



THE CARAVAN OF DHAMMA



Vipassana Research Institute

The Caravan of Dhamma

Diary of S. N. Goenka's "Meditation Now" Tour
Europe and North America
April 10 to August 15, 2002



Vipassana Research Institute
Dhamma Giri, Igatpuri

The Caravan of Dhamma

Book Code: **E32**

© Vipassana Research Institute

All rights reserved

First edition : 2004

Reprint : 2009, September 2017

Second Edition : November 2025

Price: Rs.

ISBN 81-7414-254-1

Published by:

Vipassana Research Institute

Dhamma Giri, Igatpuri 422 403

Dist. Nashik, Maharashtra, India

Tel: [91] (2553) 244998, 243553, 244076, 244086,

8484834837, 8484837835, 8484839837, 8484831835

Email: vri_admin@vridhamma.org

Website: www.vridhamma.org

Printed by:

Apollo Printing Press

259, SICO Ltd., 69 MIDC, Satpur

Nashik-422007, Maharashtra

Yattha kho, āvuso, na jāyati na jīyati na mīyati na cavati na upapajjati, nāhaṃ taṃ gamanena lokassa antaṃ nāteyyaṃ datṭheyyaṃ patteyyanti vadāmi”ti...

Na kho panāhaṃ, āvuso, appatvā lokassa antaṃ dukkhassa antakiriyaṃ vadāmi.

Api ca khvāhaṃ, āvuso, imasmiṃyeva byāmamatte kaḷevare sasaññimhi samanake lokaṇca paññapemi lokasamudayaṇca lokanirodhaṇca lokanirodhagāminiṇca patipadanti.

Friend, I say that the end of the world where one is not born, does not age, does not die, does not pass away, and is not reborn, cannot be known, seen or reached by travelling to the end of the world.

However, friend, I say that without having reached the end of the world, there is no end to suffering.

It is, friend, in this fathom-long body with its perception and mind that I make known the world, the origin of the world, the cessation of the world and the way leading to the cessation of the world.

Saṃyutta Nikaya 1.1.107, Rohitassa Sutta

Preface

Preface

In 2002, at the age of 78, Goenkaji embarked on a remarkable Dhamma tour of the West. He traveled for 128 days through Europe and North America, giving many Dhamma talks, leading meditation sessions, giving media interviews and guiding students in private interviews along the way. The United Kingdom was the first stop of Goenkaji's tour. He arrived in London on April 10 and left on April 18 for New York.

There, he began the second leg of the journey of over 13,000 miles of road through the United States and Canada to spread the gift of Dhamma with compassion and joy.

He returned to Europe in August, this time to Belgium from where he traveled to Holland and Germany for Dhamma talks.

This diary does not give all the details of this remarkable tour. It merely gives glimpses of Goenkaji's daily life on the tour.

The author is a Vipassana Teacher and Secretary to Goenkaji. This chronicle was the result of informal notes compiled during the author's travels with Goenkaji during this marathon Dhamma tour.

Goenkaji has not had time to read this diary completely. Any errors in it are solely the responsibility of the author.

