



Vipassana Newsletter

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

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Words of Dhamma

*Ciraṃ tiṭṭhatu saddhammo, dhamme hontu sagāravā;
Sabbepi sattā kālena, sammā devo pavassatu.*

– *Dhammasaṅgaṇī-aṭṭhakathā, Nigamanakathā.*

May the pure Dhamma endure for a long time, may the pure Dhamma be venerated; May the *sammā devās* shower rain, on all beings at the proper time.

Celebration of the Centenary Year of S. N. Goenka

On Sunday, January 29, 2023, Goenkaji's Birth Centenary celebrations began with a mega course at the Global Vipassana Pagoda. An outline of the programmes to be held throughout the year was presented. Students who knew Goenkaji, worked directly with him while he was alive, or took courses taught by him are encouraged to come forward and share their stories. These reminiscences will help bring him to life and hopefully inspire those who have only seen him on screen or heard his discourses. These will be printed for the benefit of all. (Contact Email: guruji.centenary@globalpagoda.org)

We hope that students will participate in large numbers in the upcoming mega course at the Global Pagoda and that they will welcome the opportunity to earn merits from 'Samaggānam tapo suko'.

During Sayagyi U Ba Khins centenary year in 1999, Goenkaji wrote an inspiring article, which we present here on the occasion of his own birth centenary. — Editor

Celebration Of The Centenary Year by S. N. Goenka

My life has seen 75 springs. Recently someone came and said, "Let us celebrate Amrit Mahostav on your birthday." I replied, "Amrit Mahostav?" As one who has seen 75 springs and has not died but will surely die after seeing a few more springs, what is the use of Amrit Mahostav (a celebration of one who has not died till now) for such a mortal person?

Instead, let us celebrate the Amrit Mahostav of my revered Teacher, Sayagyi U Ba Khin. His rūpa kāya (physical body) may be no more but on the strength of our boundless devotion to him, we will not allow his glory to be forgotten. We will immortalise it. That would be a meaningful Amrit Mahostav.

On the auspicious occasion of his first centenary year, let us make a resolve in all gratitude: we will immortalise the glory of that epoch-making Bodhisatta. The Vipassana family, not only of today but also of future generations, will gratefully remember his benevolence for centuries. As long as the sacred memory of Sākyamuni Gotama Buddha remains alive on this earth, the glorious memory of the boundless benevolence of this Dhamma son of the Buddha will also endure.

We shall also be eternally grateful to Myanmar, which not only preserved the original teachings of the Buddha through the saintly Teacher-student tradition but also preserved the beneficial technique of Vipassana, the greatest gift of the Buddha to humanity, in its pristine purity.

We also feel boundless gratitude to the revered eminent bhikkhu Ledi Sayadaw, who not only made the technique of Vipassana, which had been preserved by bhikkhus for centuries, easily accessible to householders but also trained a householder as a Vipassana Teacher.

We feel boundless gratitude also to the first householder Teacher, Saya Thetgyi, who carried out this special responsibility with remarkable success, so that people were assured that a householder can also fulfil the role of a skilled Vipassana Teacher filled with mettā.

And words cannot express the gratitude we feel towards his chief disciple, Sayagyi U Ba Khin, whose irrepressible enthusiasm and extraordinary Dhamma-inspiration resulted in our receiving this liberating technique. This technique, which had been lost for centuries, was rediscovered by Sākyamuni Siddhattha Gotama, not only for his own benefit but also for the welfare of innumerable beings. But it was again lost in India, the country of its origin, and in the rest of the world, except in Suvannabhūmi Myanmar. My revered Teacher had unwavering faith in the ancient belief that this technique would arise again and return to the country of its origin. He used to repeatedly say that the clock of Vipassana had struck and that Vipassana would arise again in its birthplace, India. Many people with pāramīs have been born in India at this time who will happily accept it, and thereafter, like the sun, it will penetrate the darkness of ignorance enveloping the entire world and become the cause of infinite welfare in the world.

