

Vipassana Newsletter

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

Vol. 30, No. 4, 8 Apr. 2020. A monthly publication of the Vipassana Research Institute

Website: www.vridhamma.org International website: www.dhamma.org

A special on-line-edition of the Vipassana Newsletter

WORDS OF DHAMMA

Yathā pubbuḷakaṃ passe, yathā passe marīcikaṃ.

Evaṃ lokaṃ avekkhantaṃ, maccurājā na passati.

– Dhammapada 170, Loka-vaggo

One should see the world as a bubble, one should see it as a mirage, looking on it in this way the King of Death does not see one.

Dhamma, the True Refuge

by S.N. Goenka

The following article was first published in the June 1977 issue of the Hindi-language "Vipashyanā" Patrikā.

My dear meditators!

Come, let us take refuge in the Dhamma.

Refuge in the Dhamma is greatly beneficial.

Dhamma is truth; it is the very law of nature, it is the law that applies to the entire world; everything is dependent on Dhamma. Every atom, every object, the

Different Links to reach on Vipassana Meditation Wave sits:

Connect to Vipassana Meditation by Vipassana Research Institute: www.vridhamma.org

- YouTube - Subscribe Vipassana Meditation - <https://www.youtube.com/user/VipassanaOrg>
- Twitter - <https://twitter.com/VipassanaOrg>
- Facebook - <https://www.facebook.com/Vipassanaorganisation>
- Instagram - <https://www.instagram.com/vipassanaorg/>
- Telegram Group for Students - <https://t.me/joinchat/NDyAiVWMvR1GHuW8RKcKkw>

Download Vipassana Meditation Mobile app:

Google Android: <https://play.google.com/store/apps/details?id=com.vipassanameditation>

Apple iOS: <https://apps.apple.com/in/app/vipassanameditation-vri/id1491766806>

To facilitate Vipassana students:

Daily Live Group Sitting broadcast on Vipassana Meditation Mobile app

Timing :Daily from 8:00am to 9:00am; 2:30pm to 3:30pm; 6:00pm to 7:00pm (IST +5.30GMT)
and Extended **Group Sitting every Sunday**

For all others, VRI recommends **Anapana Meditation** as an effective tool to deal with Fear and Anxiety. To practice Anapana:

- i) Download the **Vipassana Meditation Mobile app** as above and play from the same.
- ii) Go to-- <https://www.vridhamma.org/Mini-Anapana> and play from the website.
- iii) Join a **Live Anapana Session Online** – Go to-- <https://www.vridhamma.org/register> for the schedule and registration.

Exclusive dedicated Anapana sessions can be arranged on request for government departments, private companies and institutions.

Anapana for Children, ages 8 - 16 Years- VRI can conduct online 70 Min Anapana sessions.

Please write to-- childrencourse@vridhamma.org for dedicated sessions for Schools and other educational institutions and for the schedule of online sessions.

entire universe operates on the basis of Dhamma.

Dhamma is boundless, infinite and illimitable. It exists in every particle, every atom. It is all-pervading, all-powerful and supreme. It is the supreme lord of the world, the very foundation of the world, the master of the world. Dhamma is the real refuge for those in need.

Dear meditators, whenever you face difficulties in life, due to storms or typhoons, or a feeling of helplessness, learn to take refuge in the Dhamma. Refuge in the Dhamma brings great relief.

At times a fiendish storm in the form of a war, or a famine, or an outbreak of disease may occur. Or great waves may rise up in a placid lake, and these high waves hiss at us like a poisonous cobra. Or perhaps a destructive, violent whirlpool threatens to pull everyone into it. At such times, even our friends may run away or avert their gaze. Even our near and dear ones are busy protecting their own lives; all those drowning are looking for anything to grasp that could save them. Friends and family members turn their backs.

At such times, my dear meditators, only the Dhamma provides us shelter. The Dhamma becomes our anchor; the Dhamma becomes our island. Refuge in the Dhamma is the true refuge. When a person is weak and in misery, if he surrenders himself to the Dhamma and begins to practice Dhamma with complete devotion and sincerity, the Dhamma then becomes his armor and starts to protect him. Dhamma never cheats, never belies our trust, never pushes us down. Meditators, at least learn to surrender yourselves to the Dhamma.

Meditators, I do not speak on the basis of what I have heard or read, I speak from my own experience. Truly it brings great relief when you surrender yourselves to the Dhamma, take refuge in the Dhamma.

