

RIGHT VIEW

Sammā-ditṭhi सम्यक दृष्टि Sammā-vācā सम्यक वचन
सम्यक संकल्प Sammā-saṅkappo सम्यक आजीविका Sammā-ājīvo

RIGHT THOUGHT

Sammā-kammanto सम्यक कर्मांत Sammā-samādhī सम्यक समाधि

सम्यक स्मृति Sammā-sati सम्यक दृष्टि
Sammā-kammanto सम्यक आजीविका

RIGHT SPEECH

सम्यक संकल्प Sammā-saṅkappo सम्यक वचन Sammā-vācā सम्यक कर्मांत Sammā-ditṭhi
Sammā-vāyāmo सम्यक व्यायाम Sammā-sati

RIGHT ACTION

सम्यक समाधि Sammā-samādhī सम्यक स्मृति

Sammā-ditṭhi सम्यक दृष्टि Sammā-saṅkappo सम्यक संकल्प Sammā-vācā सम्यक वचन
Sammā-vāyāmo सम्यक आजीविका Sammā-ājīvo सम्यक कर्मांत Sammā-kammanto
सम्यक व्यायाम Sammā-sati सम्यक स्मृति

RIGHT LIVELIHOOD

Sammā-samādhī सम्यक समाधि
सम्यक दृष्टि Sammā-ditṭhi सम्यक संकल्प Sammā-saṅkappo सम्यक वचन Sammā-vācā

RIGHT EFFORT

सम्यक व्यायाम Sammā-kammanto सम्यक कर्मांत
Sammā-vāyāmo सम्यक आजीविका Sammā-ājīvo

Sammā-saṅkappo सम्यक संकल्प Sammā-samādhī सम्यक समाधि Sammā-sati सम्यक स्मृति
सम्यक दृष्टि Sammā-ditṭhi सम्यक वचन Sammā-vācā सम्यक आजीविका Sammā-ājīvo

Sammā-sati सम्यक स्मृति

RIGHT AWARENESS

सम्यक कर्मांत Sammā-vācā
Sammā-vāyāmo सम्यक व्यायाम Sammā-sati सम्यक स्मृति Sammā-samādhī

सम्यक वचन Sammā-saṅkappo सम्यक संकल्प Sammā-ditṭhi सम्यक दृष्टि

RIGHT CONCENTRATION

Sammā-kammanto सम्यक कर्मांत Sammā-sati सम्यक स्मृति

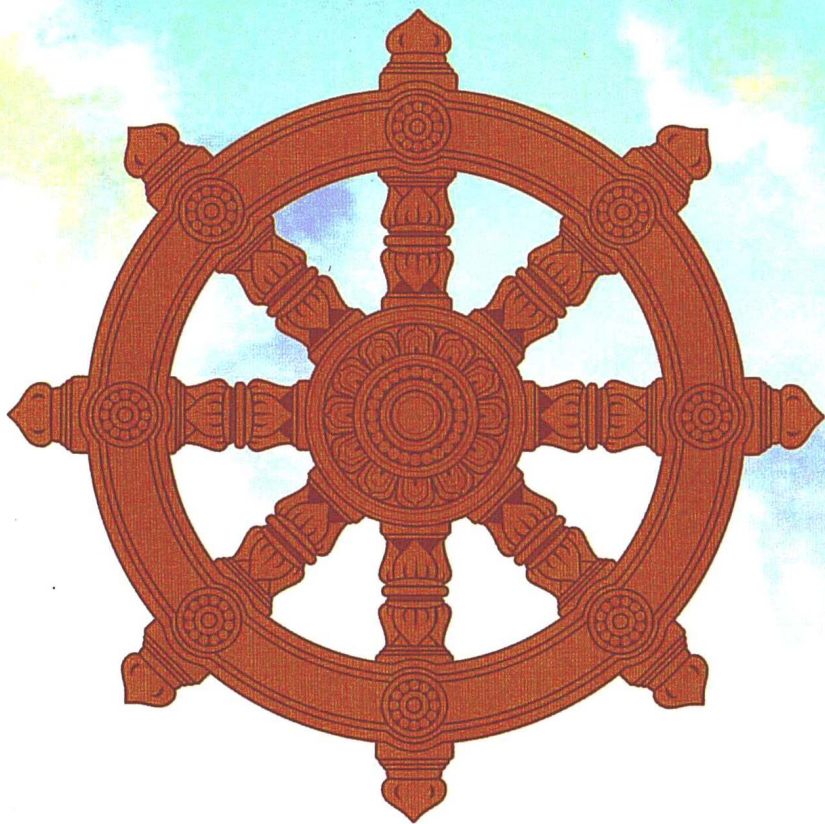
Sammā-vācā सम्यक आजीविका Sammā-ājīvo सम्यक व्यायाम

