS
with Alan Clements & Special Guests

***OCTOBER 7-14, 2016**

Cortes Island, BC, Canada

Hollyhock Retreat Centre

[Details and registration...](#)

***DECEMBER 1-10, 2016**

Uki, NSW, Australia

Gymea Eco Retreat and Spa

[Details and registration...](#)

Second Annual
Wisdom of Mindfulness
Meditation Retreats Myanmar



Registration is now open...

***RT 1: JANUARY 17-29, 2017** (open to all)

***RT 2; JANUARY 29-Feb 11, 2017** (guides/teachers)

***Or 1&2: JAN 29-Feb 11** (do both retreats 25 days)

At the Mahasi Sasana Yeiktha Meditation Centre
Yangon, Myanmar (Burma)

The retreats are led by the Senior Sayadaw at Mahasi Centre and his Assistant Meditation Teachers, along with support from Alan Clements and his colleagues Dr. Ingrid Jordt and Dr. Jeannine Davies.

[Details and online application...](#)

Alan Clements' June World Dharma Tour
Maui, Hawaii

To reserve space in any event below
Email: contact@worldddharma.com name,
phone, and the number in your party.
All events by donation, with confirmed
reservations required.

June 9 Friday 7-9 pm

An Evening with Alan Clements
Discussing A Future To Believe In
Mindfulness, Meditation & the State of the World
Rinzai Zen Mission Baldwin Beach (100 seats)

June 11 Sunday 1-5 pm

An Afternoon with Alan Clements
Meditation and Transformation
Intersection of Mindfulness, Activism
Psychology, Politics, and Entheogens
A Social Experiment in Love, Silence & Service
Makawao Union Church
Community Hall (20 people)

June 18/19 Sat & Sun 10 - 5 pm

Weekend World Dharma Meditation Retreat
For those who want to open and go deeper
At a private residence in Haiku (15 people)

EVENTS TBA

Vancouver, BC, Canada

July, August, September

Weekly Groups led by Alan Clements
Days and location TBA.

- * Mindfulness in Daily Life
- * Meditation Group for old and new students
- *World Dharma Public Dialogue and Forum
- *Mindfulness and the Liberation of Addiction
(a radical new way of dealing with addiction)

Santa Fe, Taos & Albuquerque, NM

September 2016

Los Angeles, CA,

September 2016

Costa Rica Retreat 2018

New Zealand Retreat 2018

TBA sometime this year

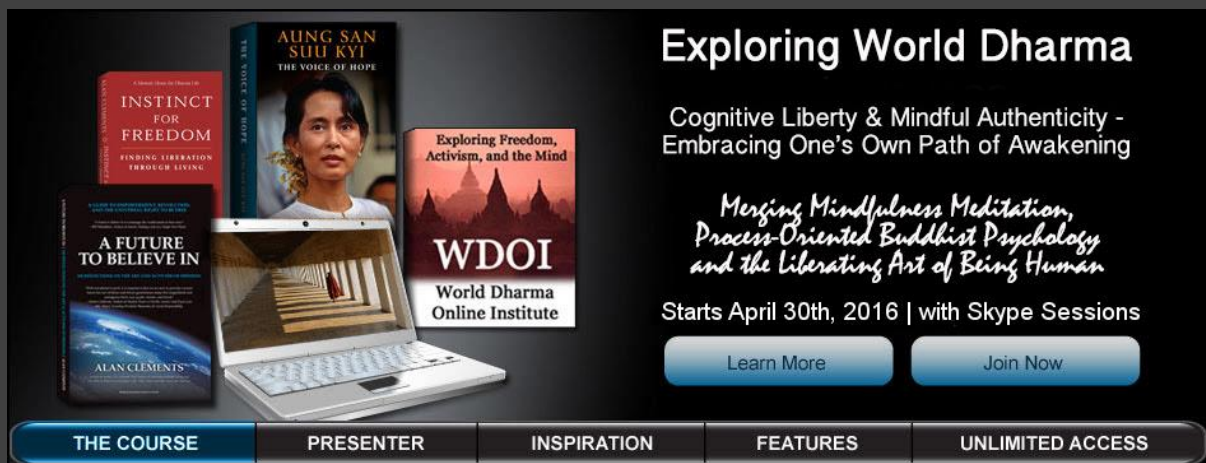
World Dharma Mindfulness and Meditation

Facilitators Training and Mentoring

Program with Alan Clements

If interested [email](#)

ONGOING:



Exploring World Dharma

Cognitive Liberty & Mindful Authenticity -
Embracing One's Own Path of Awakening

*Merging Mindfulness Meditation,
Process-Oriented Buddhist Psychology
and the Liberating Art of Being Human*

Starts April 30th, 2016 | with Skype Sessions

[Learn More](#) [Join Now](#)

