



# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin, as taught by S. N. Goenka

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## Words of Dhamma

*Yathāpi ruciraṃ pupphaṃ, vaṇṇavantaṃ agandhakaṃ;*

*Evaṃ subhāsītā vācā, aphaḷā hoti akubbato.*

*Yathāpi ruciraṃ pupphaṃ, vaṇṇavantaṃ sugandhakaṃ;*

*Evaṃ subhāsītā vācā, saphalā hoti kubbato.*

– *Dhammapadapāli- 51-52, pupphavaggo.*

Just like a beautiful flower, which has colour but lacks fragrance, cannot give the wearer the benefit of its scent, so also, the well-spoken words of the Buddha cannot benefit one who does not practice the Dhamma.

Just like a beautiful flower, which has colour and has fragrance, will give the wearer the benefit of its scent, so also, the well-spoken words of the Buddha will benefit one who practices the Dhamma.

## Special Issue on Birth Centenary of Kalyāṇamitta Shri S. N. Goenka

Dear Meditators,

The Birth Centenary gathering of Principal Teacher Shri Satya Narayan Goenka ji has been planned on Sunday, February 4, 2024 at Global Vipassana Pagoda, Mumbai as well as many other Vipassana Centres, instead of January 30, 2024 for the convenience of meditators. (Please check the revised schedule given below.)

He has taught us all the pristine, pure technique of Vipassana meditation, and we are forever grateful to him. On this unique occasion of his birth centennial, may we all draw new strength from his dhamma-life and fortify our own dhamma-volition, practice, conduct, and dhamma-service. The Second Buddha Sāsana is bound to continue to spread; may we become worthy of being a part of it and gain from it. Now let's take a look at Goenkaji's life.

Goenkaji was born on February 17, 1924 (12th day of the waxing moon in the Indian Month of Magha in 1924) in Mandalay, Myanmar. He was very interested and capable in his studies, but because he entered the business world early on, he was unable to complete his formal education. Nonetheless, he continued to study.

During the Second World War, he came to India and lived in his ancestral village of Churu, in the state of Rajasthan. He continued his Hindi studies at the Hindi Sahitya Sammelan in Prayag. After the war, he returned to Myanmar where he enjoyed great commercial success. He undertook many social responsibilities as well. As a result, he was under more stress and his migraine condition, which had occasionally bothered him since childhood, started to manifest more frequently. When all lines of treatment were exhausted, his friend, the Attorney General of Myanmar, U Chan Htoon, suggested trying

Vipassana Meditation and sent him to meet the Accountant General, U Ba Khin.

At that time, the First Buddha Sāsana was coming to an end, and the Second Buddha Sāsana was about to begin. The Sixth Council was underway in Myanmar, commemorating 2,500 years of the Buddha's teaching. The main purpose of the Sixth Council was to preserve the teachings and practices of the Buddha.

So, in 1955, Goenkaji met Sayagyi U Ba Khin for the first time. Sayagyi inspired Goenkaji to undertake Vipassana Meditation with the goal of attaining Nibbāna and not merely to get rid of migraine.

For a few months many questions arose in Goenkaji's mind, but finally, one day he visited the International Meditation Center (IMC) to check the center out and meet Sayagyi again. He assured Sayagyi that he would undertake the course of Vipassana for the higher goal of Nibbāna only. Sayagyi said, "Courses are not held during the monsoon, the next course is on September 1, 1955, you can join then. But now come, join us for the vegetarian lunch. I am sure you will like it."

Goenkaji, recalling this time, said, "There was a time of two to three months before the course when I was surprised that I didn't get any migraine attacks. Although I was yet to learn Vipassana, my mind was collected within; it felt very pleasant."

"I learned almost 30 years later that when Sayagyi U Ba Khin saw me coming, he mentioned to a student sitting near him, 'This Indian gentleman who is coming here will serve Dhamma in a very significant manner.'"

The practice of many previous lives had significantly strengthened Goenkaji's Pāramis (good qualities leading to liberation), and hence Goenkaji's potential was clear to Sayagyi. Goenkaji made excellent progress in his first course and fully

committed to Sayagyi's mission.

Myanmar's democracy ended, and all enterprises and industries were nationalised. Although Goenkaji lost his business, he maintained his equanimity. He was satisfied that he would find more time for Dhamma. Under Sayagyi's guidance, he practised dhamma, served dhamma, and gained proficiency in the theory.