Sammā-sati सम्यक स्मृति Sammā-vāyāmo

Sammā-samādhī सम्यक समाधि
Sammā-ditṭhi

“A DISCIPLINED MIND BRINGS HAPPINESS”

-Buddha-



*"Peace in the world cannot be achieved
unless
there is peace within individuals."*





1924 - 2024
Celebrating 100 Years Of S.N. Goenka

**"The only conversion involved in Vipassanā
is from misery to happiness, from bondage to liberation"**

"S.N. Goenka"

Mr. Satya Narayan Goenka (Born 1924) is a Principal Teacher of Vipassana, the practical quintessence of the Buddha's teaching and a student of Sayagyi U Ba Khin . He has trained more than 2000 assistant teachers and each year more than 200,000 people attend Vipassana courses.

Goenkaji emphasises that, "The Buddha never taught a sectarian religion; he taught Dhamma - the way to liberation - which is universal" and presents his teachings as non-sectarian and open to people of all faiths or no faith. Goenkaji calls Vipassana meditation an experiential scientific practice, through which one can observe the constantly changing nature of the mind and body at the deepest level, a profound understanding that leads to a truly happy and peaceful life.

A leading industrialist in Myanmar (Burma) after the Second World War. Goenkaji, as he is affectionately known, is living proof that the mental exercise of meditation is necessary for a wholesome and beneficial life. Known for his humility, deep compassion, unperturbed composure, Mr. Goenka's emphasis on the self-dependent, non-sectarian and result-oriented nature of Vipassana found appeal in a world searching for a practical path out of stress and suffering.

As an indicator of the increasing universal acceptance of the Buddha's scientific teachings, Mr. Goenka has been invited to lecture by institutions as diverse as the United Nations General Assembly, members of the Indian Parliament, Harvard Business Club, Dharma Drum Mountain Monastery (of Ven. Sheng Yen) in Taiwan, the World Economic Forum in Davos, Switzerland, the Smithsonian Institute, Massachusetts Institute of Technology (MIT) and Silicon Valley Indian Professionals Association.

Mr. Goenka's success in service comes from being an inspiring example and an ideal, and of practicing what he asks his students to practice. "Develop purity in yourself if you wish to encourage others to follow the path of purity," he told an annual meeting in Dhamma Giri, Igatpuri, on March 1, 1989. "Discover real peace and harmony within yourself, and naturally this will overflow to benefit others."





Introduction

The technique of Vipassana is a simple, practical way to achieve real peace of mind and to lead a happy, useful life. Vipassana means "to see things as they really are". It is a logical process of mental purification through self-observation.



An Art of Living

For transformation of an individual

The technique of Vipassana is a simple, practical way to achieve real peace of mind and to lead a happy, useful life. Vipassana means "to see things as they really are". It is a logical process of mental purification through self-observation.

Vipassanā

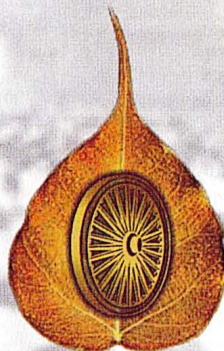
A powerful tool for social integration

The Buddha's teaching has never been a Utopian dream of hollow idealism; it is a great unifying force in our strife-torn society. This has already been proven in the last 50 years - people and leaders belonging to different religions, castes, different communities, different classes of society and from different countries, cultures, join Vipassana courses in large numbers.

As an instrument of reform

The role of Vipassana in reform is threefold. First: It helps to remove the underlying defilements that manifest negative mental states in actions. Second: It helps the less fortunate to bear their suffering. Third: It strengthens those involved in helping such people, the social workers, doctors among others.