He used to say that Myanmar had received this technique from India centuries ago. To repay this debt, it would have to return the Vipassana technique to India. He wanted to travel to India and do this sacred work himself, but he couldn't. Although he was unable to physically travel to India, he was present in spirit with his Dhamma son and assisted him in carrying out this Dhamma mission.

Let there be no delusion in the minds of Vipassana meditators that they have received this priceless technique from Goenka. Goenka is only a medium. Actually all have received this technique from Sayagyi U Ba Khin. Since July 1969, when Goenka gave his first course, up until the present time, he has been humbly

acknowledging this truth while giving every course and will do so in the future as well. While giving Anapana, his Dhamma voice reverberates in the course with the words:

"Guruvara! Terē ora se, deuñ dharama kā dāna...."

"Revered Teacher, I am giving the gift of Dhamma on your behalf..."

And similarly while giving Vipassana:

"Guruvara! Terā pratinidhi, deuñ dharama kā dāna...."

"Revered Teacher, I am giving the gift of Dhamma as your representative..."

And at the end of the course, after mettā, while returning to my residence

*"Guruvara! Tero punya hai, tero hī paratāpa;
logāñ nai bañtyo dharama, dūra karaṇa bhavatāpa."*

"Revered Teacher, it is because of your merit, your glory; That I distribute Dhamma to the people to eradicate their misery."

All assistant Teachers also play these recordings during their courses, and in the future, all Teachers of this generation and future generations will conduct courses with these recordings. Therefore, it is clear that the real credit for the return of pure Vipassana to India and its spread to the entire world from India goes to my revered Teacher, Sayagyi U Ba Khin. How can any Vipassana meditator forget his benevolence?

This is a luminous historical fact: if it were not for Myanmar, Vipassana would not have been preserved. If Vipassana had not been preserved, there would have been no Ledi Sayadaw. If there had been no Ledi Sayadaw, there would have been no Saya Thetgyi. If there had been no Saya Thetgyi, there would have been no Sayagyi U Ba Khin, and if there had been no Sayagyi U Ba Khin, how could there have been Goenka? Goenka is the Dhamma son of Sayagyi. If the strong Dhamma inspiration to repay the old debt of India and the Dhamma aspiration to spread Vipassana throughout India and the world had not arisen in the mind of Sayagyi U Ba Khin, how would it have been possible to achieve all that has been achieved? This great householder saint played a major role in the revival and spread of the second Dhamma Sāsana. How can we repay our debt to him? Truly,

Roma roma kṛitajña huā, ṛṇa na cukāyā jāya.

Every pore is filled with gratitude, this debt cannot be repaid.

The best way to repay this debt is to

Jīyeñ jīvana dharma kā.

Live the life of Dhamma.

On the auspicious occasion of his centenary, let all Vipassana meditators make a firm resolution to live the life of Dhamma to the best of their ability. We, the students of Sayagyi U Ba Khin, will continue to increase his glory. Walking resolutely on the path of Dhamma, we will not only benefit ourselves but also be the cause of the benefit of others. Seeing our Dhammic behaviour, those who do not have faith in Vipassana will develop faith, and those who have faith will strengthen their faith. Thus, the spread of Vipassana will pave the path for the welfare of innumerable people.

It is by virtue of the infinite mettā of my revered Teacher Sayagyi U Ba Khin that Vipassana has gained a firm footing in India within the past thirty years. The people of every class and of every religious community in India have joyfully accepted it. People from more than a hundred countries on all six continents of the world have accepted it without hesitation and gained much benefit.

I do not wish to devalue whatever work has been done in such

a short time, but certainly a lot more remains to be done. Accepting whatever has been achieved as the foundation, let us all prepare ourselves for the multifold progress of Vipassana. Let us come together on this occasion and resolve to complete the following projects so that the beneficent technique of Vipassana may enter the next millennium in an abundantly effective manner, thus fulfilling the Dhamma wish of Sayagyi U Ba Khin.