The Caravan of Dhamma

Contents

The Caravan of Dhamma

The “Meditation Now” Tour

Goenkaji’s Tour of Europe and North America

April 10 to August 15, 2002

Europe: United Kingdom..... 1

Day 1-5, April 10-14, Dhamma Dīpa, Hereford..... 1

An Island of Dhamma 1

Monuments of Dhamma 1

Children and Charcoal..... 3

Mataji’s Role 4

The Householders and the Monks 5

Day 6, April 15, Dhamma Dīpa, Hereford / Birmingham / London.... 6

The Price of the Priceless Dhamma 6

Day 7-8, April 16-17, London 6

Spreading the Word 6

Proper Care of Dāna 8

United States of America 8

Day 9, April 18, London, U.K. / New York..... 8

Across the Atlantic 8

Day 10-14, April 19-23, New York..... 8

Meeting Organizers 8

May All Beings Dwell Without Fear 9

Modern Agents of Change and Their Responsibility 9

A Businessman’s Story..... 10

Spirituality for All 11

Day 15, April 24, New York / Lenox, Massachusetts..... 12

A Long Journey 12

Question Mark..... 13

Day 16, April 25, Lenox, Massachusetts..... 13

Noon Interviews 13

<i>Day 17, April 26, Lenox, Massachusetts /</i>	
<i>Boston, Massachusetts / Lenox, Massachusetts</i>	14
Boston.....	14
Sigh of Relief.....	15
<i>Day 18-25, April 27-25, Lenox, Massachusetts</i>	15
A Herd of Bison.....	15
Vipassana Day	16
Yoga and Vipassana	17
Course for Businesspeople and Administrators.....	18
Professionals Serving Vipassana	19
Mundane and Supramundane	19
Morality in Business.....	20
Selfless Love.....	22
<i>Day 26, May 5, Lenox, Massachusetts /</i>	
<i>Dhamma Dharā, Massachusetts / Flanders, New Jersey</i>	22
A Pleasant Surprise.....	22
First Night in the Motor Home	23
<i>Day 27, May 6, Flanders, New Jersey /</i>	
<i>Rutgers University, New Jersey.....</i>	23
You are the Future	23
<i>Day 28, May 7, Flanders, New Jersey / Manhattan /</i>	
<i>Queens, New York.....</i>	24
India and China.....	24
I must be Strict only to be Kind	24
<i>Day 29, May 8, Queens, New York / Manhattan,</i>	
<i>New York / Flanders, New Jersey.....</i>	26
Blind Faith, Faith and Interfaith	26
<i>Day 30, May 9, Flanders, New Jersey / Pennsylvania</i>	27
Annenberg Center, University of Pennsylvania.....	27
<i>Day 31, May 10, Coatsville, Pennsylvania /</i>	
<i>Lincoln University, Pennsylvania / Unionville, Pennsylvania</i>	28
Maintain the Purity of the Technique	28
<i>Day 32, May 11, Coatsville, Pennsylvania / Ashland, Virginia.....</i>	29
The Dhamma Caravan	29
<i>Day 33, May 12, Ashland, Virginia / Charlotte, North Carolina.....</i>	30
Keep Walking, Keep Walking.....	30

<i>Day 34, May 13, Charlotte, North Carolina</i>	<i>31</i>
Inspiring the Meditators	31
<i>Day 35, May 14, Charlotte, North Carolina / Atlanta, Georgia.....</i>	<i>32</i>
Stone Mountain Park, Atlanta.....	32
<i>Day 36, May 15, Atlanta, Georgia</i>	<i>32</i>
Jesus: A Prince among Saints	32
<i>Day 37, May 16, Birmingham, Alabama</i>	<i>34</i>
Prisoners, One And All	34
A Dual Responsibility	34
True Correction.....	34
Opening the Mind, Opening the Heart	35
The Prisoner Inside.....	36
<i>Day 38, May 17, Birmingham, Alabama / Houston, Texas</i>	<i>36</i>
Houston: Airborne Again.....	36
<i>Day 39, May 18, Dhamma Siri, Kaufman, Texas.....</i>	<i>37</i>
Dhamma Siri (Wealth of Dhamma).....	37
<i>Day 40, May 19, Dhamma Siri, Kaufman, TX / Dallas, TX.....</i>	<i>38</i>
Addiction	38
Is a Teacher Necessary?.....	39
<i>Day 41, May 20, Dhamma Siri, Texas /</i>	
Ole Town Cotton Gin RV Park, Texas	39
Farewell to Dhamma Siri.....	39
Journey to Boulder	39
<i>Day 42, May 21, Texas / Capulin, New Mexico</i>	<i>40</i>
Just as in the Sky Different Winds Blow	40
<i>Day 43, May 22, Capulin, New Mexico / Boulder, Colorado</i>	<i>41</i>
Sleeping Volcano	41
<i>Day 44, May 23, Boulder, Colorado / Denver, Colorado</i>	<i>42</i>
Sleepless in Failure, Sleepless in Success	42
Mataji Keeps Busy	43
Nature Plays Anicca	43
<i>Day 45, May 24, Boulder, Colorado</i>	<i>43</i>
Real Security is Inside	43
Illness and Vipassana	44
<i>Day 46, May 25, Boulder, Colorado</i>	<i>44</i>