But to take refuge in an abstract Dhamma is a difficult task. We have been used to taking refuge in a person with a physical form. And such a person, whoever he may be, that poor person is himself not at peace, insecure and in need of refuge. What refuge can he provide to others? Seeing a refugee turning to him for help, he will focus on securing himself. He will look to his own safety. How can a weak person help another weak person? What support can one orphan give to another? How can a blind man show the path to another blind man?

Therefore, take help from the strong and capable, though abstract, Dhamma. Take refuge only in the Dhamma. Even if only for a little while, try to look inward and allow yourselves to be in the flow of Dhamma. It will give you great strength and self-confidence. By being in the flow of Dhamma, we stop creating new habit patterns. It is because of this that an opportunity to get rid of old habit patterns comes, and the storms that have arisen due to these old habit

patterns will begin to lose their strength automatically. This is how one takes refuge in the Dhamma.

Practice Vipassana when facing any difficulty. Your surroundings will be filled with hope and energy. Within a short time, all your sadness will begin to evaporate. The whole atmosphere will be filled with beneficial vibrations. Your future will be filled with auspicious joy.

That is why, oh meditators, come, let us take refuge in the Dhamma. Refuge in the Dhamma is truly beneficial.



Mettā Chanting by Respected Guruji

*Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.*

*Terā maṅgala, terā maṅgala,
terā maṅgala hoyā re.*

*Jana-jana maṅgala, jana-jana maṅgala,
jana-jana sukhiyā hoyā re.*

*Dṛṣya aura aḍṛṣya sabhī
jīvoṃ kā maṅgala hoyā re.*

*Jala ke thala ke aura gagana ke,
prāṇī sukhiyā honya re.*

*Dasoṃ diṣāoṃ ke saba prāṇī,
maṅgala lābhī honya re.*

*Nirbhaya hon, nirbaira banem saba,
sabhī nirāmaya honya re.*

*Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.*

May all be happy... May you be happy...
May every person be happy and joyful. ...

May all those visible and invisible beings be happy.
May the beings living in water, land and sky be happy.

May the beings in all ten directions be happy.
May all be fearless, friendly and healthy.
May all be happy...

*Isa dharatī para śuddha dharama kī,
jyota prakāśita hoyā re.*

*Sakala viśva ke sāre prāṇī,
maṅgala lābhī honya re.*

*Isa dharatī para śuddha dharama kī,
amṛta varṣā hoyā re.*

Sakala viśva ke sāre prāṇī,
maṅgala lābhī honya re.
Isa dharatī se śuddha dharama kī,
gaṅga pravāhita hoyā re.

Sakala viśva ke sāre prāṇī,
maṅgala lābhī honya re.

Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.

May the light of pure Dhamma shine on this Earth.
May all beings of the entire world benefit.

May the pure Dhamma rain on this Earth.
May all beings of the entire world be happy.

May the river of pure Dhamma flow from this land
May all beings of the entire world benefit.

May all beings of the entire world be happy.

Dharamadeśa se śuddha dharama kī,
gaṅga pravāhita hoyā re.

Sakala viśvake sāre prāṇī,
maṅgalalābhī honya re.

Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.

Isa dharatī ke jītane prāṇī,
sadā surakṣita honya re.

Isa dharatī ke jo rakhavāle,
śuddha dharama ke jo rakhavāle,

Sabakā maṅgala hoyā re,
sabakā maṅgala hoyā re.

May the pure Dhamma arise again from this land.
May every person be joyful,
May every person be joyful.

May all beings of the entire world be happy.
May every person overcome their suffering.
May every person be filled with joy.
May the guardians of this world be happy.
May the guardians of the pure dhamma be happy.
May all beings be happy.

Mere saṃcita mahāpuṇya meṃ,
Mere arjita mahāpuṇya meṃ,
Bhāga tumhārā hoyā re,

bhāga tumhārā hoyā re.

Isa maṅgalamaya dharama paṃtha para,
sātha sabhī kā hoyā re.

Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.

Terā maṅgala, terā maṅgala,
jana-jana maṅgalahoyā re.

Jana-jana maṅgala, jana-jana maṅgala.
jana-jana sukhiyā hoyā re.

May you share in immense paramis earned by me.
May you have a share in my merits
May all be companions on this beneficial Dhamma path
May all beings be happy, may all be happy.
May you be happy, may every person be happy.
May all be happy....

Rukkha devatāoṅ kā maṅgala,
bhū devoṅ kā ho maṅgala,

Gagana devatāoṅ kā maṅgala,
jala devoṅ kā ho maṅgala,

Isa dharatī ke taru tṛṇameṅ,
kaṇa kaṇa meṅ dharama samā jāye,

Jo bhī tape isa puṇya bhūmi para,
mukta dukhoṅ se ho jāye

Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.