- The established Vipassana centres in India and around the world where regular Vipassana courses are being organised, as well as the newly-formed centres, should develop so that many more people can gain benefit from them.

- In addition to courses in established Vipassana centres, non-centre courses are organised in many countries to enable many more people to benefit from Vipassana. Such non-centre courses should be organised at more and more places.

- Vipassana courses held in the prisons of Nepal, Taiwan, the UK, and the US have played an important role in the rehabilitation of the inmates of these prisons. Such prison courses should continue in these countries and should also be conducted in prisons in other countries.

- Extremely fruitful Vipassana courses have been conducted for the visually impaired in India and Nepal. Such courses should be organised not only in these countries but in other countries as well.

- Vipassana courses for leprosy patients are being conducted in India, resulting in great improvements in their mental attitude. Because of Vipassana, their feelings of inferiority have been dispelled, and there is contentment in their lives. This successful application of Vipassana should be continued.

- Many people addicted to gambling, tobacco, and intoxicants have become free from such addictions because of the practice of Vipassana. In Australia and Switzerland, government-funded research work has been done and continues on the application of Vipassana in the rehabilitation of drug addicts. Such beneficial research should be encouraged in other countries as well.

- Thousands of school children are benefiting from Anapana and college students are benefiting from Vipassana in India as well as in many other countries. Multifold progress should be made in this area so that future generations will be able to live happy and harmonious lives with mutual love, affection, and goodwill.

- In India, particularly in Mumbai, Anapana is being successfully taught to street children. This should be encouraged elsewhere.

- Paṭipatti Vipassana is the practical aspect of Dhamma. The Vipassana Research Institute, which was established to shed light on pariyatti, the theoretical aspect of Dhamma, has achieved remarkable success. It has produced a CD-ROM containing the original Pali Tipiṭaka along with all its commentaries, sub-commentaries, sub-sub-commentaries, and many other Pali texts. The remaining rare Pali texts, wherever available, should be included in this CD. The publication of these books is also progressing satisfactorily.

- Similarly, the praiseworthy work of producing a CD containing the entire scriptural literature in Sanskrit has begun. It is necessary to complete it soon. This will help us undertake serious research work that will enable us to understand why the beneficial technique of Vipassana and its related literature were lost in this country. Awareness of these causes will help to preserve Vipassana and its literature for a long time so that my revered Teacher's wish, "ciraṃ tiṭṭhatu saddhammo" will be fulfilled. This work should never be done by generating aversion towards any other religion;

it should be done only for the investigation of actual reality. My revered Teacher was a supporter of the Dhamma policy of “the truth will prevail” (satyameva jayate). These very words were written behind his chair in Myanmar language.

- One more extremely important project is the early completion of the construction of the memorial to revered Teacher Sayagyi U Ba Khin in the form of the Global Vipassana Pagoda in Mumbai. This Pagoda will be used only for Vipassana meditation, which will help fulfil my revered Teacher’s Dhamma dream. Thousands of Vipassana meditators will benefit from group meditation or one-day courses in its vast meditation hall. It can be easily inferred that when meditators benefit so much from group meditation of 50 to 100 meditators, how much more effective and beneficial will be the group meditation of thousands? The words of the Buddha will be directly experienced there, “Samaggānaṃ tapo sukho” Meditating together is a source of happiness.

It is natural for misconceptions to arise in the minds of uninformed people about this Pagoda. They may feel that a symbol of some sectarian religion is being created. But when they see that no other religious ritual is being performed and there is no sign of incense, lamps, offerings, bells, or idol worship, this misconception will be dispelled.