The Gift of Dhamma Surpasses All Gifts.....	44
<i>Day 47, May 26, Boulder, Colorado / Manhattan, New York</i>	47
New York: The Sāvattthi of the Modern Age.....	47
<i>Day 48, May 27, Manhattan, New York</i>	48
A Day of Recuperation.....	48
<i>Day 49, May 28, United Nations, New York</i>	48
Buddha: A Super-Scientist of Peace.....	48
<i>Day 50, May 29, New York / San Diego, California</i>	50
Coast to Coast.....	50
<i>Day 51, May 30, San Diego, California</i>	51
Visit to a Laboratory.....	51
<i>Day 52, May 31, Orange County, California</i>	51
Questions.....	51
Siddhartha's Quest.....	52
<i>Day 53, June 1, Azusa, California</i>	53
Myanmar Monastery.....	53
<i>Day 54, June 2, Azusa, California</i>	54
Sangha Dana.....	54
<i>Day 55, June 3, Azusa, California /</i>	
<i>Dhamma Mahāvāna, California</i>	56
Khanti (Tolerance).....	56
<i>Day 56-57, June 4-5, Dhamma Mahāvāna, North Fork, California</i> ...	57
Dhamma Mahāvāna.....	57
Like a Mother Hen Looking After Her Chicks.....	57
Be Like a Lotus.....	58
<i>Day 58, June 6, Dhamma Mahāvāna, North Fork /</i>	
<i>Saratoga Springs Campground, California</i>	58
Saratoga Springs.....	58
<i>Day 59, June 7, Saratoga Springs Campground /</i>	
<i>Cupertino, California</i>	59
Peace Amid Chaos.....	59
Weekend Spirituality.....	59
<i>Day 60, June 8, Saratoga Springs Campground / Berkeley /</i>	
<i>Anthony Chabot Regional Park, Oakland, California</i>	61
Silicon Valley Professionals.....	61

Mental Pollution in the Office	61
Not Merely to Satisfy Curiosity	63
Mind-washing.....	63
<i>Day 61, June 9, Oakland / Jain Temple, Milpitas /</i>	
<i>Hayward / Petaluma, California</i>	64
Vira and Mahavira: A Warrior and a Great Warrior	64
Walk the talk.....	64
<i>Day 62, June 10, Santa Rosa, California</i>	66
Suffering Defined	66
From Cruelty to Compassion	68
Goenkaji, Start a Vipassana Center Here!	68
<i>Day 63, June 11, Santa Rosa, California / Albion, California</i>	69
Training Under Sayagyi U Ba Khin	69
Aware Outside, Aware Inside.....	69
Supernatural Powers	70
<i>Day 64, June 12, Albion, California / Fort Bragg,</i>	
<i>California / Albion, California</i>	71
Eagles Hall.....	71
From Gross to Subtle.....	72
<i>Day 65, June 13, Crescent City RV Park, California</i>	73
Minor Accident, Major Delay.....	73
Ancient Tree, Ancient Tradition	73
<i>Day 66, June 14, Glenyan Campground, Ashland, Oregon</i>	74
To Warmer Climes.....	74
<i>Day 67, June 15, Ashland, Oregon</i>	74
Within This Fathom-Long Body	74
<i>Day 68, June 16, Ashland / Portland, Oregon</i>	75
Long Days, Short Nights	75
<i>Day 69, June 17, Dhamma Kuñja, Washington</i>	76
Grove of Dhamma	76
The First Dip in the Ganges of Inner Reality	76
<i>Day 70, June 18, Dhamma Kuñja, Washington /</i>	
<i>Portland, Oregon / Dhamma Kuñja, Washington</i>	77
Noble Silence.....	77
Ashoka: A Shining Star in the Galaxy of Rulers.....	78