In 1969, when he came to India, Sayagyi reminded him that it was not him but Dhamma that was going to India. And truly, Goenkaji was only a medium; in reality, it was Dhamma that arrived in India. During the reign of Emperor Asoka, the Third Council was held. Dhamma emissaries were sent to various places, and at that time, it is believed that some saintly person predicted that the jewel of Dhamma would remain secure in the golden land of Myanmar, and 2500 years after the Mahāparinibbāna of Lord Buddha, it would return again to India. This belief was transmitted verbally across generations in Myanmar and other Theravada nations.

When Goenkaji arrived in India to teach Vipassana and the light of Dhamma began to spread to a great number of people in India and around the world, Sayagyi's prediction had come true—it was the Dhamma that was going.

Sayagyi's guidance was constantly available until 1971. But after his passing away, Goenkaji strengthened his dhamma volition and continued to work for the spread of Dhamma for 45 years. This clearly shows his extraordinary purity of mind, extraordinary faith in Dhamma, limitless compassion, establishment in anatta (egolessness), and complete surrender towards the Second Buddha Sāsana.

Since the first course in India the courses were held without any fees for the Dhamma teaching. Only meditators who benefited from Vipassana and wanted to donate for the benefit of future meditators have been permitted to do so. When Goenkaji passed away in 2013, there were approximately 180 centres around the world, and 1200 assistant teachers had been appointed. Hundreds of thousands of people from all levels of society have benefited from Vipassana.

Considerable work was done in the area of the theoretical aspects of the teachings of Buddha. The Pali language Tipiṭaka was transliterated, along with commentaries and sub-commentaries in Devanagari script, and distributed freely to Pali scholars and public libraries. Additionally, the Tipiṭaka was also transliterated in other scripts from India and other parts of the world, which were made available freely on the internet. Along with this, many discourses of Lord Buddha found in the Tipiṭaka were translated and published in Hindi, English, and other languages.

Many pagodas were also built; the chief among them being the Global Vipassana Pagoda, which protects a portion of the corporeal relics of Lord Buddha inside. Through its architecture, it will also continue to express gratitude to Myanmar for keeping the pure Dhamma safe and secure for generations.

Although Goenkaji came to India alone, he accomplished so much in a single lifetime and brought together so many meditators. He frequently said, "I only have two hands; Dhamma has thousands of hands." This massive dhamma work greatly aids us all in accumulating merit.

Out of gratitude and respect, meditators called him Guruji, but he referred to himself as a Kalyāṇamitta, a beneficial friend. This is not a word crafted by him, it is a very important word taken from the teaching of the Buddha. On the subject of Kalyāṇamittatā, beneficial friendship, the Buddha says in the Kalyāṇamittādivagga of Ekakanipāta of Anguttaranikāya:

“*Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yena anuppannā vā kusalā dhammā uppajjanti uppannā vā akusalā dhammā parihāyanti yathayidaṃ, bhikkhave, kalyāṇamittatā. Kalyāṇamittassa, bhikkhave, anuppannā ceva kusalā dhammā uppajjanti uppannā ca akusalā dhammā parihāyanti*”<sup>ti</sup>.

“Meditators, I do not see even a single dhamma that so causes unarisen wholesome qualities to arise and arisen unwhole some qualities to decline as beneficial friendship. For one with beneficial friends, unarisen wholesome qualities arise and arisen unwholesome qualities decline.

In the Dutiyamittasutta of Sattakanipāta of Anguttara Nikāya, Buddha explains that a person endowed with seven qualities is a *Kalyāṇamitta*, a beneficial friend,

“*Sattahi, bhikkhave, dhammehi samannāgato bhikkhu mitto sevitabbo bhajitabbo payirupāsitaṃ api panujjamānenapi. Katamehi sattahi? Piyo ca hoti manāpo ca garu ca bhāvanīyo ca vattā ca vacanakkhāmo ca gambhīraṅca kathāṃ kattā hoti, no ca aṭṭhāne niyojeti. Imehi kho, bhikkhave, sattahi dhammehi samannāgato bhikkhu mitto sevitabbo bhajitabbo payirupāsitaṃ api panujjamānenapī*”<sup>ti</sup>.

“One endowed with these seven qualities, meditators, is a friend, worthy of serving, worthy of partaking from, and worthy of staying close to, even if they do not request it. Which seven? One has a likeable personality, a pleasing personality, is revered, lives a dhamma-life, articulates well, speaks sweetly, and is an explainer of subtle dhamma that inspires others towards skillful actions. One endowed with these seven qualities, meditators, is a friend, worthy of serving, worthy of partaking from, and worthy of staying close to, even if they do not request it.”

