



May there be Happiness in Householder's Lives!

Translation of the Hindi Book
"Maṅgala Jage Grihī Jīvana Men"

S. N. Goenka

Vipassana Research Institute

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Preface

In the prime of his youth, Prince Siddhattha left the magnificence and luxury of the royal life, leaving behind his beautiful, virtuous wife and new-born son, as well as his wailing old parents. He cut off his hair and beard, and donned the robes of a recluse.

Later, when Gotama became a Buddha, the manner of his teaching encouraged thousands to follow his example. Like him, they too left behind unhappy parents, left behind wives and sons, to become monks. As the Saṅgha numbers grew, families and homes were destroyed. This was the result of Buddha's teaching. He left the householder's life and thereby turned people against it. This was the path of pure Dhamma, a path of renunciation. Therefore, those with a layman's inclination had neither hope nor assurance on this path.

Many falsehoods like these have been freely propagated in the last one and a half thousand years in our country. The main reason these falsehoods arose and spread was that the abundant background of Buddha's words and literature became extinct in this country. Not even a single page was saved. The practice of Vipassana, beneficial to one and all, which was prevalent in every household, was forgotten, and the name Vipassana was even erased from public memory. The word ceased to exist, even in dictionaries. Whatever the reason for this, the truth is, we lost access to this world-revered, historical person and his beneficial teaching. Thanks to our good

fortune, the entire literature and practice have come back to India from our neighbouring country of Myanmar, and it is being readily accepted by not only Indians but also by an increasing number of people from countries all over the world.

Now this truth is becoming apparent: the teaching of the Blessed One, the Buddha, was for everyone—monk or householder. His teaching was not only for those who went forth into monastic life, but was equally important and beneficial for householders. The Blessed One's teaching was full of practical aspects of how a person can live the life of a householder in a happy and peaceful manner. But people do not have detailed knowledge of this. Even today, there are still many who believe the myth that Buddha's teaching is for monks and not for householders.

To help dispel this myth, articles previously published in the Vipassana Research Institute's publication 'Vipassana', highlighting the Buddha's teachings, have now been collected for publication in this book. The beneficial teachings for householders presented here are but a small fraction of the many such teachings of the Buddha. Millions of people have benefited from them in the past and are continuing to benefit today.

May the people of our country know what wonderfully practical and beneficial teachings the Buddha has given us. May more and more people be inspired by these teachings and walk on the path for their own welfare and happiness

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