One example is in the area of prison reform. The courses in Tihar jail have resulted in increased discipline and in greater harmony between the inmates and staff, as representatives of both have learned the technique of self-introspection.



Ānāpāna for Children

"Planting the seed of Dhamma"

Children today are growing up in a fractured and rapidly changing world. They need help to meet the challenges facing them and to develop their full potential. Anapana meditation helps them find a way to live peacefully and productively.



MITRA Upkaram

Is an initiative of the Government of Maharashtra in association with Vipassana Research Institute to facilitate wholesome mental growth of school children. MITRA, which stands for MIND IN TRAINING for RIGHT AWARENESS also means DOST in Hindi or FRIEND in English. Under MITRA Upakram, schools in co-ordination with VRI arranges for its students to get initial training of 70 minutes of Anapana, through audio/video instructions of Mr. S. N. Goenka.



Shri Ram Vidhyalay, Ahmadnagar - 16.03.2003

An Art of Corporate Management

Whether it is prisoners, people living on the streets, the have-nots of the world or the most affluent and wealthy sections of society, everyone has gained the same beneficial results from Vipassana. Dhamma, the law of nature, is the same for all. Since all of us are prisoners of the negative habit patterns of our own minds, the practice of Vipassana helps us come out of our misery by eradicating the negativities from the root level of our minds.

Many business tycoons, corporate executives and top management have attended 10-day Vipassana courses and have found Vipassana as a useful tool in business management as well as in their personal growth.

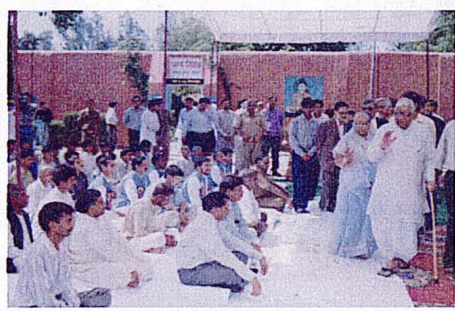
Vipassanā and Addiction

Addiction represents one of the most serious problems of all countries and communities worldwide. It is universal in a sense that its object is not limited to drugs and substances.

Vipassanā in Government

Today, many high level Government officials, senior civil servants and politicians have attended Vipassana courses. After experiencing the immense benefits of the technique themselves, these Government officials initiated the idea of using Vipassana as an instrument of reform, for the benefit of society.

*Pajjota, Belgium
Year 2002*



*15th March 2000
Tihar Jail - Delhi*

"Observing with the eye of the Dhamma"

Everyone has to meet vicissitudes in life but the mind should not get agitated; it should not get agitated; it should remain stable and balanced. Then there is no crying, no unhappiness, no impurity nor any feeling of insecurity in your mind. One always feels secure because one is on the path of Dhamma; nothing can go wrong. This is the highest welfare : equanimity with all the vicissitudes of life.

~ " S.N. Goenka "



Monthly Self Assessment list

ONE'S PROGRESS ON THE PATH OF DHAMMA (VIPASSANA)

Understanding True Welfare:

- Reflect on the true blessings in life.
- Recognize the importance of Vipassana practice.

Company and Association:

- Avoid the bad company, Seek the company of the wise.
- Give honor where it's due.

Personal Conduct:

- Choose a suitable place of abode.
- Set right aspirations for oneself.
- Pursue great learning and skill.
- Practice contentment and gratitude
- Show respectfulness and humility.

Family and Relationships:

- Serve one's parents, care for spouse and children.
- Engage in peaceful occupations.
- Be generous and live a life of Dhamma.
- Care for relatives and engage in blameless deeds.

Moral Conduct:

- Abstaining from false-slandering-harsh speech, Idle Chatter.
- Abstaining from intoxicants, killing, stealing, sexual misconduct.

Dhamma Growth:

- Listen & discuss to the Dhamma at the right time.
- Show forbearance and accept guidance.
- Practice ardently and live a life of purity.
- Is Dhamma becoming an indivisible part of daily life?