THE COURSE **PRESENTER** **INSPIRATION** **FEATURES** **UNLIMITED ACCESS**

WDOI - World Dharma Online Institute

9 Week World Dharma Training

eCourse with skype sessions

Next course starts April 30

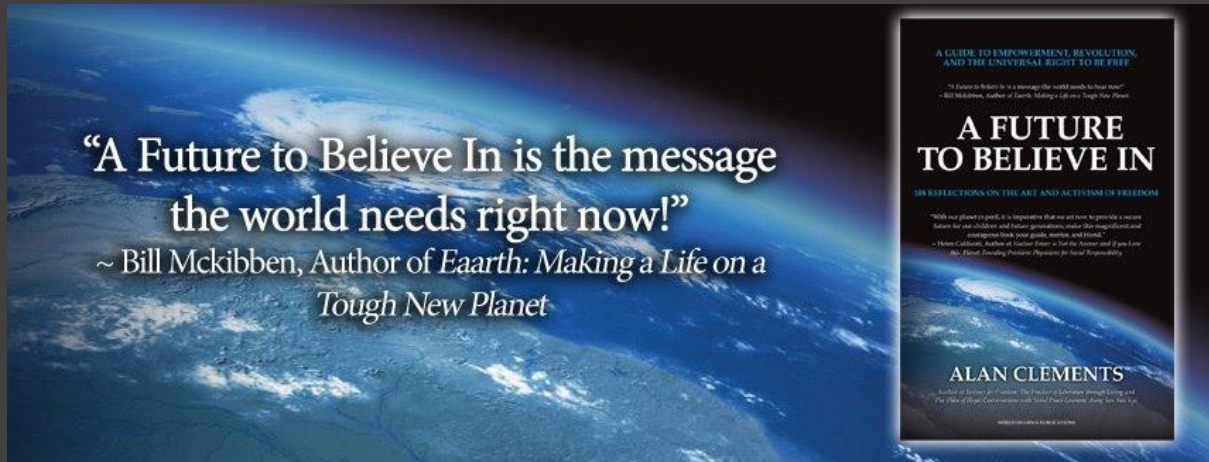
[Details and registration...](#)

Consultations and Private Sessions

with Alan Clements in the areas;

*Dhamma-Based Transformational Therapy
*Process-Oriented Buddhist Psychology
*Mindfulness and Meditation Mentoring and Training
For appointments please [email](#):

BOOKS, print and eBooks by Alan Clements



*A Future To Believe In
*Instinct for Freedom
*The Voice of Hope

[Details ...](#)

ARTICLES

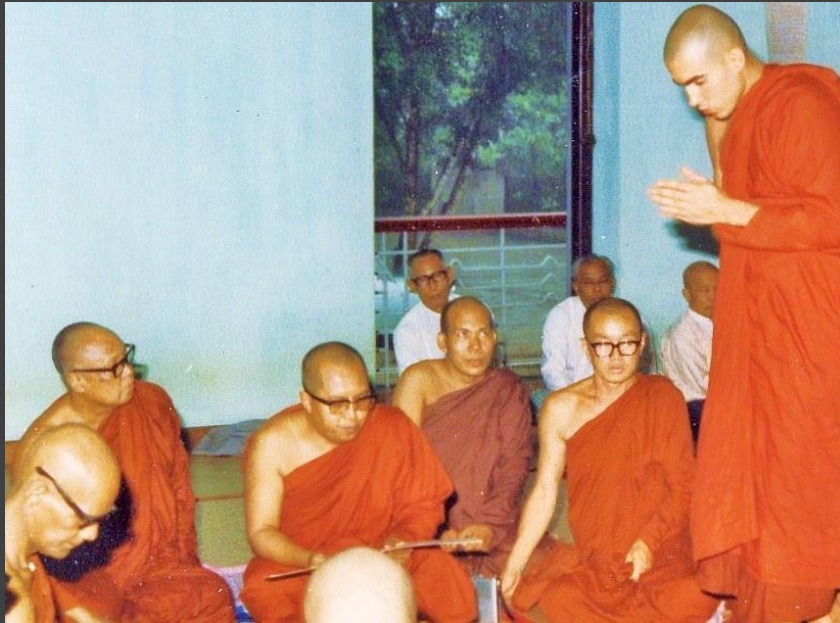
[Mindfulness, Meditation and Dharma Intelligence](#)

by Alan Clements

PROJECTS, ongoing:

New Edition of The Voice of Hope, Conversations

With Burma's Aung San Suu Kyi, with the new title, "Myanmar After Dictatorship: Aung San Suu Kyi and Burma's Voices of Freedom"; (we're about 65% completed with the book and presently looking for finishing funds for both the book and the short film that will accompany its release).



"A Meditator's Notebook": Alan Clements' forty years of personal notes - starting as a monk in Burma, covering numerous short and long retreats, including his year at the Island Hermitage in Sri Lanka and a three-month teacher training.

Invitations: If you would like to invite Alan to lead a World Dharma retreat, conduct a workshop, offer a talk or keynote at a conference, please [contact us](#).

Volunteers: We need talented writers and editors and researchers, as well as a social media maverick, and a great graphic artist/designer. We also need a few interns who would like to learn book production to help produce the new edition of The Voice of Hope titled, "Myanmar After Dictatorship: "Aung San Suu Kyi and Burma's Voices of Freedom." Please [contact us](#).

Contributions: Tax deductible contributions can be made to our non-profit foundation in support of Alan's work for World Dharma and global human rights, via the [World Dharma Support Page](#) by Paypal & credit card.



Second Annual
Wisdom of Mindfulness
Meditation Retreats Myanmar

FOR ENGLISH SPEAKING YOGIS
AT THE MAHASI MEDITATION CENTRE,
YANGON (Burma) MYANMAR

This historic event marks an unprecedented opportunity for English speaking yogis to practice meditation where the world-wide mass lay mindfulness movement began.

TWO SPECIAL RETREATS or DO BOTH - 25 days

Jan 17-29, 2017 (open to all) (25 spaces)

Jan 29-Feb 11, 2017 (guides/teachers) (25 spaces)

Jan 17-Feb 11, 2017 (or do both retreats - 25 days)

Further details and online application:

<http://www.wisdomofmindfulness.org>

Produced by the Buddha Sasana Nuggaha Organization-Myanmar (BSNO) in joint participation with the Buddha Sasana Foundation-USA/Canada (BSF).



Alan Clements

AlanClements.com

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