When we understand this true meaning of Kalyāṇamitta, we realise how fortunate we are that we came in contact with a beneficial friend like Goenkaji and learned pure Dhamma from him, learned the proper technique of Vipassana from him, and even today we continue to meditate as per his instructions.

As we commemorate the birth centenary of Kalyāṇamitta S. N. Goenka, let us remember and apply his teachings. Therefore, on February 4, 2024, a Group Meditation and a Special Program on the occasion of Guruji's Birth Centenary has been organised at the Global Vipassana Pagoda in Mumbai. If meditators from around the globe meditate together, then certainly everyone's meditation will benefit. There is no doubt about that. This is why Buddha says, “*Samaggānam tapo sukho*”, meditating together brings happiness.

May the centenary of Guruji's birth strengthen our practice of the Dhamma. Come, let's start again.

With Regards.



**Dear Dhamma Brothers and Sisters,**

Greetings and mettā to you all on the occasion of the Birth Centenary of our Revered Guruji Shri Satyanarayan Goenka (1924-2024).

Guruji taught us the pristine, pure technique of Vipassana with boundless compassion and loving kindness. He devoted 60 years of his life to Vipassana, and after his arrival in India in 1969, he worked tirelessly to teach Vipassana to a large number of meditators in India and around the world. While Vipassana helped us purify our minds; it also allowed us to serve many with dhamma-volition. In doing so, Guruji gave us a golden opportunity to contribute to the advancement of the Second Buddha Sāsana.

This occasion allows us to not only express our gratitude to Guruji, but also to renew our commitment to our own practice and dhamma-service. A special gathering has been arranged at the Global Vipassana Pagoda, Mumbai, which will also be streamed live on YouTube.

The program is scheduled for Sunday, February 4, 2024, between 10 a.m. and 4 p.m. Indian Standard Time. We sincerely look forward to meditating together under the relics of Lord Buddha at the Global Vipassana Pagoda.

Guruji often highlighted the words of the Buddha, *Samaggānaṃ Tapo Sukho*.

Meditating together brings happiness.

Let us benefit from meditating together by convening on Sunday, February 4, 2024, from all around the world. This is an opportunity to convey gratitude to our esteemed Guruji.

You are welcome to join anytime at your convenience, in various ways, such as:

1. Meditating at the Global Vipassana Pagoda  
(Register at: <https://centenary.globalpagoda.org>).
2. Meditate at the nearest Vipassana Centre.  
(If arranged)
3. Meditate at a location used for group sittings.
4. Plan a gathering in your local area with fellow meditators.
5. Meditate at home or office.

The event will be live-streamed on the Vipassana Meditation YouTube channel:

<https://youtube.com/live/KSKfzUOvWjQ?feature=share>

The program at the Global Vipassana Pagoda is as follows:–

Time (Indian Standard Time)	Program
9:00am – 11.00am	Group Meditation
11:00am – 11:45am	Importance of the Centenary Occasion
11:45am – 12:00pm	Inauguration of an Immersive Museum at the Global Vipassana Pagoda on: Journey of Dhamma from Lord Buddha to Shri. S N Goenka (Chain of Teachers)
12:00pm – 1:00pm	Lunch Break
1:00pm – 1:10pm	Release of Guruji’s Autobiography: ‘Let Us Walk the Path of Dhamma’ (English) ‘Chalein Dharma ke Panth’ (Hindi)
	Release of a Coffee Table Book: ‘Vipassana – Inner Peace for World Peace’
	Release of a Souvenir Diary: Life of Dhamma
1:10pm – 1:30pm	A Film on Guruji’s Life up to 1955
1:30pm – 2:30pm	Fulfilling the Vision of Guruji’s
2:30pm – 3:40pm	Samma Sankappo (Pledge) on the occasion of Guruji’s Birth Centenary
3:40pm – 4:00pm	Metta Session

This is an opportunity for tens of thousands of meditators to come together to meditate and honour our Revered Teacher.

With sincere regards and mettā,

The Trustees,

Global Vipassana Foundation and V.R.I.



BUS SERVICES FROM DEFERENT LOCATIONS TO GVP has been arranged for Centenary Celebration on 4th Feb. Please follow the link: <http://busseva.tejash.me>.

