



Vipassana Newsletter

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

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LET IT SHINE BRIGHTLY IN YOUR DAILY LIFE.

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Words of Dhamma

Gāravo ca nivāto ca, santuṭṭhi ca kataññutā;
Kālena dhammassavanam, etaṃ maṅgalamuttamam.

—*Khuddakpāṭha, Maṅgalasuttaṃ* - 9

Respectfulness, humility, contentment, gratitude;
Listening to the Dhamma at the proper time, this is the
highest welfare.

Auspicious Gratitude

Gratitude is an indispensable aspect of Dhamma, whereas ingratitude shows a lack of Dhamma; it is devoid of Dhamma. Gratitude has an important place in all religious traditions around the world, not just in India.

It was my good fortune that I was born to parents, raised in a family, and lived among people of a nation where the importance of gratitude has always been paramount.

An incident occurred while I was quite young, about four or five years old. The entire family had journeyed from Mandalay, Burma, to Churu, Rajasthan, the ancestral home of our forefathers for a religious ritual. There, the three brothers of the joint family decided to build a new mansion to replace our elders' dilapidated building. My oldest uncle stayed there to supervise its building. My parents left me with him, and Chanda Bua, my aunt, stayed as well.

Chanda Bua was a young widow. Nobody had survived in her in-laws' family. She had settled at her parental home for life after initially enduring a few challenging days. Even here, our grandmother had passed away. At that time, my father was just a child, and both uncles were not yet adults. Although it was common in those days for men to marry again, grandfather considered it noble to remain a widower for life. Thus, Chanda Bua, who was the eldest among her four siblings, took the entire responsibility of caring for my father and uncles. She had a fiery nature but had deep affection and attachment towards us children.

Chanda Bua enrolled me at a nearby school. The school was located in a crumbling, old temple with a small courtyard. Boys of my age and a little older, around 20–25 in number, came here to learn. The teacher was an elderly gentleman. He was blind in one eye and walked with a stick. His name was possibly Kashiram or something similar. However, he was known by the name Kasu Guruji. He was highly skilled in teaching, as proven by the fact that in just six months, he not only made me memorize the entire alphabet but also the entire 'barakhadi' (a phonetic chart). Similarly, he taught us many types of multiplication tables.

His teaching method was through rote learning. For each letter of the alphabet, there was an easily remembered line, as it had a strong tone when recited. In the same way, numbers and multiplication tables were sung in a highly appealing manner. After six months, I enrolled in a primary school in Mandalay where I found a completely different teaching method. As a result, the delightful songs of that elementary education slowly faded away. Today, the few words of those songs that I remember bring back fond memories.

Churu is as infamous for its cold as it is for its heat. Due to the scorching heat, we were allowed to take a two-hour nap every afternoon in the gallery designed for circumambulating the temple. When nap time was over, a bell would ring and we would start memorizing our lessons again. Even so, the heat was oppressive. Some lazy boys would continue sleeping. They only went to school because their parents made them; otherwise, they had no interest in learning and resented the teacher.

The mischievous students composed a poem about it:

“*Kāsu kāṇo chorā nai paḍhāno.*”

“Kasu, who teaches the children, is one-eyed.”

Kasu sir had a mannerism of saying ‘hau’ when he spoke. This was another opportunity for some children to tease him, and they would chant:

“*Kāsu bole hāu, main Kāsu ko tāu.*”

”Kasu says hau, and I am his elder uncle.”

In the evening, after school was over, these children would run home singing this song loudly together. Gradually, a few others joined in. Hearing it again and again, I too learned it by heart. I can't say for sure, but perhaps I too joined my classmates in chanting this slogan.

Daily when I returned home from school, affectionate Chanda Bua would ask what I had learned, and I would recite it to her. She would lift me into her lap, embracing me tightly, a sea of joy in her eyes. She would kiss me, stroking my head. I liked all of this very much.

One day, upon returning from school, my aunt inquired, "What did you learn today?" With utter simplicity and ease,

Vipassana Research Institute (VRI) Project Pāla

On the occasion of Guru Purnima, Vipassana Research Institute is very happy to announce Project Pāla – Treasures of Dhamma.

As you are all aware, this precious Dhamma, which was taught to us by S.N. Goenkaji, in its pristine purity, which is being maintained through the pure tradition of Teachers, must be preserved, protected, and passed on for the benefit of many. This includes a vast collection of materials comprising manuscripts, rare books, pictures, palm leaves from Myanmar, artefacts, audio and video tapes, and Goenkaji's personal documents.

Treasures of Dhamma summary:

- Photos, over 2000 images & 8000 negatives.
- Letters, Documents & Transcript – over 210,000.
- Newsletters, Newspapers, Magazines – over 10000.
- Diaries & Notebooks – around 500.
- Printed books – over 12000.
- Palm leaf & Manuscripts – Approx 28.
- Audio & Video collection – over 3000 tapes.
- Paintings - over 130 large paintings on the Life of the Buddha.
- Course application forms – over 12 lakhs. (Some forms are from 1971 !)

