

2010 • 2554

Association for Insight Meditation

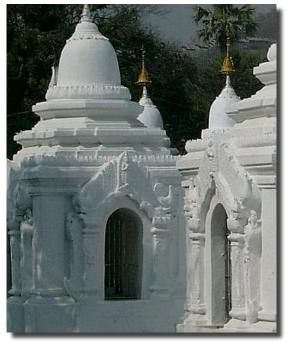
Website: www.aimwell.org • Email: pesala@aimwell.org

December 2009

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Kuthodow • Mandalay

© Wikipedia

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The full-moon and new-moon Uposatha days are observed either fourteen or fifteen days apart, which may not always agree with the date shown on UK calendars. If the time of the full-moon or new-moon is a.m., it may be shown as occurring on the night of the preceding day. Meditation is auspicious on any day.

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Assembly Hall Shwedagon • Rangoon

© Mark Wealthy

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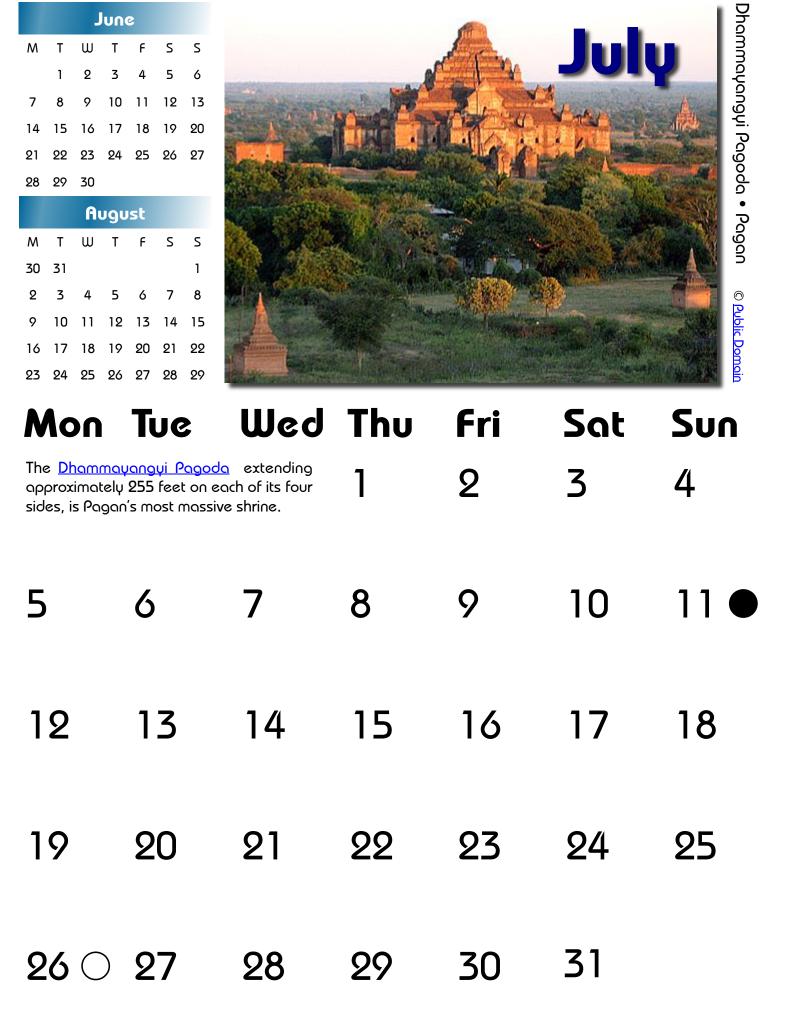
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fo th	The Shwezigon Pagoda served as a prototype for many later stūpas. Construction began during the reign of King Anawratha and was completed during the reign of King Kyanzittha in 1102.											
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Shwezigon Pagoda

© Sandy Thin Thin Mar Oo

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The white marble Buddha image inside the <u>Burmese Buddhist Temple</u>, Singapore.

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Mount Popa

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Southwest of Mount Popa is the Taung Kalat, a 737 metre (2,417 feet) volcanic peak, which is also sometimes referred to as Mount Popa.