

The Buddha's Non-Sectarian Teachings

Acharya S. N. Goenka



Vipassana Research Institute

The Buddha's Non-Sectarian Teaching

Acharya S. N. Goenka



**Vipassana Research Institute
Dhamma Giri, Igatpuri**

The Buddha's

Non-Sectarian Teaching

Contents

What did I gain from this ten-day Vipassana course?	2
The Discovery of the Buddha	3
Two Types of Truth	4
Significance of Bodily Sensations	4
Sense doors	5
The Mind is also a Sense Door	5
Scientific Physician	5
The Universal Vipassana Remedy	6
Concentration of the mind	6
Liberation from Addictions	8
Strengthening Morality	8
Universal Cure for a Universal Illness	9
Fight against Sectarianism	10
The First Dhamma Messengers	12
The Only Acceptable Conversion	14
Universal Vipassana	15