It is true that even without the external shape of a pagoda, it would have been possible to construct a vast pillarless hall for the group meditation of ten thousand people. So, why create this pagoda shape that can lead to this misinterpretation of sectarianism? People will stop harbouring this misconception when they become aware that the purpose of this shape is a reminder of the gratitude that we owe to Myanmar. This Pagoda is a symbol of our boundless gratitude towards that Dhamma country. When the technique of Vipassana went to neighbouring countries, the first pagodas built by those people were replicas of the stupas in India of that time. They were built so that whenever the people there saw those stupas, they would remember this great gift from India and bow their heads in devotion. Similarly, people here will see the replica of the Shwedagon Pagoda and remember Myanmar’s gift, the country that has preserved this technique for a long time as a priceless inheritance. They will also remember the householder saint born in Myanmar, Sayagyi U Ba Khin, because of whose irrepressible enthusiasm India regained this ancient treasure, which spread from here to the corners of the world. As a result of this, India again became worthy of fulfilling the role of Teacher of the world (Viśhvaguru). Therefore, this Pagoda will be a symbol of our gratitude and not of any sectarian religion. In fact, this Pagoda will be a magnificent symbol of the revival of Vipassana in India. It will serve as a memorial to Sayagyi U Ba Khin’s greatness.

- The special gallery that will be built outside the Pagoda will throw light on the true nature of the glorious historical superhuman personality of Gotama Buddha by extricating it from the mire of mythological legend so that India will again be able to hold its head high in the world. Using sophisticated audio-visual techniques, this gallery will depict numerous important events in the Buddha’s life as well as the ancient technique of Vipassana. As a result of this, the widespread darkness of ignorance in India about the Buddha and his true teaching will be dispelled, and many people will accept his non-sectarian, scientific, and beneficial teaching. A large number of people who come to see this magnificent Pagoda will learn about Vipassana meditation, and many among them will take part in a Vipassana course in India or in their own countries and gain great benefit. In this way, Vipassana will spread throughout the world and result in world happiness.

This was the sacred Dhamma aspiration of my revered Teacher, Sayagyi U Ba Khin. Come, let us complete the aforementioned tasks and fulfill his noble wishes while also advancing our own welfare and that of others.

—Kalyanamitta,
S. N. Goenka

Dhammic Death

The third son of Acharya S.N. Goenka, Shri Murarilal Goenka, passed away peacefully on February 7, 2023, at his residence. He had previously learned Vipassana meditation from Sayagyi U Ba Khin while living in Burma, and he continued his practice while studying engineering in Ranchi, Central India. He attended numerous camps and served as a trustee on numerous trusts.

He noted in a conversation with Goenkaji during one course that was conducted at the Raj Bhavan Palace hotel in Chail, Himalayas, where many notable figures from over the world attended, “*This camp is like ploughing the field with elephants.*” He also was the first member of his family to meditate with Goenkaji in Bodh Gaya’s Maha Bodhi Temple.

Murariji’s efforts enabled Goenkaji to obtain a passport and a French visa in time for his first courses in the west, in Europe, Canada, and America. With his Dhamma pāramis he left his body peacefully. May he continue his journey to Nibbāna: this is the wish of his Dhamma family.

Online Pāli-Hindi Certificate Course-2023

Admission: From 1st March to 31st March 2023.

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- 2-3. Mr. Swapnil and Mrs. Parul Deshpande, Igatpuri
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Centenary Celebrations of Birth Year of Pujya Guruji S.N. Goenka

Schedule of Mega Courses at GLOBAL VIPASSANA PAGODA, Gorai, Mumbai

Month	Proposed Mega Course, Date & Day	Occasion
March 2023	19th Mar 2023, Sunday	Centenary year Mega course
May 2023	7th May 2023, Sunday	Buddha Purnima
June 2023	11th Jun 2023, Sunday	Centenary year Mega course
July 2023	2nd Jul 2023, Sunday	Guru Purnima
August 2023	27th Aug 2023, Sunday	Centenary year Mega course
September 2023	10th Sept 2023, Sunday	Centenary year Mega course
October 2023	1st Oct 2023, Sunday	Sharad Purnima (Pujya Guruji)
November 2023	19th Nov 2023 Sunday	Centenary year Mega course
December 2023	10th Dec 2023, Sunday	Centenary year Mega course
January 2024	14th Jan 2024, Sunday	Sangha dana and Mega Course
February 2024	MEGA EVENT: 4th Feb 2024, Sunday	Documentary Film on Pujya Guruji & other events



