

Vipassana Newsletter

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

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WORDS OF DHAMMA

Maggānaṭṭhaṅgiko seṭṭho, saccānaṃ caturō padā;

Virāgo seṭṭho dhammānaṃ, dvipadānaṅca cakkhumā.

Dhammapadapāḷi—273, Maggavaggo.

Of paths the Eightfold Path is the best; of truths the Four Noble Truths are the best; of mental states detachment is the best; of humans the Seeing One (the Buddha) is the best.



Something constructive, beneficial and good will take place here. The people who work here should generate good will towards all the visible and invisible beings whenever they work. May no being knowingly be killed. We should not knowingly cause hardship to any being

SN Goenka

Respected Goenkaji and Mataji explaining Dhamma and giving metta to the land at a new centre. If ever he saw even a small fire, he would ask those around to rush and bring it in control as innumerable insects and unseen lives would be lost otherwise.

The following letter from Goenkaji is an edited version of the letter he wrote to his Dhamma Father, Sayagyi U Ba Khin, on July 8th 1969 during the first 10-day Vipassana meditation course which he conducted in India on his teacher's behalf.— Editor

Goenkaji's first course report to Sayagyi U Ba Khin

Camp Bombay,
dated 8th July, 1969

Most Respected Sayagyi and Mother Sayama,

With deep regret I beg your pardon for not being able to write to you earlier, though my contact with you has been regularly maintained not only during the hours of meditation, but also during disturbances, of which I am having plenty.

The morning I left Burma with the light of Dhamma given by you towards this land of the origin of Dhamma, there was a slight earthquake felt in various parts of *Majjhimadesa* (the Middle country: Northern India). Similarly on the 3rd of July, last Thursday, when the first course of Vipassana meditation was to start in Bombay, the city was inundated with the heaviest downpour of the season, disrupting traffic in this giant city....

While in Rangoon I had a great *dhamma-samvega* (feeling of urgency) for my elderly parents. I wanted to help them. But when I came here I found myself quite helpless, as they were not at all prepared to change their ways under any circumstances. My younger brother, Shyam Sundar, is much involved in Ananda Marg in Bombay, but I must give him full credit in respect of the fact that he never persuaded my parents to join him, nor was he now creating any obstacle in their joining a Vipassana meditation course if they so desired. Obviously, I could not impose my wishes on them. But it was a positive sign when they agreed to sit with me for morning and evening meditations along with Shyambihari, Vimla and Shiva [who had all learned Vipassana from Sayagyi and had come to India after high school for further studies]. For one week I waited patiently sending *metta* to my parents, my brothers and

nephews. These waves of *mettā* started having a soothing effect on my parents during my sittings with them every morning and evening. Soon my mother started feeling *anicca* sensations throughout her body. My father never practised Vipassana in Rangoon and hence his case is different.

Before the week ended Balchand came up with the proposal that I should conduct a course of meditation in Bombay and he was sure that at least 15 candidates old and new would attend. One of my enthusiastic nephews who is employed in my brother's firm, took the responsibility of arranging for the place, food and all other requisites. I accepted this proposal and the ball started rolling in the right direction, which ultimately brought me down to this Dharamshala, an extremely noisy place in the midst of the city in which one big hall, three rooms and a kitchen are at our disposal. It is not like the Dharamshala in Maymyo (Burma) which we had totally to ourselves. Here we do not have even a full floor exclusively to ourselves. There are families living in the adjoining rooms and in all other rooms of the three storied building. We occupy a portion of the first floor but fortunately there is no structure above the hall; it's a single room which I am using for various purposes. One end of this large hall has been partitioned with a white cloth sheet and I use this area for my residence and resting. The next adjoining section is used for meditation, and then the major portion of the hall is used as the residence and meditation place for the male meditators. They are:

(1) my father Gopiram (2) Motilal (3) Kishanlal (4) Basantlal (5) Muralidhar (6) Luxminarayan, a friend from Insein township who arrived 3 days late from Orissa (7) Bharat alias Maung Pho (8) newcomer Vijaya, a grandson of Babu Mangalchand (9) Lunkaran, a local textile broker (10) B.C. Shah, a friend from Rangoon, now a pharmaceutical industrialist in Bombay and (11) K.G. Shah, an old friend from Rangoon, presently working hard to get himself established in Bombay. In a nearby room are (12) my mother Kamla Devi (13) my daughter in law Manju, who has come all the way from Madras to join the course and (14) Munki, the daughter of Balchand.