Everyone Has a Seed of Enlightenment	78
Escape Is No Solution	79
<i>Day 71, June 19, Dhamma Kuṇja, Washington / Lacey, Washington</i> .	80
Know Thyself	80
Meditation Postures	81
Instant Justice	81
<i>Day 72, June 20, Seattle, Washington</i>	83
Recipe for Success, Recipe for Misery.....	83
Recipe for Happiness, Recipe for Success	83
Proper Charity	84
Meditation and Cults	84
<i>Day 73, June 21, Seattle, Washington</i>	85
Knock Out Punch	85
Dhamma in Town Halls	85
Outer Shell and Inner Essence.....	86
<i>Day 74, June 22, Seattle, Washington</i>	86
Dhamma Prison	86
Neither Mahayana nor Hinayana: Dhammayana	87
Canada	89
<i>Day 75, June 23, Seattle, WA, U.S.A. / Vancouver, BC, Canada</i>	89
A Gurudwara in Canada	89
Dharma is Not for Power, it is for Purity.....	90
<i>Day 76, June 24, Vancouver, British Columbia</i>	90
No Guru This	90
The Clock of Vipassana Has Struck	91
A Deep Surgical Operation	92
<i>Day 77, June 25, Vancouver, British Columbia</i>	92
Broadcasting Dhamma	92
The Eightfold Noble Path.....	93
Suññatā (Shunyatā).....	95
<i>Day 78 June 26,, Vancouver, BC / Victoria, British Columbia</i>	95
Dāna of Food	<u>95</u>
<i>Day 79, June 27, Victoria, British Columbia</i>	97
What Goenkaji Does on a Scheduled Rest Day	97
<i>Day 80, June 28, Victoria, BC / Chilliwack, British Columbia</i>	98

Ambitious Plan.....	98
<i>Day 81, June 29, Chilliwack, BC / Dhamma Surabhi, Merritt.....</i>	<i>99</i>
The Fragrance of Dhamma.....	99
<i>Day 82, June 30, Dhamma Surabhi, Merritt</i>	<i>100</i>
Peace First: The First Nations	100
<i>Day 83, July 1, Dhamma Surabhi, Merritt / Golden, BC</i>	<i>101</i>
Into Nature.....	101
<i>Day 84, July 2, Golden, BC / Calgary, Alberta</i>	<i>102</i>
The Mighty Rockies.....	102
<i>Day 85, July 3, Calgary.....</i>	<i>103</i>
Stampede	103
Committed Relationships: Doors are Closed	104
Meditation versus Vipassana	104
With Eyes Closed	104
The Breath: A Bridge to the Unknown.....	105
Peace Within First.....	106
<i>Day 86, July 4, Calgary / Edmonton, Alberta.....</i>	<i>106</i>
The Northern Point of the North American Tour.....	106
<i>Day 87, July 5, Edmonton, Alberta / High River, Alberta.....</i>	<i>109</i>
Success Without Dhamma Means Ego and Intolerance	109
Mosquito Misery	110
United States of America	111
<i>Day 86, July 6, High River, Alberta, Canada / Whitefish, Montana..</i>	<i>111</i>
Rockies Again.....	111
Deer Park	111
<i>Day 89, July 7, Whitefish / Missoula, Montana.....</i>	<i>112</i>
Open Sky	112
<i>Day 90, July 8, Missoula, Montana.....</i>	<i>113</i>
Rain and Sunshine	113
<i>Day 91, July 9, Missoula / Billings, Montana.....</i>	<i>114</i>
Mind Matters Most.....	114
<i>Day 92, July 10, Billings, Montana / Bismarck, North Dakota.....</i>	<i>114</i>
Staying Together.....	114
<i>Day 93, July 11, Bismarck, North Dakota / Minneapolis, Minnesota</i>	<i>115</i>
Longest Day and Another Flat Tire	115

<i>Day 94, July 12, Minneapolis, Minnesota.....</i>	116
Twin Cities.....	116
Craving: A Bottomless Bucket.	116
Anicca to Anattā: A natural progress.....	116
<i>Day 95, July 13, Minneapolis, Minnesota / Chicago, Illinois.....</i>	117
Why Vipassana Centers?	117
<i>Day 96, July 14, Chicago, Illinois.....</i>	119
Sthitaprajña: From a Distant Dream to a Real Possibility....	119
Field Museum.....	120
Bargain	122
Middle Path	122
<i>Day 97, July 15, Chicago, Illinois.....</i>	123
Separation.....	123
<i>Day 98, July 16, Chicago, Illinois.....</i>	124
Essence of Buddha Dhamma.....	124
A Contradiction in Terms	125
<i>Day 99, July 17, Chicago / Madison, Wisconsin /</i>	
<i>Chicago, Illinois.....</i>	125
Vipassana Centers.....	125
Vipassana for Leaders.....	126
A Universal Way to Alleviate Universal Misery	126
Defiling Impulses	128
<i>Day 100, July 18, Chicago, Illinois / Brighton, Michigan.....</i>	128
Healthy Habit.....	128

