Dear Meditators,

Come, let us understand the Dhamma path! Let us understand the destinations one arrives at on the path of Dhamma! Let us also understand on the path of pure Dhamma too, there is discrimination made based on a hierarchy. However this differentiation is not based on sects or religious communities, but on destinations arrived at along the way.

There are four stages one encounters on the path of Dhamma: the first one is sīla (moral conduct); the second is samādhi (concentration); the third is paññā (wisdom); and the fourth one is nibbāna (freedom from suffering).

There are five categories of persons who come in contact with Dhamma. The first one just talks about Dhamma, or writes books on the subject, or enters into vociferous debates on its merits, but does not walk on the path, does not take a single step.

Then there is the second type of person who has heard about pure Dhamma and having been drawn to it, has started walking on the path. This person has entered the first stage and started living a life of sīla, but has not yet practised samādhi and paññā. Certainly this person has moved higher than the first one, and hence will be better off as a result.

The third one has not only started living a life sīla, but has also reached the next level on the path of Dhamma which is samādhi; which means one’s focus and concentration has become strong. This third type of person is not only superior to the second one who has entered the stage of sīla, but also the first one who has yet to enter this initial stage of being established in sīla.

Then there is the person belonging to the fourth category who, while walking on the path of Dhamma, has not only reached the levels of sīla and samādhi but has also reached the stage of paññā. This person is not only established in sīla and samādhi but also in paññā. Such a person is superior to the third type of person who has reached the samādhi stage. And is certainly superior to both the first type of person who is not established in sīla and the second type of person who has started living a life of sīla but not entered the stage of samādhi.

Then there is the fifth type of person who has reached the final stage on the path of Dhamma. Having become firmly established in sīla, samādhi and paññā one has now tasted the elixir of the total eradication of misery, nibbāna.

This fifth type of person is more refined than the fourth type of person who has become established in sīla, samādhi and paññā but has not yet gone beyond the five senses and experienced the state of freedom from suffering. And is definitely far superior to the first, second and third types of persons who are still struggling to establish themselves on the path.

Thus, one who is established in sīla is better off than one who has not yet started walking on the path of Dhamma; one who is established in samādhi is certainly higher than one on the path of sīla; one who is established in sīla, samādhi and paññā is higher compared to one who is on the path of sīla and samādhi; but the highest and finest is the noble person who, having become established in sīla, samādhi and paññā, has also tasted nibbāna.

As such, there is indeed discrimination on the path of Dhamma. But it not based on a person’s birth. A person may reach any one of these stages no matter which sect, race or creed he may be born into. The circumstance of one’s birth cannot prevent a person from reaching the highest level of achievement. Anyone making diligent effort can reach the final stage of Dhamma; there is no obstruction to this based on birth.

The only obstruction, if it exists, is that of one’s own weakness, one’s own procrastination. Once one rises above this by putting in the right effort, then step by step, this person will begin climbing the ladder, rising higher and higher. No one can stop him or her.

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WORDS OF DHAMMA

Pañca chinde pañca jahe, pañca cattari bhāvaye pañcasāṅgātigobhikkhu, “oghātiṃ”ti vucatti.

Dhammapada 370, Bhikkhu Vagga

-- Cut off the five (the lower five fetters); give up the five (the upper five fetters); five further cultivate (controlling faculties: faith, effort, awareness, concentration and wisdom). The bhikkhu who has overcome the five bonds (craving, aversion, delusion, false views and conceit) is called one who has crossed the flood.
Dear meditators! Come, break the shackles of false beliefs in sectarianism and communalism which are serious obstructions on the path of pure Dhamma, and by walking step by step, let us keep moving till we reach the final goal of total eradication of misery, our highest welfare, Nibbāna.

Metta to all,
Satyanarayan Goenka

[Excerpts from Vipashyana Patrika (Hindi Newsletter), Year – 18, Vol. 6, 23.12.1988]

The following articles are examples of Goenkaji’s loving-kindness, and the benefits of spreading the Dhamma:

**Dhamma is spreading all around the world**

My cherished Dhamma father Goenka,
May this find you and Mataji and your family in health and contentment.

In Sept 2010 I celebrated the 30th anniversary of receiving Dhamma from you. My first course was with you and Mataji at Philo, CA in 1980 and I have been meditating ever since. What a fortunate life not just to receive the Dhamma but to have the opportunity to practice in such pristine Vipassana centres for three decades in the benevolent shade of your and Sayagi’s metta.