The word pāla means to preserve or secure Dhamma teachings. In order to protect these materials from the risk of damage due to environmental conditions, a 5000 sq ft state-of-the-art conservation and preservation facility is planned. The storage facility will have a temperature-controlled environment that is fire and water proof.

The project is estimated to cost around Rs 300 lakhs; hence, any contributions towards this noble cause for future generations would be of great merit to the donor.

Please click the YouTube link below to see a short video on Pāla - The Treasures of Dhamma: <https://youtu.be/eK-dJpWnOhs> Anyone can donate online through our website, mobile app, scan UPI QR Code, net banking or by sending a cheque to our address.

Please click link for various Donation Options:

<https://www.vridhamma.org/Donation-to-VRI>

Donations to VRI are eligible for 100% tax deduction benefits to Indian citizens. The bank details for the donation are as follows:

Vipassana Research Institute, Axis Bank Ltd., Malad (W.)

Account number: 911010004132846; IFSC Code: UTIB0000062;

Please Contact:

1. Shri Derik Pegado - 022-50427512/ 28451204;
2. Shri Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.vridhamma.org/donate-online>



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:

Global Vipassana Foundation,

Axis Bank Ltd, Malad (W) Branch, Mumbai - 400064.

Account No.: 911010032397802;

IFSC No.: UTIB0000062.

Please contact:

1. Sh. Derik Pegado - 022-50427512/ 28451204
2. Sh. Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.globalpagoda.org/donate-online>



Future Course Schedule and Applications

Information on future Courses is available on the internet. All types of bookings are currently available online only as per the Government's new rules due to Covid-19. Applications will not be accepted on paper. Therefore, you are requested to check the following link and apply online directly for your appropriate course or for dhamma service at Dhammagiri: <https://www.dhamma.org/en/schedules/sch giri>

Please apply similarly as per the schedule of other centres. Here is the link for all Indian centres: <https://www.dhamma.org/en-US/locations/directory#IN>

New VRI website for applying for courses: <https://schedule.vridhamma.org/> and for worldwide courses: www.dhamma.org



Very Important Notices

1. Central IVR (Interactive Voice Response) number-022-50505051. Applicants can call this number from their registered mobile number (the number mentioned in the form), to check their status, cancel, transfer or re-confirm their application. They can also contact the centre through this system. This is a central number for all Vipassana centers in India.

2. If you are sending non-centre Dhamma programs to be published in Newsletters, please send through the CAT (Coordinator Area Teacher) and if it's for a centre, it should come through the Centre Teacher.



Vipassana Activities in Greater Mumbai Area

There are several Vipassana Centres & Meditation Facilities in Greater Mumbai area:- Please View the link:

<https://mumbai.vridhamma.org/>

1-day Courses and Group Sitting Information in India: Please view the link below:

<https://www.vridhamma.org/1-day-Courses-Information-in-India>

Importance of Lighting a Pagoda

Respected Goenkaji always said that it is of special importance that a Pagoda where relics are kept be well lit throughout the night. This helps maintain the Dhamma atmosphere. Anyone wishing to donate for the lighting of the Global Pagoda may do so. The cost per night is Rs. 5000/-. For further information Contact at ('GVF') address.

Important Notice

Those who send donations to the 'GVF', please note that the item for which they are sending money must be mentioned so that the donation can be deposited for this same item and the receipt can be written accordingly. (Thanking you in advance.)

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

1. 19th Nov 2023 Sunday Centenary year Mega course
2. 10th Dec 2023, Sunday Centenary year Mega course
3. 14th Jan 2024, Sunday Sangha dana and Mega Course
4. 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 (Pl. bring a bottle so you can fill it with drinking water at GVP.)

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

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

• Email: guruji.centenary@globalpagoda.org

DHAMMA DOHAS

Namana karuṇ main buddha ko, kaise karuṇāgāra;

Dukkha miṭāvana patha diyā, sukhi karana saṁsāra.

I pay homage to the Buddha, the most Compassionate One; Who gave the path that led the world into happiness by eradicating misery.

Yāda karuṇ jaba buddha kī, karuṇā amita apāra;

Tana mana pulakita ho uṭhe, citta chāe ābhāra.

Whenever I remember the incalculable compassion of the Buddha; The mind and the body are filled with joy and gratitude.

Namana karuṇ gurudeva ko, kaise saṁta sujāna;

Kitane karuṇā citta se, diyā dharama kā dāna.

I pay homage to my revered Teacher, the saintly one; Who gave the gift of Dhamma, with a mind filled with compassion.

Bodhisattva gurudeva ne, pakarī merī bāṇha;

Mukti vidhāyaka patha diyā, dharmā stūpa kī chāṇha.

The Bodhisatta Teacher held me by hand; And gave me the path of Liberation in the shade of Dhamma stupa

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