

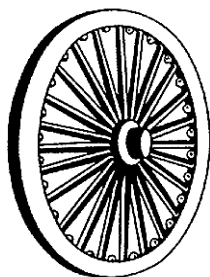
DHAMMA TREASURES



Vipassana Research Institute

DHAMMA TREASURES

LIVING A LIFE OF DHAMMA



**Vipassana Research Institute
Dhamma Giri, Igatpuri**

Dhamma Treasures

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Preface

Dhamma Treasures series is a compilation of primarily Goenkaji's articles/discourses on various aspects of Vipassana coupled with questions & answers and inspirational examples of senior meditators.

“Applying Vipassana in Daily Life” is a first book in this series. Mr. S. N. Goenka has always emphasised that just attending a Vipassana course is not enough. Vipassana is an art of living and students need to apply Vipassana in day to day life to live at peace with ourselves, and at peace with others.

Goenkaji's wisdom and guidance remains with us as an inspiring reminder on how to apply Vipassana in daily life, with utmost clarity. His own life was an example of how to live a life of Dhamma. He has delivered various discourses on subtle aspects of Dhamma and how to use Vipassana while facing Vicissitudes of life with Equanimity. Along with discourses, many students have requested his guidance on this matter. These discourses and questions & answers have been published in VRI newsletters and international Vipassana Newsletters from time to time.

This book provides a compilation of discourses, questions & answers and other inspirational material that was published in these newsletters and other books published by VRI in the following five sections:

1. **Section 1- guidance to householder:** This section contains few of the suttas ideal for householders and advice by Mr. S. N. Goenka and other senior meditators on how to live a life of Dhamma.
2. **Section II- Articles/Discourses:** This section contains numerous articles/discourses delivered by Mr. S. N. Goenka on various occasions guiding students on how to apply Vipassana in daily life.
3. **Section III- Questions & Answers:** Many students have asked numerous questions on application of Vipassana in daily life. These questions are broadly categorized into health/addiction, non-attachment, family/social life, profession/career, helping others, anger etc. for the convenience of readers.
4. **Section IV- Inspirational stories of meditators:** This section contains stories shared by many meditators on how Vipassana helped them in living in peace and harmony with oneself and also with all others.
5. **Section V- stories of select modern dhammikās:** This section contains brief life stories of select senior meditators. Their life is an ideal example of how a householder can practice Vipassana and live a happy and peaceful life by imbibing the principles of the teachings.

Phuṭṭhassa lokadhammehi, cittaṃ yassa na kampati; asokaṃ virajaṃ khemaṃ, etaṃ maṅgalamuttamaṃ.

— *Khuddakapāṭha 5.12 Maṅgalasuttaṃ*

— *When faced with the vicissitudes of life, one's mind is unshaken, sorrowless, stainless, secure- this is the highest blessing.*

This verse contains the great legacy that the Buddha has left for householders: to maintain equanimity with wisdom in all situations.

Life of the Buddha and Vipassana practitioners in ancient times as well as today is a living example of this teaching. This book aims to motivate old students to continue their practice seriously to walk the same path as the exemplary practitioners of Vipassana meditation.

We hope these Dhamma Treasures will help you walk firmly on the path of Dhamma and to further establish yourself in the practice.

May your practice deepen with your understanding of Dhamma! May you be happy!

—*Vipassana Research Institute*

A 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 ten-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, liberated.

With all my Mettā,

S. N. Goenka

