

The Wheel of Dhamma Rotates Around the World - East Europe

Lithuania

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Vilnius, venue of the first Vipassana course in Lithuania

The attempts to spread Vipassana in Lithuania originate from 1992, the year of the first group sitting in this East European country. That year saw a few people going to meditate at the French and English Vipassana centres but only on an individual basis.

From 2001, the spread of Dhamma became more organized with people sitting courses at Dhamma Geha in Germany and the start of weekly group sittings. By 2004, a group of ten active meditators were able to organize the first 10-day Vipassana course in Lithuania, in the town of Troskunai, approximately an hour from the capital Vilnius. 45 students participated in this course.

The participants on this first course were mostly Lithuanians, with one student from Russia and two from Ukraine. The rented site was a Catholic seminary, which offered a very suitable facility. Donations for this first course came from the French, Spanish and English Vipassana Trusts as well as from individual students from different countries.

Two courses have been planned for 2005 but the interest in Lithuania for Vipassana meditation is still quite low. Not many students have the motivation to serve courses as yet and we have work to do on how better to spread the word about Vipassana.