Dealing with ups and downs of life:

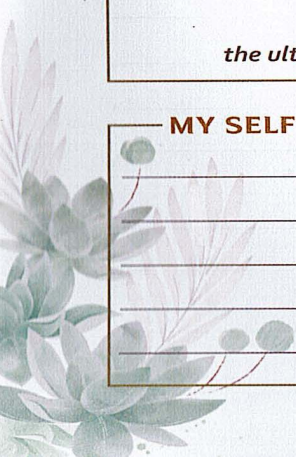
- Maintain an unshaken mind when faced with life's vicissitudes.
- Aim for a mind that is sorrowless, stainless, and secure.
- Generate metta (loving-kindness) towards critics.
- It's about addressing your actual faults do better in the future.

Daily Vipassana Meditation Practice:

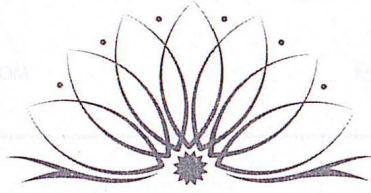
- Ensure regular 1-hour morning and evening sittings.
- Minimum one 10-day Vipassana course in a year.

Remember, to make progress on the path of Dhamma and the ultimate aim is to achieve equanimity with all the vicissitudes of life.

MY SELF CARE CHECKLIST



THINGS GRATEFUL FOR



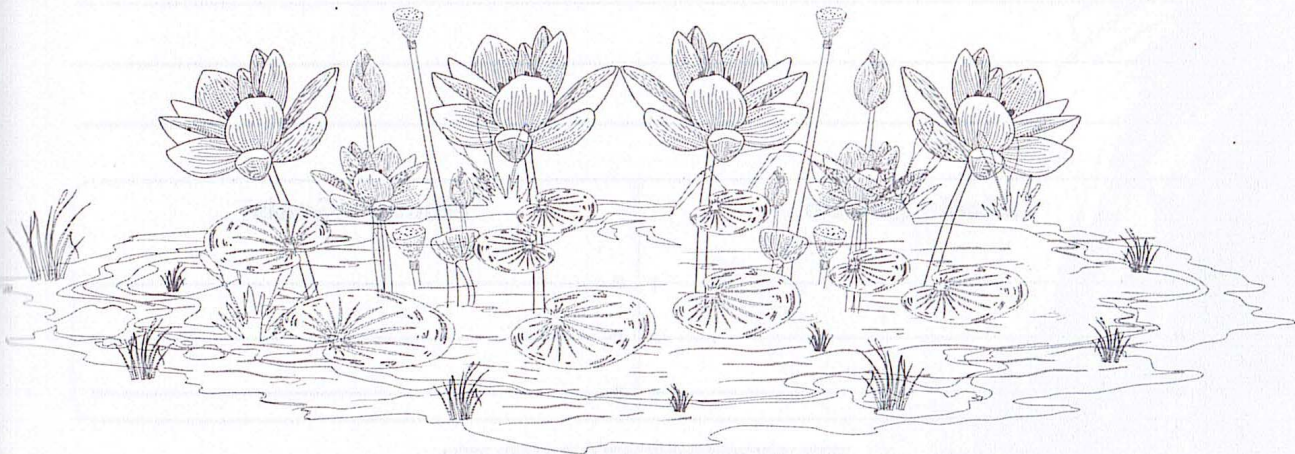
The last words of the Buddha just before he breathed his last and passed away into Mahaparinirvana were:

"Decay (or anicca) is inherent in all component things. Work out your own salvation with diligence."

"This is in fact the essence of all budda teachings during the forty-five years of his ministry".

"If you will keep up the awareness of the anicca that is inherent in all component things, you are sure to reach the goal in the course of time."

Kalyan Mitra S N Goenka



YEAR 1958



Stage Performance – at Myanmar:

He also had a passion for acting and performed on stage several times at Younge, a famous theater in Rangoon, etc. He was known for his charismatic and expressive style of acting, which earned him praise from critics and audiences alike.

PADMBHUSHAN AWARD

293 The Government of India Honored Vipassana Acharaya

SHRI. SATYA NARAYAN GOENKAJI

for his social works at his residence in MUMBAI.

Year - 2012