There is another nearby room that I use for my office, from where I am dictating this letter and where I receive visitors. The room next door is used as the dining room for all of us. The kitchen is on the ground floor. The bathroom area is a common facility for the use of all the guests of the Dharamshala, but we are fortunate to have one bathroom reserved for us. This area I find to be highly congested but it is unavoidable. The other alternative places had other serious defects and this Dharamshala was the best amongst those available. There is a great amount of noise from heavy road traffic below, as well as from the surrounding business shops and godowns (warehouses) and from amplifiers loudly broadcasting film songs and radio programs from various residences in the adjacent

buildings. It is only with your Dhamma support that I have ventured to accept such an unsuitable place for meditation purposes and it is the strong feeling of your presence with me which gives me the strength and vigor required to conduct the course. Your *mettā* on the trunk call inspired me and I felt quite confident of my success.

And it has really proved a success so far and I hope to carry on for the rest of the week with similar success. The fact that my parents willingly joined the course was in itself a great success for me. Father announced that he will immediately leave the camp if he does not get sensations during Vipassana. And it's good he experienced it with all the others. He was sweeping with *anicca* this morning and just now he has entered my office room complaining that he has started burning all over and that the heat was simply unbearable for him. *Anicca! Anicca!* Could this all be possible without your gracious support Sayagi and Sayama?

To all the old students, except my parents, I gave Vipassana quite successfully on Sunday, 6th July, at 2 pm. And then came the auspicious day of Monday the 7th July 1969, when under your immediate guidance, I started giving Vipassana to my parents and all the other new candidates. I started at 7:30 am and carried on until 10 am batch by batch. Every batch received the sparkling illumination of *nibbāna-dhātu* which this land of the Buddha had lost contact with since the last two millenniums. The meditation hall was fortunate, the Dharamshala was fortunate, the city of Bombay was fortunate, the entire land of Buddha Desa was fortunate in regaining its lost Dhamma Jewel. I felt myself fortunate enough to have been chosen for this meritorious job, to work as your transformer to induct the powerful *nibbāna-dhātu* from your power house and shower it on the candidates in front of me. I felt simply elated. I share my merits with you and Mother Sayama and all the Devas and Brahmas who are protecting the Sasana and who are helping you in re-establishing the same in the land of its origin, repaying Burma's debt to India which is long overdue. I share my merits with U Chit Tin, Babulal and all others who are together with you at the center, especially members of U Chit Tin's family, the Goenka family, U Ba Pho, Dr. Daw Thein Kyi, U Thein Zaw, U San Myint Aung, Daw Lhin Than and all others whom I cannot name individually. *Amyat ! Amyat ! Amyat !*

It was only on the 3rd of July that I came in contact with the local Mahabodhi society and its head Monk, Bhikkhu Dhammanand. He was very eager to join the course with some of his associates. But they could not get themselves ready in less than three or four days and that was too late for me to accept them for the present course. They have now to wait for the next opportunity.

Shankar has arranged for a second course to be held in Madras. Bhikkhu Nandeshwer is out of station but he has built a new Vihara with suitable meditation facilities and I am told that Shankar is arranging to seek his permission

for the use of these for the next course to be held there.

The famous Bhikkhu Kashyap has been writing to me for a long time saying he is very eager to get somebody to come from Burma to teach Vipassana meditation at the Meditation Vihara which he has built at Nalanda. He has spent his life savings earned as the head of the Pali department at Banaras Hindu University and the Banaras Sanskrit University, totaling over thirty-five thousand rupees, on this project. In the meantime he has allowed other types of meditation to be taught at the Centre. His genuine thirst for Vipassana has led him in a wrong direction simply because of his frustration and over-eagerness to get peace of mind one way or another. I have just informed him of my arrival in India and he is now very eagerly requesting me to pay a visit to Nalanda to meet him. In August he will be going to Japan but he will be in Nalanda in September. I shall adjust my program accordingly. But I seek your permission to enable me to conduct a course for him if he so desires and requests. Similarly, Anagarika Munindra has requested me to spare 10 days for him to teach him Dhamma. I think there should be no objection as he is a layman, although an earlier disciple of Mahasi Sayadaw. Bhikkhu Dhammarakhita and Dr. U Rewatadhamma are writing me from Sarnath and Varanasi that they can arrange a local Dharamshala for a 10-day course of meditation. It is not clear whether they also have candidates to attend. Paying my deep respects on your behalf I have already donated a set of robes to Bhikkhu Jinaratana of the Mahabodhi Society while I was in Calcutta for a few hours on my day of arrival in India. I also forwarded one set of the same on your behalf to Bhikkhu Dhammarakhita at Sarnath. The other two sets are still with me. One is for Bhikkhu Nandishwara who is presently out of Madras but will be back soon. The forth set will be kept for some other suitable Bhikkhu.

