

# APPLIED DHAMMA

**S.N. Goenka**  
Dhamma Discourses I

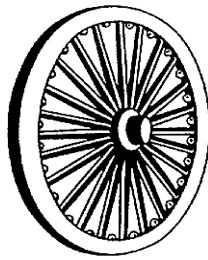


Vipassana Research Institute



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**Dhamma Discourses I**



**S.N. Goenka**

**Vipassana Research Institute  
Dhamma Giri, Igatpuri**

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## **NOTE BY THE EDITORS**

Revered S.N. Goenka gave thousands of Dhamma discourses in Hindi and English. Many of these talks have been carefully preserved in audio and video form, and a growing portion is now being made available in print so that students of Dhamma can study and reflect at their own pace.

From these, the publication “Applied Dhamma” presents a carefully chosen selection of talks that offer clear, practical guidance for people living and working in the modern world.

The discourses in this volume address both the individual and society. Goenkaji speaks to householders, students, professionals, business leaders, government officials, social workers, and even prisoners—showing how the practice of Vipassana and the principles of Dhamma can transform family life, education, work, social responsibility, and public service. At the same time, he gives very concrete guidance on dealing with anger, fear, addiction, stress, ethical dilemmas, and the many challenges and responsibilities that arise in daily life.

Wherever available a QR code has been added to the original Video / Audio Discourse. It is our sincere hope that this book serves as a practical companion for all who wish to apply Dhamma in every sphere of life, for their own benefit and for the welfare of many.

## MESSAGE FROM GOENKAJI

Dear Travelers on the Path of Dhamma,

Be happy!

Keep the torch of Dhamma alight! Let it shine brightly in your daily life. Always remember, Dhamma is not an escape. It is an art of living: living in peace and harmony with oneself and also with all others. Hence, try to live a Dhamma life.

Don't miss your daily sittings each morning and evening.

Whenever possible, attend weekly joint sittings with other Vipassana meditators. Do a 10-day course as an annual retreat. This is essential to keep you going strong. With all confidence, face the spikes around you bravely and smilingly. Renounce hatred and aversion, ill will and animosity.

Generate love and compassion, especially for those who do not understand Dhamma and are living an unhappy life.

May your Dhamma behavior show them the path of peace and harmony. May the glow of Dhamma on your faces attract more and more suffering people to this path of real happiness.

May all beings be happy, peaceful, and liberated. With all my mettā,

*S. N. Goenka.*