Also, Dhamma Kuñja in the Northwest USA, that you visited in 1991 and 2002 is strong, healthy and beautiful. Recent center expansion has increased our capacity to around 100 students and servers. It is pleasant to come to the center and notice that most of the students and servers on day 0 are unknown to me. Most of the ten-day students are new students. Dhamma is spreading!

You and Mataji would be touched to see how consistently your Dhamma sons and daughters are serving their aged, ailing and dying parents—so lovingly, with such steadfast commitment and fortitude. Every Vipassana friend or colleague I can think of embraces the hurdles and blessings of serving their parents when they are feeble and in need. You would be heartened to see this bright story being repeated over and over in places all over the world. It makes my heart happy to think of the benefit this is to society.

Our deepest respects and gratitude and wishes for every Dhamma blessing for you and Mataji.

With joy and love,
-- Gair and Rick Crutcher,
Dated Jan. 9, 2011.

**I Found What Was Missing**

Due to my deepest gratitude towards my respected Teacher, Mr. S. N. Goenka, who taught me this very wonderful unique technique of Vipassana Meditation, with limitless compassionate love, I’m writing some lines about my experience from the last 21 years of my practice and the last 13 years of conducting courses under my Teacher’s guidance.

I was born and grew up in a Muslim Family and received a MS degree at University. I had a good, comfortable life, but lacked a pure, calm, quiet and equanimous mind in the day to day life. As a Muslim, I was very much eager to have pure morality and mastery over my own mind, but I could not obtain it, I could not concentrate my mind on my work very well working as computer system operator, manager and network manager in a company. I became easily agitated by small mistakes or facing anything wrong. Death of a near and dear one or even sickness of any one made me very sad and often I was facing in the day to day life upset and sadness. It was for me a stage of not being happy and not being satisfied at all in my life, even after having worked hard and living well at a material level.

To dissolve my problem I started practicing yoga and later Tai Chi and other things and then with the advice of a friend started mantra meditation, but none of these were the right solution for me, and I continued looking for a solution to my problems.

Finally I came in contact with Vipassana Meditation as thought by S. N. Goenka and in the first course worked very hard to understand the technique at the experiential level with all my agitation and conditioned mind and I got a wonderful result. By applying the Vipassana Meditation in my day to day life, my life started to change progressively for the better.

I found what was missing in my life — a wonderful technique, a unique science of mind and matter which could directly deal with the mind, purify and concentrate it without taking me into any rite or ritual or any blind belief or dogma nor converting me to any other religion. The only conversion was to happiness.

In the last 13 years I conducted many courses under the guidance of my respected Teacher Mr. S. N. Goenka in many places for many people from all backgrounds of religion and region. Among them there have been around 5000 Muslims, who received a lot of benefits as they worked with the technique, understanding that it is unique, universal for everyone from everywhere. A wonderful science of mind and matter which can help every one to come out of all kinds of suffering.

Many Muslims on the courses keep reminding me of the saying of the Prophet Mohammad:

“Every Muslim has to learn all science even if it is in China (literally far away).”

And here is the art of living, the science of mind and matter which is so important for all of us in daily life.

Among them, there have been people who have been very sad, not at all happy, facing agitation in the day to day life, and by applying this scientific, universal technique of Vipassana Meditation, they have come out of their sadness, agitation and suffering. They have started to become happier from within and able to live more harmoniously with their relatives and friends, enjoying their life wherever they are and with their near and dear ones and their society.

With all compassionate love for all those which are purifying their minds and helping others to purify their minds.

May all beings be happy, be peaceful and be liberated from all kinds of suffering!

-- Daryush Nowzohour
Igatpuri.

**Dhammic Deaths**

1. Nepali Teacher Madan Tuladhar passed away peacefully on the 20th September at the age of 70. It was the Metta day of a regular ten day course at Dhamma Suryio, Fikkal, Ilam, Nepal where he was Centre Teacher. He served Dhamma with full dedication and devotion remaining joyful and cheerful as usual till his last breath. He was a beacon of Dhamma for students learning and practicing Vipassana in Nepal. May he continue his journey on this Noble Path of Dhamma and may he be liberated soon.