Sayagi and Sayama, there is much to write but I have so little time at my disposal. I wanted to keep a diary of my day to day experiences over here, but I find it impossible. There is little time left after spending so many hours in checking the students, guiding them in the right direction, and replying to the inquiries from your students from various parts of the country. It was at 1:30 am that one of the candidates arrived to join the course and I was wide awake until then. It was only a few hours before dawn that I was able to sleep. Of course, I was constantly feeling your presence and the presence of Mother Sayama along with Saya Thetgyi and all the other Devas and Brahmans who look after the Sasana. For the first three days of Anapana some of the students had great upheavals due to the impact of the *dhamma-dhātu* contacting the forces within them. All that was negative had to come out. Some of them had strong vomiting and purging continuously. But all this subsided as we switched to Vipassana. And now it is smooth sailing. Of course, some are progressing very satisfactorily while

there are others who are facing road-blocks. Some are having strong light, a thousand power bulb, some have cool bright light within and without, one has seen a Deva of a slightly higher order and other soothing nimittas, and is experiencing great, internal peace which is actually *pīti*, *passadhi* and *sukha* (zest, tranquillity and ease) which the people here take to be *brahmic ānanda* (bliss of brahma). One student became stuck in it, taking it as the highest goal. It took me time to convince him that this was a midway rest-house and not the final goal of liberation. Slowly all the obstacles of divine lights, divine sounds, divine visions and *pīti-sukha-ananda* are getting eliminated and the students are moving forward with wisdom (*paññā*). The struggle still goes on between the truth and untruth, between light and darkness, between Dhamma and *pāpa* (evil), between positive and negative, between *vijjā* and *avijjā* (knowledge and ignorance). With your *mettā* and guidance "Truth must triumph" ultimately.

Yours respectfully,

U Goenka.



Autobiography continues

The previous vignettes from the life of the world renowned Vipassana teacher Mr. Satyanarayan Goenka, were from the days prior to, and just after his coming into contact with pure Dhamma. Now we move ahead to the period of his teaching courses in India. We offer this series from his autobiography so that it may inspire others. **NL Part – 20.**

Facing Various Concerns

Young travellers from overseas had started coming to courses in increasingly large numbers as the benefits of the Vipassana practice were so apparent. But there is a rule or let's say, there is Dhamma, that the teacher does not take even basic remuneration from his students. He, in fact, gives something by way of donation (*dāna*).

As the number of students was multiplying a question arose about where the money for courses was coming from. The teacher takes care of his own expenses, but what about other expenses during courses?

The Christian priests and leaders had their own particular concern that on the pretext of meditation practice, I was converting people into Buddhist (Bauddha) religion. Certainly, some foreign agency must be involved, they thought. To verify their concerns, three missionary head priests from Amritsar came to meet me in Dalhousie. A camp was to commence that very day and so I said to them, "Mere discussion will not give you an accurate picture of our teaching. Since you are already here, why don't you sit for the course for ten days and see what am I doing, what I am teaching?" They agreed.

An important topic I bring to light in the evening discourses during the ten days are the positive features of every religion. So during one discourse, Jesus Christ's love and compassion were highlighted. At the end of the course, one of them, Mother Superior Mary said, "Goenka, you are teaching Christianity in the name of Buddha." Following this, the word spread that there was no hidden agenda in these courses; that I was not there to establish any sect or creed; that I was only trying to establish Dhamma which belongs to one and all.

