

THE AYE METTA AYUDANA CLINIC'S FIRST BIRTHDAY

Chanmyay Myaing Meditation Centre

Chanmyay Myaing Sayadaw



One morning in September 2007, Judy, a Canadian disciple, and a couple of her Dhamma friends came to see me. They said, "In the villages around the centre we noticed many children with poor health. When we talked to their parents we came to learn that the parents do not have the money to take them to a doctor for the necessary treatment. Hearing this we felt a lot of compassion and concern for the children and the parents.

We would like to help and extend our support for the medical care of these poor children. Sayadaw, we request you kindly to give us a place where a clinic could be established."

When I heard their request, I thought, "Indeed, it is a very good thing to offer something to those poor people whose health is not good." With a pure heart and filled with metta I offered a little, already existing, building on the compound of the centre that could be turned into a clinic. I also extended my help to whatever else needed to establish the clinic. The clinic was called *Aye Metta Ayudana Clinic*. Today, 22 February 2009, we celebrate the first birthday of the *Aye Metta Ayudana Clinic*. May it last for many years to come and grow further!

Judy Witheford (Canada)

Among the roughly 14'000 people who live in the villages around Chanmyay Myaing Meditation Centre there are many people whose health is not good and who suffer a great deal. When I started to notice the poor state of health, especially of the children, I felt so much sympathy and compassion for them. At the same time I felt a great urge to help them. As a result, I discussed this matter with Chanmyay Myaing Sayadaw and on the 24th of February 2008 the *Aye Metta Ayudana Clinic* was opened. The purpose of the clinic is to provide free medical and dental health care to those poor people who otherwise could not afford it. Whenever I think about this clinic it makes me so happy.



Daw Ariya Ñani (Switzerland)



The presence of this free clinic has made a huge difference in the lives of the people living in the nearby villages. More than 7000 people have received treatment since the opening of the clinic. With the disappearance of the illness, people enjoy ease and comfort in both body and mind. Further beneficial effects are strength and longevity. When I see healthy and happy villagers I am very pleased and I feel especially glad about their improved state of health. I hope to further help and support the clinic in its ongoing operation.

U Saw Hlaing and Daw Khin Nyo Thin (Donors of the new clinic building)

The fact that each week more and more patients come to seek treatment at the clinic makes us very happy and it increased our enthusiasm and confidence. Therefore, we decided to offer a new building to replace the old original little bamboo building. In this way, the sick meditators and people in the neighbourhood of the centre can be served better.



Dr. Sein Shwe (Dentist) and Daw Myint Yee (Nurse)

When we were young, the parents gave us medicine,
sweet and bitter, with incomparable compassion,
reciting and wishing us well, “Buddha-Medicine, Dhamma-Medicine, Sangha-
Medicine,” we liked it very much.

When the opportunity arose, with clear faith,
Sayadaw in his kindness had planted the ‘*ayudana*’ seed at Chanmyay
Myaing.

With respect to the Buddha’s words,
“Arogyan paramam labham.” (*Health is the greatest gift.*)

Only with good health and longevity

Can one carry out one’s wishes and what needs to be done

In worldly and supramundane matters for complete happiness and peace.

Ayudana (the offering of life), having the same wish and purpose

With pure faith and compassion, good intention and wisdom

The doctors and assistants work together and treat the patients with metta.

May pure faith always continue!

May perseverance be firm and last long!

May we all work together!



Daw Mar Mar Win and Daw Hla Hla Myint (Nurses)



We became very interested in this free clinic when we saw how the doctors treated the patients with great compassion and kindness. This kind of work is like offering life and it results in acquiring a lot of merit. That is why we come every Saturday and take care of the patients.

Daw Puññagami, Ma Thewt Thwet Win, Daw Ñanadassi



Every Saturday and Sunday we assist the doctors, dentists, and patients. This involves the following activities: to organize the doctors who come on a bi-monthly schedule, to write down the patients’ name, to manage/administer the donations that come from both local and foreign donors, to buy the necessary medicines and other things that are needed, to take care of the patients’ needs, to make monthly accounts of incoming and outgoing money, and to make sure that the doctors and dentists have everything they need.

Daw Vira Ñani (USA)

No matter where we are from, the mission of the *Aye Metta Ayudana Clinic* unites our hearts with the metta wish for health, strength, and well-being for all. So thanks to the dana and diligent effort of many people from here and around the world, the clinic has quickly thrived to become a vital part of the community. It is a true ‘team effort;’ a living example of the power of harmony and unity. Long may we all work together, so that the seed of metta planted here continues to grow into a great tree whose shade gives life-giving relief to all in need.



Accounts

Donations during the first year:	7’997’285 kyats
Expenditures during the first year:	5’082’835 kyats
General patients (on Saturdays) during the first year:	5332 persons
Dental patients (on Sundays) during the first year:	2002 persons