2. Mrs. Vijaya Shekhar Mitra, AT from Mumbai passed away peacefully after a heart attack. She had served Dhamma very nicely in the region. May she be peaceful. All our metta to her.
Happy Village project

The “Happy Village” project has started in many villages and a few towns with cooperation between Vipassana Research Institute and local governing bodies of villages and town's. Before starting this project workshops are arranged to train the dhamma-workers. Until today 11 such workshops have been arranged in various Vipassana centres in Maharashtra. Under this project, after selecting a village, the villagers above 10 years of age have been taught Anapanas and are informed about Vipassana meditation. Good results are coming as a result of improved cordiality among villagers. Any meditator can participate in starting this project to make his village or town, a “Happy Village” or a “Happy Town”. This will benefit people at large. To get more information please contact on: Mob. 767012980, Email: anandigaon@gmail.com; Website: http://anandigaon.com/; Anand Gaon Android App: https://play.google.com/store/apps/details?id=com.anand.gaan

Children’s Meditation Courses in Mumbai

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<thead>
<tr>
<th>Date</th>
<th>Course sites</th>
<th>Age 10-16, Registration 2 days before the Course, i.e. Thursday and Friday.</th>
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</thead>
<tbody>
<tr>
<td>First Sunday</td>
<td>Ulhasnagar, Churghate, Thane, Khar, Wadala, Matunga</td>
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<tr>
<td>Second Sunday</td>
<td>Dombivili, Andheri</td>
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<td>Third Sunday</td>
<td>Thane, Ghatkopar, D. Vipula</td>
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<tr>
<td>Fourth Sunday</td>
<td>Goregaon, Dhamma Vipula</td>
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Chairperson

“Please call or send a text SMS message with the name and age of the child two days in advance for registration.”


VRI - Pali Residential Course - 2020

Pali-Hindi (45 Days Residential Course) (9th Feb to 26th March 2020). Please find Eligibility Criteria for above courses on: https://www.vridhamma.org/Pali-Study-Programs. Contact: ‘Vipassana Foundation’, Gorai, Borivili (W), Mumbai 91, Phone: 022-50427560 (10:30 AM to 5:30 PM), Email: mumbai@vridhamma.org; Mob. 9619234126, Mrs. Baljit Lamba – 9833518970, 3) Ms. Harshita Lakhvani – 9819640007.

The Construction of Dhammalaya 2

To give free accommodation to Dhamma Sevakas and meditators who come to the Global Pagoda for a one-day course from far-off places, Dhammalaya-2 will be constructed soon. Those who want to earn merit by contributing to the construction work should contact • GVФ address.

Sanüdãnas at Global Vipassana Pagoda

12th January 2020, on the occasion of death Anniversary of Respected Mataji and Sayagyi U Ba Khin are being organized at 9 a.m. respectively. Those who wish to take part in the meritorious Sanuddhãnas, they should contact: 1. Mr Derik Pegado, 9921272057. or 2. Sri Bipin Mehta, Mo. 9920052156, Tel: 022- 62427519 (9:30 AM to 5:30 PM), Email: audits@globalpagoda.org.

Additional Responsibilities

1. Mr. Ravi Saxena (SAT) To serve as Centre-Teacher for Dhamma Vatika, Palghar Vipassana Centre.
2. Mr. Dev Kishan Mundada, To serve as Center Teacher of Dhamma Birata, Nepal.
3. Mr. Narla Bahadur Gurung, To serve as Center Teacher of Dhamma Pokhara, Nepal.
4. Mr. Bhishma Prasad Subedi, To assist the Center Teacher of Dhamma Suryi, Nepal.
5. Mr. Dorji Tshering Sherpa, To assist the Center Teacher of Dhamma Sagara, Nepal.
6. Mr. Tej Raj Shukla, To assist the Center Teacher of Dhamma Gara, Nepal.

Changed Responsibilities

1-2. Mr. Ananda Raj & Mrs. Nani Maju Shaha, To serve as Center Teacher of Dhamma Gara (Previously CT of Dhamma Nibha)
3. Mr. Bhaktal Prasad Poudel, To serve as Center Teacher of Dhamma Nibha (Previously CT of Dhamma Birata)
4. Mr. Moti Lal Khanal, To assist the Center Teacher of Dhamma Sisa, (Previously – Assist the Center Teacher of Dhamma Surakhetta)

New Responsibilities

Senior Assistant Teachers

1. Mr. Govind Acharya
2. Mr. Harishnath Addiga
3. Mrs. Vina Thaker
4. Mr. Kantharao Uppala
5. Mrs. Vina Thaker
6. Mrs. Vina Thaker
7. Mr.Ok Sonam Paljor, Sikkim
8. Dr. (Smt.) Savita Gaikwad, Pune
9. Mrs. Minu Vipinprakash Mangal
10. Mr. Tushar Dayal, Vadodara
11. Mrs. Laxmi Manjhi, Patna