With the suspicion of the Christian community having been dealt with, another problem then arose. The Indian government too had become suspicious, thinking that perhaps I was an agent working for some foreign power. To investigate these suspicions, they sent spies to the courses. One of them revealed this to me, saying he had been sent to spy on me and then report back what he had experienced, but that he could find nothing wrong and also that he did not see any foreign hand operating. Even so, official probes remained active for a long time.

Passport and Citizenship

Amidst the rapid expansion of courses, there was yet another development. The western travellers who were coming in large numbers began requesting that I hold camps in their countries, so that their parents, friends and associates who could not come to India may also benefit.

My teacher often said that Dhamma shall spread not only in India but throughout the world. Some French meditators were asking for a course to be held in France. But I was still a Burmese citizen and according to their rules, my passport carried an endorsement to visit only one country. I had come to India for my mother's sake and could not travel to any other country.

There was, however, one way out of this situation. If I were to relinquish my Burmese citizenship in favour of Indian citizenship, then I could travel freely anywhere in the world. Unfortunately, the Indian government remained suspicious of my activities and in their official files my case was deemed to be still under investigation. Getting an Indian passport was not going to be easy.

Coincidentally, a relative of mine who was a friend of Mr Morarji Desai, the Prime Minister of India at that time, went to visit him. When he broached the topic of my obtaining citizenship, the Prime Minister said, "He is under investigation so we cannot consider granting him citizenship yet." The relative, whose niece had married into my family said, "My family and I have checked into his past closely. Had we found anything objectionable, would we have allowed our daughter to be married into his family?" Prime Minister Desai was taken aback and he immediately passed along orders to grant me Indian citizenship.

The First Course in France

I was now an Indian citizen, free to travel. A course was organized in France to be held in June 1979 and

I was granted a French visa easily. I conducted two courses in France. Following this, two courses were held in the UK, and then one in Montreal, Canada.

Courses were rolling along though another problem had been created. A Burmese citizen who gives up his citizenship is considered a traitor to the country, which meant that I could never return to Burma, not even on a transit visa. I was now deprived of returning to my motherland. This was disturbing, of course, but there was satisfaction in the fact that the purpose for which I had left Myanmar was being well fulfilled.

The First Course in the USA

During the first course that was held in the USA, I came to know that the participants had been charged money for the course. I immediately asked for all the forthcoming camps to be cancelled, saying that unless they had enough money, the courses could not be held. Then one Ms. Kate Pratt donated a large sum of money so courses could be held freely. Donations offered at the end of each course by grateful students were then used for the next camp. Henceforth, the courses offered overseas without any fee proceeded smoothly.

A Rumour Concerning Me

I was travelling all over the world holding courses when a very unpleasant event occurred. Someone close to Sayagyi U Ba Khin spread rumours that Sayagyi's blessings were not guiding me anymore, that he no longer supported me. As could be expected, there was a furore, but what could I say?

A meditator in whose house I was staying was deeply devoted to the person whose students had spread this rumour. She was worried that perhaps I was no longer eligible to hold courses since I no longer enjoyed Sayagyi's blessings, saying, "How can the courses proceed smoothly!"

A camp was to commence the very next day. I let the course organizers decide upon the next course of action. This particular student decided that as I was already there, the course should proceed. The camp ran successfully and everyone was very happy. The rumour proved to be false. My Teacher's blessings had always supported me and continued to do so. It was but through his blessings that any obstructions that arose were dealt with smoothly.

Camps that were held thereafter proceeded without any hitch, indeed very smoothly and successfully.

Official Recognition in Myanmar

A camp was underway at the Jaipur centre in India and at this time the retired president of Myanmar, U Maun Maun, was visiting his daughter who worked in the Burmese embassy in India. When he heard about Vipassana and me, he came to meet me in Jaipur at the conclusion of this course. It so happened that another camp was to start that very evening, and impressed by our conversation, he decided to join the course together

with his daughter.

Upon returning to Myanmar, he was full of praise for Vipassana and me. Though he no longer held any formal post, his influence in political circles still remained strong. He mentioned to all and sundry that I taught Vipassana as taught in Myanmar and what’s more, that I mention Myanmar with deep respect during my talks. He suggested that I be formally invited to Myanmar for a state felicitation.

Soon after, while a course was underway in Sydney, Australia, a call came from the Burmese Consulate inviting me to visit Myanmar on my return route to India from Australia. I was stunned!

