

## WORDS OF DHAMMA

*Pañca chinde pañca jahe, pañca cattari bhāvaye  
pañcasangātigobhikkhu, “oghatinno”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.

## Destinations on the Path

My 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*.



Respected Goenkaji and Mataji in Sri Lanka sitting on the Dhamma Seat and explaining Vipassana meditation to the students.

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.

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 Goenkaji,

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 Sayagyi'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, manger 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 Suriyo, 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 Anapana meditation and are informed about Vipassana meditation. Good results are coming as a result with 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. 7620212980, **Email:** anandigaon@gmail.com ; **Website:** <http://anandigaon.com/> ; **Anandi Gaon Android app:** <https://play.google.com/store/apps/details?id=com.anandi.gaon>

## Children’s Meditation Courses in Mumbai

Date	Course sites	Age 10-16, Registration 2 days before the Course, i.e. Thursday and Friday.
First Sunday	Ulhasnagar, Churchgate, Thane, Khar, Wadala, Matunga	
Second Sunday	Dombivili, Andheri	
Third Sunday	Thane, Ghatkopar, D. Vipula	
Fourth Sunday	Airoli, Dhamma Vipula	

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

Course Timing: 8:30 am to 2:30 pm. Registration Timing: 11 am to 1 pm on the specified numbers and dates for each location. Course Venues:- 1) Ulhasnagar: A Block 703/1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, Tel. 9970755130, 2) Wadala: “BMC School – Sewri Wadala Estate Road No: 7A Behind Lijjat Papad Building Contact: Mobile: 98922-18186, 98201-50336, 3) Khar: Mahabodhi Buddha Vihar, Baudha Smashan Bhumi, Carter Rd. Danda, Khar West, Mumbai-52, Mob. 9768123934, 7498027441, 4) Churchgate: Contact: Prashant Rao, Mob. 9820059287, 5) Thane: Contact: Deepali Kadam, 9833116107, 6) Matunga: Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King’s Circle, Matunga (CR), Mob. 25101096, 25162505. 7) Dombivili: Tilak School, Tilak Nagar, Dombivli, Mob. 9819866615, 9029423540, 8) Andheri: Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Mob. 9769926169, 9967813469. 9) Ghatkopar: SNTD School, New Building, Cama Lane, Ghatkopar (W), Opp Vidyut Society, Mumbai 400086. Tel: 25162505. 10) Belapur: D-Vipula Vipassana Centre – Contact: 77382000969, 9594464442, 11) Airoli: Dnyandeep School, sector 2, Airoli, Mobile: 9969267720, 9892565765. 12) Kalyan: Krishanrao Dhulap KDM school No. 4, Ram baug lane no 5, Near old Vani Vidyalay. Mob. 9987425633. Please call two days in advance for registration. NB: \*Please bring a cushion. \*Please register on the specified phone numbers. If unable to attend after registration. \*please Inform in advance. \*Please arrive on time for the course.

## VRI - Pāli Residential Course - 2020

Pāli-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:** ‘Global Vipassana Foundation’, Gorai, Borivali (W), Mumbai 91, Phone: 022-50427560 (10:30 AM to 5:30 PM), **Email:** [mumbai@vridhamma.org](mailto:mumbai@vridhamma.org); **Mob.** 9619234126, Mrs. Baljit Lamba – 9833518970, 3) Ms. Harshita Bramhankar – 8830166246

## 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 • GVF address.

## Saṅghadānas at Global Vipassana Pagoda

12th January 2020, on the occasion of death Anniversary of Respected Mataji and Sayagi U Ba Khin are being organized at 9 a.m. respectively. Those who wish to take part in the meritorious Saṅghadāna, they should Contact: 1. Mr Derik Pegado, 9921227057. or 2. Sri Bipin Mehta, Mo. 9920052156, **Tel:** 022- 62427512 (9:30 AM to 5:30 PM), **Email:** [audits@globalpagoda.org](mailto: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 Mundaya, To serve as Center Teacher of Dhamma Birāta, Nepal
3. Mr. Nara Bahadur Gurung, To serve as Center Teacher of Dhamma Pokkhara, Nepal
4. Mr. Bhishma Prasad Subedi, To assist the Center Teacher of Dhamma Suriyo, Nepal
5. Mr. Dorji Tshering Sherpa, To assist the Center Teacher of Dhamma Sāgara, Nepal
6. Mr. Tej Raj Shakya, To assist the Center Teacher of Dhamma Gārā, Nepal
3. Mrs. Vina Thaker, Gandhinagar Gujarat
4. Mr. Ketan Shah. Ahmedabad , Gujarat
5. Mr. Vipinprakash Mangal. Ahmedabad , Gujarat
6. Mrs. Shubha Mehrotra, Pune
7. Mrs. Pratibha Sathe, Pune
8. Shri Charan Singh, Ghaziabad, U.P.
9. Shri Santosh Kumar Sharma, Noida, U.P.
10. Shri Devicharan Kushwaha, Gazipur, U.P.
11. Smt. Umravati Kushwaha, Ghazipur, U.P.
12. Shri Ram Mangal Singh, Fatehpur, U.P.