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1. Ms. Sheela Sontakke, Nagpur
2. Shri Dhanraj Ramteke, Nagpur
3. Shri Namdeo Bhojar, Akola
4. Shri Jayant Mankar, Yavatmal
5. Shri Bhagwan Sardar, Yavatmal

**New appointments Assistant Teachers**

1. Shri Ram Sewak Maurya, Varanasi, Uttar Pradesh,
2. Shri Ramesh Chand Gautam, Noida, Uttar Pradesh,

3. Miss Kiran Arya, Dist. Basti, Uttar Pradesh
4. Mrs. Vimal tai Pardeshi, Pachora, Jalgaon
5. Shri Navneet Koche, Nagpur

**Children Course Teachers**

1. Mr. Mayil Murugan, Sirkali (TN)
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8. Mrs. Romanea Chem, Cambodia

## PAGODA CORPUS FUND

### for the Operations of Global Vipassana Pagoda

Pujya Guruji Shri S.N. Goenka ji had the vision to develop this historical monument as a symbol of gratitude to his teacher, and the chain of teachers back to the Buddha, and to help preserve and promote the technique of Vipassana, the ancient cultural heritage of India, as well as to provide a place for people from all over the world to come and meditate together, in the huge meditation hall, under the Buddha relics that are being preserved here.

It has been decided to set up a Centuries Corpus Fund to fulfil the above vision and meet the daily expenses for the period of the second Sasana of the Buddha. It has been calculated that if 1,39,000 persons were to donate Rs 9000/- (Rs. Nine Thousand) per person then the total would amount to Rs. 125 crores. The interest earned from this amount could then meet the daily expenses of operations and maintenance of the Global Pagoda.

Donations are eligible for tax benefits under Section 80G of the Indian Income Tax Act, 1961.

You may Contact/ Refer-Bank Details:

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3. Email - [audits@globalpagoda.org](mailto:audits@globalpagoda.org)
4. Online Donation- <https://www.globalpagoda.org/donate-online>

## One-Day Mega Courses at Global Vipassana Pagoda, Gorai, Mumbai

1. 4th Feb 2024, Sunday MEGA EVENT: Documentary Film on Pujya Guruji & other events

In addition there are **Daily One-Day Courses** being held in the Pagoda for Vipassana Students. Please follow the link to join and take advantage of the immense benefit of meditating in a large group. **Contact:** 022 50427500 (Board Lines) Mob. +91 8291894644 (from 11 am to 5 pm ).

**Online registration:** <http://oneday.globalpagoda.org/register>  
Email: [oneday@globalpagoda.org](mailto:oneday@globalpagoda.org) (Pl. bring a bottle so you can fill it with drinking water at GVP.)

### 2. Facility for students at Pagoda site

Meditators can stay at Dhammalaya during mega courses and avail maximum benefit. Please **contact:** 022 50427599 or email- [info.dhammalaya@globalpagoda.org](mailto:info.dhammalaya@globalpagoda.org)

For any other information for One day or Mega courses you may **contact:** [info@globalpagoda.org](mailto:info@globalpagoda.org) or [pr@globalpagoda.org](mailto:pr@globalpagoda.org), Tel :- 022-50427500 / +91 8291894644

- Email: [guruji.centenary@globalpagoda.org](mailto:guruji.centenary@globalpagoda.org)

## DHAMMA DOHAS

*Guruvara! tere caraṇa kī, dhūla lage mama śīṣa;  
Sadā dharama meṅ rata rahūṃ, mile yahī āśīṣa.*

O my Teacher, may the dust of your feet adorn my forehead; May I always remain immersed in Dhamma; may this be your blessing to me.

*Āja namana kā divasa hai, aṅtara bhari umaṅga;  
śraddhā aura kṛtajñatā, vimala bhakti kā raṅga.*

Today is the day of bowing to you, the heart overflows with joy; *With the colours of pure devotion, faith and gratitude.*

*Grahaṇa karūṅ gurudevajī, aisi śubha āśīṣa;  
Dharma bodhi hiya meṅ dharūṃ, caraṇa navāūṃ śīṣa.*

O my Teacher, may I receive such pristine blessing; May such wisdom of Dhamma nestle in my heart, bowing down at your feet.

*Guruvara! tuma milate nahim, dharama gaṅga ke tīra;  
To basa gaṅgā pūjatā, kabhī na pītā nīra.*

Had I not met you, my Teacher, by the banks of the Ganges of Dhamma, Then I would have merely performed rituals and oblations to the Ganges, never tasting its waters.

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