I went from being called a traitor, to being invited by the very government itself to visit Myanmar! My head was in a whirl as I asked who would give me the visa. The Burmese Ambassador responded that I would be their state guest and that he would give me the visa. Sure enough, upon reaching Myanmar I was warmly welcomed. This was actually respect for Dhamma itself.

Bhikkhus were invited in large numbers and I was asked to present my views to them. I did so. I said the Buddha had never taught Bauddha-dhamma, he had taught Dhamma that belongs to all. The Burmese word for Dhamma is Taya, and I gave examples of its use, as in, ‘I shall listen to a Dhamma sermon’ – ‘Taya na thaun mai’. ‘I shall practice Dhamma’ – ‘Taya thain mai’, and explained that nowhere had the term Bauddha-taya been used. Buddhism had been thrust upon us. But we must not cater to this fallacy, the word Bauddha must be removed.

The scholars of Myanmar considered this and compared it with the words of the Buddha and were very pleased with its veracity. The bhikkhu sangha accepted that the Buddha never taught Bauddha-dhamma, he taught Dhamma, open to one and all.

I was no longer debarred from visiting Myanmar, and the work of Dhamma became smoother. I received the blessings of the bhikkhu sangha and what’s more, the road to my motherland had opened up for me.

(from the Autobiography of Mr. S.N. Goenka) –

To be continued...



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/schgiri>

Please apply similarly as per the schedule of other centres. Here is link for all Indian centres:

<https://www.dhamma.org/en-US/locations/directory#IN>



Schedule of Vipassana Courses

For worldwide schedule of courses, visit: www.dhamma.org. For schedule of courses including one-day courses and group sittings in India, visit www.vridhamma.org.

The schedule for 2021 that we have so far received is included here with the main text. It will be printed separately next month.

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

One and 3-day courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

Satipaṭṭhāna courses marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

Long Courses: (Please get special application forms from centres) **20-day and Special 10-day course:** requires five 10-day courses, one Satipaṭṭhāna course, full-time Dhamma service for at least one ten-day course, daily practice for the past two years, and full commitment to Vipassana. **30-day: 20-day** course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.) **45-day:** two 30-day courses and deeply involved in Dhamma service. **60-day:** only for ATs who have sat two 45-day courses.

15-Day Gratitude Course

Previously the Teachers’s Self Course —TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed on this old student course. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates according to the Hindi calendar.

Eligibility: Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher’s recommendation. — **Dates:** From 2nd Feb to 17th Feb every year. — All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Paṭṭhāna.

Teenagers’ Course: 15 years Completed upto 19 years Completed (Please use new application form).

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day:** 23-12 to 3-1-2021, **2021** 6 to 17-1, 120 to 31-1, 3 to 14-2, (Old Students only 17 to 28-2), 3 to 14-3, 17 to 28-3, 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 16 to 27-6, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, 8 to 19-1, #ST: **2021** 31-3 to 8-4, 7 to 15-10, 3-day: **2021** 22 to 25-4, CAT/Teacher Meeting: 12-12-2020, **2021** 13-12, AT Meeting: 16 to 19-12-2020, **2021** 14 to 16-12, AT Workshop:**2021** 17 to 20-12, Trainer Workshop: 20-12-2020, **2021** 21-12, Trustee & Dhamma Servers Workshop: **2021** 16 to 17-10, International AT Meeting: 13 to 15-12-2020,

☞ Long Course: Special 10-day: **2021** 30-6 to 11-7,

Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana-1 Igatpuri

#ST: Gratitude Course: **2021** 2 to 17-2-2021,

Long Course: Special 10-day:

Dhamma Tapovana-2, Igatpuri

Long Course: Special 10-day:

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Tel: (022) 62427518, Website: www.pattana.dhamma.org, **10-day executive courses:** **2021** 6 to 17-1, 20 to 31-1, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 11 to 22-5, 3 to

14-6, 16 to 27-6, 30-6 to 11-7, 13 to 24-7, 28-7 to 8-8, 18 to 29-8, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2022, #ST: 2021 20 to 28-2, 3-day: 2021 12 to 15-8, 1-Day Mega course: 2021 17-1, 23-5, 25-7, 26-9, Indian AT Workshop: 2021 24 to 31-5 Gratitude Course: 2021 2 to 17-2-2021,

Long Course: 20-Day: 2021 3 to 24-9,

Online application: www.dhamma.org/en/schedules/schpattana.shtml. Email: registration_pattana@dhamma.net.in For all other inquiries, Contact Manager,

Email: info@pattana.dhamma.org Website: www.pattana.dhamma.org

Dhamma Pattana can admit only 90 students. Unconfirmed students will not be accommodated in future courses; they are requested not to pressure the management to accommodate them.

