

**COME,
PEOPLE OF THE
WORLD**

Acharya S. N. Goenka

Translations of selected Hindi Couplets



Vipassana Research Institute

Contents

Preface	[i]
Pronunciation of Hindi in Roman script	[ii]
Day One.....	2
Day Two	6
Day Three	10
Day Four	14
Day Five	18
Day Six	20
Day Seven.....	22
Day Eight.....	24
Day Nine.....	26
Day Ten	28
Day Eleven	32
List of VRI Publications	36
List of Vipassana Meditation Centres	39

Preface

This booklet presents a collection of Hindi couplets (*dohas*) chanted by Sri S.N. Goenka in his 10-day Vipassana courses. These have been a source of great inspiration to his students for many years. They have now been transcribed in Roman script and translated in to English for the benefit of English speaking students all over the world.

The *doha* is a favourite Indian poetic form similar to the *gathas* (verses) often used by the Buddha, and it remains, even today, a strong part of Indian culture. The *dohas* enjoy a prestigious position in Indian literature from time immemorial. The sages have used these as a vehicle of their noblest thoughts. These *dohas* pulsate with Dhamma vibrations.

Although inspiring, these *dohas* by no means, form a part of meditation. For this, one has to turn to one's own experience, observing the phenomena of arising and passing away within the framework of one's own body from time to time, from moment to moment.

We feel very happy to publish this book for Vipassana students and for all those interested in walking on the Path of Dhamma.

Vipassana Research Institute