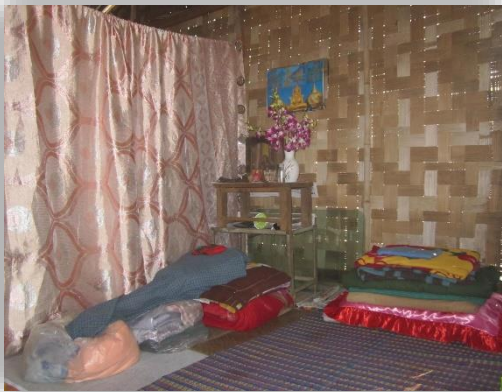


## *Shelter, Medical Care, Education*

For me, it is always a delight to visit ‘**grandfather**’ **U Pi Nan** who lives not far from the Chanmyay Myaing Meditation Centre (CMMC) in Yangon. He is lucky that the land lord does not want to sell her property (she could make good money!), but lets him stay in his simple home.

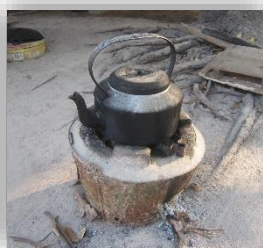
As always, it is neat and tidy: inside and outside in the garden. On our visit he told us that U Pi Nan was actually his artist-name: he loved to sing, make music, and write. He still has his xylophone next to his mat/bed (photo below). U Pi Nan is very grateful that he does not have to worry about paying the monthly rent for his home (offered by MIA) – in this way he can live happily and peacefully.



*Inside his home, shirts and longyis are neatly folded*



*U Pi Nan in front of his home*



*The kettle in his garden*







When we were inspecting his garden, I noticed a red thick string under his hut, and wondered what it was. U Pi Nan who is 81-years-old went under the hut – he is very agile and had no problems to crawl under it – and proudly unfolded a hammock. When it is too hot inside, he takes rest in the shadow of his home!

U Pi Nan's neighbour is **Daw Vato** with her family. She is a gifted cook, spoiling the foreign meditators at CMMC. When we visited her home in the middle of the morning, she was still in the kitchen of the meditation centre. Her husband and her daughter with the three kids were home and invited us to come in. A bamboo house, like hers, is constantly falling apart due to the hot summers and the damp monsoons and, as a result, needs constant repairs which we facilitate with our MIA donation.



*Daw Vato in front of her house*



*Her husband, daughter, and three grand kids*





The **Aye Metta Ayu Dana Clinic**, in short the **Metta Clinic**, is a necessity valued by so many people who come from near and far. Many of these people cannot afford to see a doctor or a dentist, having no other option than to live with the pain, the ulcer, the sickness, the tooth ache, or to face death. Since the establishment of the free clinic on the premises of CMMC twelve years ago, thousands of patients have received treatment and recovered from their disease or become free from pain.



*Patients in the waiting area*



*Dr. Sein Shwe and his wife, Daw He Myint, hand out the medicines*



*A dentist explains the little boy what he is going to do (left)*

*A group of dentists sterilize the instruments (right)*



*U Aung Chit registers the patients*



*The GP takes the blood pressure of a patient*





**Kaung Kaung** lost his father to liver cancer when he was only three years old. He was and still is a bright and intelligent kid. To take away some of the burden for his mother to make ends meet we have been supporting his education by paying for the extra tuition that is so essential in Burma. He is only twelve years old but already taller than his mother!

**Metta In Action**  
is  
**Action Suffused**  
with Metta



May all beings &  
**ALL DOGS**  
be happy  
be healthy  
be safe & protected  
be at ease  
and in peace

Your ongoing support helps ease the challenges of life in Burma for many people. With prices for everyday commodities rising rapidly, people face hardships in regard to pay for medical care, for rent, or for the extras coming along with education. We rejoice in all our combined efforts to make a difference in the lives of our sisters and brothers in Burma.

With mettā  
Ariya Baumann (May 2020)