Children course teachers

1. Mr. Kantharao Uppala
2. Mrs. Vina Thaker
3. Mrs. Vina Thaker
4. Mr. Kantharao Uppala
5. Mrs. Vina Thaker
6. Mrs. Vina Thaker
7. Mr. Ok Sonam Paljor, Sikkim
8. Dr. (Smt.) Savita Gaikwad, Pune
9. Mrs. Minu Vipinprakash Mangal
10. Mr. Tushar Dayal, Vadodara

Century Corps Fund for the Operation of Global Vipassana Pagoda (GVФ)

As desired by Guruji, a Century Corps Fund has been set up to meet the daily expenses of GVФ. To fulfill this desire of Guruji, Global Vipassana Foundation (GVФ) calculated that if each of 8960 persons donates Rs 1,42,694/- then the amount will be Rs 125 crores. The interest earned from this amount will meet its daily expenses. If one cannot deposit this amount at one time one can do it in installments in a year. (Some have deposited money, and it is hoped the full amount will be received soon.)

This is a great occasion for all meditators and non-meditators to increase their parami by contributing to this fund.

• For more information and making contribution please contact
• GVФ office: 1. Mr. Derik Pegado, 9921272057. or 2. Mr. Bipin Mehta, Mo. 9920052156, A/C. Office: 022-62427512 / 62427510; Email: audits@globalpagoda.org; Bank Details: ‘Global Vipassana Foundation’, Axis Bank Ltd., Sonimur Apartments, Timber Estate, Malad (W), Mumbai - 400064, Branch - Malad (W), Bank A/c No.- 911001032397802; IFSC No.- UTIB0000062; Swift code: AXISINBB062.
Celebrating 50 Years of the Journey of Dhamma

A program at the Global Pagoda in Dec. 2019

Dear Dhamma Brothers and Sisters,

We have just passed an important milestone in the Ganges of history of Dhamma practice highlighting the time 50 years ago when Vipassana meditation was returned to India by our Respected Teacher Mr. S.N. Goenka in July 1969. This milestone is being celebrated with the retrospective: “Journey of Dhamma”. This will cover the past 50 Years followed by a “Vision of Tomorrow” for the coming 50 years.

This closing ceremony for the 50th Year Celebrations will be held at the Global Vipassana Pagoda in Mumbai India on Sunday and Monday 15th and 16th December 2019.

We request your participation in joining this large worldwide gathering of Dhamma Brothers and Sisters. Kindly register your participation in this event.

Register with below options:-
OPTION 1: Using this link: http://registration.globalpagoda.org/registration/
OPTION 2: WhatsApp send your details on 8291894644
OPTION 3: Landline 022 - 50427544

N.B. Accommodation: For sadhak’s convenience, Overnight accommodation in surrounding hotels on chargeable basis to be paid by sadhak is available. For booking click http://tiny.cc/RoombookingInfo

We also request that you please share this information with other Dhamma Brothers and Sisters.

With Metta, 50 Years Celebration Organising Team

Tentative schedule for the event

Sunday, December 15, 2019

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<th>Activity</th>
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<tr>
<td>10am - 11am</td>
<td>Group Sitting</td>
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<tr>
<td>11am - 12:30pm</td>
<td>Special Function &amp; Journey of</td>
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</table>

Monday, December 16, 2019

Time | Activity                                      |
-----|-----------------------------------------------|
10am - 11am | Group Sitting                                 |
11am - 12:30pm | Dhamma Seminar on Vedana or other Vipassana related Discourses of Lord Buddha |
12:30pm - 2pm | Lunch                                        |
2pm - 3:30pm | Reminiscences of Time Spent with Guru ji, Shri Satyanarayan Goenka |
3:30pm - 4:30pm | Health and Harmony of organisation - Challenges faced by Institution |
4:30pm - 5:30pm | Group Sitting & Mangal Maitri              |

One-day Mega courses and Daily One-day courses at Global Vipassana Pagoda for 2020

Sunday 12th January, 2020 in memory of Res. Mataji and Sayagyi U Ba Khin, Sunday 10th May, 2020 on Buddha Purnima; One-day mega courses and Daily One-day courses at GVP start at 11am till 4 pm. Non-meditators may participate in the 3 pm discourse. Please come only with prior registration.

Subscriptions to English/Hindi Monthly Newsletter: Annual: Rs. 30/- (US $10 OUTSIDE INDIA); (No Retail Sale)
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