Terā maṅgala, terā maṅgala,
terā maṅgalahoyā re.

Jana-jana maṅgala, jana-jana maṅgala,
jana-jana maṅgala hoyā re.

May the divine beings on the trees and earth be happy,
May the divine beings in sky be happy,
May divine beings in water be happy,
May every tree and blade of grass,
every particle be permeated with Dhamma vibrations
Whoever meditates on this meritorious land,
May they be free from their suffering.
May all be happy....
May you be happy....

Śuddha dharama ghara-ghara meṃ jāge,
Śuddha dharama ghara-ghara meṃ jāge,

Ghara-ghara śānti samaya re,
ghara-ghara śānti samaya re.

*Nara-nāri hoṃ dharamavihārī,
Saba nara-nāri dharamavihārī,
Ghara-ghara sukha chā jāya re.
Ghara-ghara maṅgala chāya re.*

*Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.*

*Terā maṅgala, Terā maṅgala,
Terā maṅgala hoyā re.*

May the pure Dhamma arise in every household,
May every household be filled with peace,

May men and women practice Dhamma,
May all households be filled with joy and happiness.
May all be happy...
May you be happy.

*Sādhaka terā maṅgala hove,
sādhaka terā maṅgala hove,
Dūra amaṅgala hoyā re.
Beṭī terā maṅgala hove,
beṭī terā maṅgala hove,
Dūra amaṅgala hoyā re.*

*Śuddha dharama sabake mana jāge,
Śuddha dharama sabake mana jāge,
Mukti dukhoṃ se hoyā re.
Sabakā maṅgala, sabakā maṅgala,
sabakā maṅgala hoyā re.
Sabakā maṅgala hoyā re.*

O Meditator. May you be happy,
May the meditators be happy,
May the inauspicious go away.
O Daughter. May you be happy,
May the daughters be happy,
May the inauspicious go away.

May the pure Dhamma arise in everyone's mind,
May there be freedom from suffering,
May all be happy...
May all beings be Happy.

*(Metta chanting in Shrawasti, after one hour group sitting,
by Vipassanacharya Shri Satyanarayan Goenka)*



DHAMMA DOHA

*Baṛe bhāgya se mukti kā, pāyā paṃtha mahāna.
Bhava-bhaya vyākula jīva kā, huā parama kalyāṇa.*

To my great good fortune did I find the glorious path of liberation; The life filled with fear and anxiety over becoming, found ultimate well being.

*Kala kī ciptā se vikala, bhaya saṃkula jo hoyā,
Vartamāna kā sakala sukha, vyākula mana ho khoyā.*

The mind filled with anxiety and fear for the future, Loses all peace and bliss of the present moment.

*Kṣaṇa-kṣaṇa sat-kṣaṇa hī bane, du:kṣaṇa bane na eka;
To mānava hove abhaya, rahe na dukha kī rekha.*

Every moment turns into the moment of truth, not that of misery; Then the human being will become fearless, without a trace of sadness or misery.

*Dukhiyāroṃ ke dukha miṭeṃ, bhaya tyāgeṃ bhayabhūta;
Baira choṛa kara loga saba, kareṃ paraspara pṛīta.*

May the misery of those in pain be eradicated, may all who are fearful let it go; Letting go of enmity, may all become loving towards one and all.

SUBSCRIPTION TO ENGLISH/HINDI MONTHLY NEWSLETTER: ANNUAL: RS 30/- (US \$10 OUTSIDE INDIA); (No Retail Sale)
LIFE SUBSCRIPTION: RS 500/- (US \$100 OUTSIDE INDIA) BY BANK DRAFT, PAYABLE AT IGATPURI IN FAVOUR OF Vipassana Research Institute

Edited and published by R.P. Yadav for VRI, Igatpuri-422 403 and printed at Apollo Printing Press, 259, SICOF Ltd., 69 MIDC, Satpur, Nashik-422 007.
No.3, 9 Mar., 2020. Posted at Igatpuri, Dist. Nashik, Posting Day: Purnima of every month; Vip. NL Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2018-2020

DATE OF PRINTING: 00 (on-line-edition), DATE OF PUBLICATION: 8 April 2020

If undelivered, please return to:
Vipassana Research Institute
Dhamma Giri, Igatpuri 422 403
Dist. Nashik, Maharashtra, India
Tel: (02553) 244076, 244086,
244144, 244440
Email: vri_admin@vridhamma.org
course booking: info@giri.dhamma.org
Website: www.vridhamma.org