Registration link:- oneday.globalpagoda.org

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DHAMMA DOHA

*Jaya jaya jaya gurudevajū, jaya jaya kṛpānidhāna;
Dharama ratana aisā diyā, huā parama kalyāṇa.*

My teacher, may you be victorious; Compassionate one, may you be victorious. You gave me such a jewel of Dhamma, which has been so beneficial to me.

*Aisā cakhāyā dharamarasa, viṣayanarasa na lubhāya;
Dharama sāra aisā diyā, chilake diye chuṛāya.*

You let me taste Dhamma's nectar, no sensual pleasure can allure. Such an essence of Dhamma you gave, that the shell [of ignorance] dropped away.

*Dharama diyā kaisā sabala, paga paga kare sahāya;
Bhaya-bhairava sāre miṭe, nirbhaya diyā banāya.*

You gave such a powerful Dhamma, which helps and supports me at every step. It has helped to rid me of all fears, and made me absolutely fearless.

*Yadi guruvara milate nahīn, baramā deśa sudeśa;
To mithyā janjāla meñ, jīvana hotā šeṣa.*

Had I not met my teacher in the blessed country of Burma, Then my life would have been wasted, caught in the web of existence.

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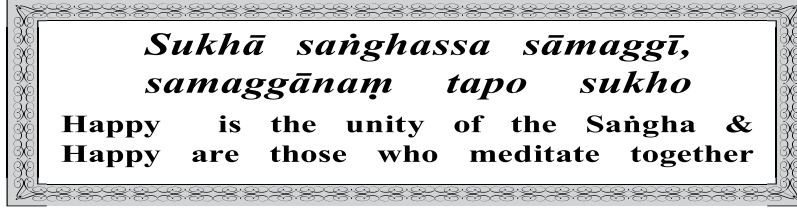
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पूज्य गुरुजी श्री सत्यनारायण गोयन्का के जन्म शताब्दी समारोह के दौरान विश्व विपश्यना पगोडा के महा शिविर कार्यक्रमों की सूची

माह	प्रस्तावित महा शिविर तिथियां	अवसर
मार्च 2023	19 मार्च 2023, रविवार	शताब्दी वर्ष महा शिविर
मई 2023	7 मई 2023, रविवार	बुद्ध पूर्णिमा के उपलक्ष्य में
जून 2023	11 जून 2023, रविवार	शताब्दी वर्ष महा शिविर
जुलाई 2023	2 जुलाई 2023, रविवार	गुरु पूर्णिमा के उपलक्ष्य में
अगस्त 2023	27 अगस्त 2023, रविवार	शताब्दी वर्ष महा शिविर
सितम्बर 2023	10 सितम्बर 2023, रविवार	शताब्दी वर्ष महा शिविर
अक्टूबर 2023	1 अक्टूबर 2023, रविवार	शरद पूर्णिमा एवं पूज्य गुरुजी की पुण्यतिथि के उपलक्ष्य में
नवंबर 2023	19 नवंबर 2023 रविवार	शताब्दी वर्ष महा शिविर
दिसम्बर 2023	10 दिसम्बर 2023, रविवार	शताब्दी वर्ष महा शिविर
जनवरी 2024	14 जनवरी 2024, रविवार	संघ दान और महा शिविर
फरवरी 2024	समापन समारोह : 4 फरवरी 2024, रविवार	'डॉक्यूमेंट्री फिल्म' का विमोचन और अन्य कार्यक्रम

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True Homage

Let us all pledge to make our best effort to meditate and also imbibe dhamma as given by him in life as far as possible. This will be our true homage to respected Goenkaji in this Centenary year.