Canada 129

<i>Day 101, July 19, Brighton, Michigan, USA /</i>	
Toronto, Ontario	129
A Second Time in Canada	129
<i>Day 102-104, July 20-22, Toronto, Ontario.....</i>	130
Auspicious Day	130
Buddha's Teaching in India: Centuries of Darkness	
and Misinformation	131
Karma	134
Diversity of Toronto	135
You Make Your Future!	135

Diversity of Toronto	136
Ageing	136
Death and Dying.....	137
Real Strength	138
Success	138
Yours to Discover: Ontario and Vipassana	138
<i>Day 105, July 23, Toronto / Ottawa, Ontario</i>	<i>139</i>
Secluded Camping Grounds	139
<i>Day 106, July 24, Ottawa, Ontario.....</i>	<i>139</i>
The Wheel of Dhamma Rotates.....	139
Meeting the Prime Minister of Canada	139
<i>Day 107, July 25, Ottawa / Dhamma Suttama, Quebec</i>	<i>141</i>
Into French-speaking Canada.....	141
<i>Day 108-110, July 26-28, Dhamma Suttama, Quebec</i>	<i>142</i>
First Course in North America	142
Wandering Teacher, Focused Mind	143
Distributing Peace	143
Women in Dhamma.....	143
Be a Good Human Being First	144
The Best Advertising is Word of Mouth.....	144
In the Service of Dhamma.....	145
Service is Essential for Progress in Dhamma.....	146
Expanding Center	147
United States of America	147
<i>Day 111, July 29, Dhamma Suttama, Quebec /</i>	
<i>Boston, Massachusetts</i>	<i>147</i>
Back in the U.S.A.....	147
<i>Day 112-113, July 30, 31, Boston, Massachusetts.....</i>	<i>148</i>
Caravan Crew	148
John Hancock Center.....	148
Charity	148
Spiritual Attainments	149
Talk at MIT	149
<i>Day 114-117, August 1-4, Dhamma Dharā, Massachusetts.....</i>	<i>150</i>
VMC: 20 Years of Service	150

The Crew Disperses.....	150
Meeting More Meditators.....	150
One-Day Course	152
Packing Up	152
Remembering Goenkaji (Smith College)	153
<i>Day 118-119, August 5-6, Manhattan / Queens / Manhattan</i>	<i>153</i>
Monkey Mind	153
Exhibition Gallery of the Global Pagoda	154
<i>Day 120, August 7, New York / London / Brussels, Belgium</i>	<i>155</i>
India's Role in the Spread of Dhamma.....	155
Europe: Belgium, Holland, Germany	157
<i>Day 121-124, August 8-11, Dhamma Pajjota, Belgium</i>	<i>157</i>
Arrival in Europe	157
Violence and Strict Disciplinary Action	157
Not 'My' Centers	158
Infirm Body, Firm Mind	158
Will Vipassana Last?	158
Largest Ever Course Outside of South Asia	159
A European Union—Unity Amongst Meditators	160
<i>Day 125, August 12, Dhamma Pajjota, Belgium /</i>	
<i>Vught, Holland / Dhamma Pajjota, Belgium.....</i>	<i>161</i>
Spirituality in Business, But Not Business in Spirituality....	161
<i>Day 126, August 13, Dhamma Pajjota, Belgium /</i>	
<i>Cologne, Germany / Dhamma Pajjota, Belgium.....</i>	<i>162</i>
Congress Hall, Cologne.....	162
<i>Day 127, August 14, Dhamma Pajjota, Belgium</i>	<i>163</i>
Another Ten-Day Course Begins.....	163
<i>Day 128, August 15, Dhamma Pajjota, Belgium</i>	<i>164</i>
Meeting at European Union.....	164
Chocolate Icing on the Dhamma Tour Cake	165
The Volunteers	167
Caravan Crew in North America	168
Vipassana Meditation Centres	170

Diary of
S. N. Goenka's "Meditation Now" Tour
Europe and North America
April 10 to August 15, 2002