### Newly Appointed Assistant Teachers

- ### Changed Responsibilities
- 1-2. Mr. Ananda Raj & Mrs. Nani Maiju Shakya, To serve as Center Teacher of Dhamma Gārā (Previously CT of Dhamma Nibha)
  3. Mr. Bhakta Prasad Poudel, To serve as Center Teacher of Dhamma Nibha (Previously CT of Dhamma Birāta)
  4. Mr. Moti Lal Khanal, To assist the Center Teacher of Dhamma Sisa, (Previously – Assist the Center Teacher of Dhamma Surakhetta)
  1. Sail (Alka) Sushil Vengurlekar, Mumbai.
  2. Smt. Sarla Kaushal, Ludhiana.
  3. Mr. Kantharao Uppala, Bangaluru.
  4. Mrs. Rajini Uppala, Bangaluru
  5. Mrs. Bharati J. Shah, Surat.
  6. Mrs. Neelam Oswal, Pune
  7. Mr. Ok Sonam Paljor, Sikkim
  8. DR. (Smt.) Savita Gaikwad, Pune
  9. Mrs. Minu Vipinprakash Mangal, Vadodara
  10. Mr. Tushar Dayal, Pondicherry
  11. Sushila Chudiwala, Pondicherry
  12. Mrs. Adarsh Rao, Bangalore

### New Responsibilities Senior Assistant Teachers

1. Mr. Govind Acharya
2. Mr. Harishnath Addiga

### Children course teachers

1. Triveni V. Athawale, Thane
2. Ms Tatiana Lazareva, Russia
3. Ms Marie Pradier, France

## Centuries Corpus Fund for the Operation of Global Vipassana Pagoda (GVP)

As desired by Guruji, a Centuries Corpus Fund has been set up to meet the daily expenses of GVP. To fulfill this desire of Guruji, Global Vipassana Foundation (GVF) 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** • GVF office: 1. Mr. Derik Pegado, 9921227057. or 2. Mr. Bipin Mehta, Mo. 9920052156, A/c. Office: 022-62427512 / 62427510; **Email--** [audits@globalpagoda.org](mailto: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.- 911010032397802; 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

Time	Activity
10am - 11am	Group Sitting
11am - 12:30pm	Special Function & Journey of

12:30pm - 2pm	Dhamma Exhibition inauguration
2pm - 2:30pm	Lunch
2:30pm - 3:15pm	Bodily Relics of Lord Buddha-
3:15pm - 4:30pm	Special Film & Presentation
4:30pm - 5:30pm	Film on Journey of Dhamma
	Vision of Tomorrow - Coming
	50 yrs. of 2nd Buddha Sasana
	Group Sitting & Mangal Maitri

#### 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. *Samaggānaṃ tapo sukho*: Avail of the immense benefit of meditating in large group. For registration Contact: 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register>

### DHAMMA DOHA

*Māṃ bāpū kā ṛṇa pracura, pyāra aparimita hoyā;  
Jivana bhara sevā kare, to bhī u-ṛṇa na hoyā.*

The love of father and mother is unlimited, so is the debt one owes them; Even by serving them for a lifetime, one can never repay it.

*Māṃ bāpū priya bandhujana, svajana sanehī mīta;  
Sabhī cākha len dharama rasa, aiśī umaḍī prīta.*

Mother, father, relatives, all near and dear ones, May all of them taste the nectar of Dhamma, this is the dear wish for them.

*Isa dukhiyāre jagata men, hove dharama prasāra;  
Baira bhāva sabake miṭen, jage pyāra hī pyāra.*

May Dhamma spread throughout the world filled with misery; May all be free of vitriol and enmity and be suffused with overwhelming love.

*Jāge gaṅgā dharmā kī, pāpa ukhaḍatā jāya;  
Nirmala-nirmala citta men, pyāra umaḍatā jāya.*

May the Ganges of Dhamma flow as the impurities continue to get uprooted; May love overflow in the heart thus cleansed and purified.

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