One-day: inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in the presence of the Buddha's relics. Contact: Tel: 022-28452253, Email: info@globalpagoda.org; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi/Eng each of about 15-20 minutes duration are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

SCHEDULE OF LONG COURSES

INDIA

Special 10-day Course

20 to 31-12-2020	Dhamma Paṭṭhāna, (Haryana)
17 to 28-1-2021	Dhamma Suvattihī, Sravasti (u.p.)
20 to 31-1-2021	Dhamma Piṭha, Ahmedabad (Gujarat)
12 to 23-4-2021	Dhamma Thalī, Jaipur
2 to 13-6-2021	Dhamma Khetta, Hyderabad
19 to 30-6-2021	Dhamma Thalī, Jaipur
30-6 to 11-7-2021	Dhamma Giri, Igatpuri
17 to 28-7-2021	Dhamma Paṭṭhāna, (Haryana)
15 to 26-10-2021	Dhamma Paṭṭhāna, (Haryana)
17 to 28-10-2021	Dhamma Sarovara, Dhule

Gratitude Course

2 to 17-2-2021	Dhamma Pattana, Gorai, Mumbai
16 to 31-1-2021	Dhamma Vipula: Belapur (New Mumbai)
2 to 17-2-2021	Dhamma Sarovara, Dhule
2 to 17-2-2021	Dhammālaya, Kolhapur
2 to 17-2-2021	Dhamma Nāga, Nagpur
2 to 17-2-2021	Dhamma Piṭha, Ahmedabad
2 to 17-2-2021	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2021	Dhamma Nāgajūna, Telangana

20-day

4 to 25-12-2020	Dhamma Lakkhaṇa, (U.P.)
7 to 28-2-2021	Dhamma Thalī, Jaipur
12-4 to 3-5-2021	Dhamma Paṭṭhāna, (Haryana)
2 to 23-6-2021	Dhamma Khetta, Hyderabad
2 to 23-8-2021	Dhamma Paṭṭhāna, (Haryana)
11-8 to 1-9-2021	Dhammālaya, Kolhapur
3 to 24-9-2021	Dhamma Pattana, Gorai, Mumbai
8 to 29-9-2021	Dhamma Suvattihī, sravasti (u.p.)
28-9 to 19-10-2021	Dhamma Thalī, Jaipur
4 to 25-12-2021	Dhamma Lakkhaṇa, (U.P.)

30-day

17-12-2020 to 17-01-2021	Dhammapāla, Bhopal (M.P.)
23-12-2020 to 23-1-2021	Dhamma Ambikā, South Gujarat
28-1 to 28-2-2021	Dhamma Kānana, Balaghat (M.P.)
7-2 to 10-3-2021	Dhamma Thalī, Jaipur
21-2 to 24-3-2021	Dhamma Paṭṭhāna, (Haryana)
28-2 to 31-3-2021	Dhamma Piṭha, Ahmedabad (Gujarat)
28-2 to 31-3-2021	Dhamma Suvattihī, sravasti (u.p.)
1-6 to 2-7-2021	Dhamma Paṭṭhāna, (Haryana)
2-6 to 3-7-2021	Dhamma Khetta, Hyderabad
11-8 to 11-9-2021	Dhammālaya, Kolhapur
28-8 to 28-9-2021	Dhamma Paṭṭhāna, (Haryana)
18-9 to 29-10-2021	Dhamma Thalī, Jaipur

45-day

16-12-2020 to 31-1-21	Dhamma Nāgajūna, Telangana
23-12-2020 to 7-2-2021	Dhamma Ambikā, South Gujarat
28-12-20 to 12-2-2021	Dhamma Tapovana-1, Igatpuri
7-2 to 25-3-2021	Dhamma Thalī, Jaipur
9-2-2021 to 26-3-2021	Dhamma Bodhi, Bodhgaya, (Bihar)
21-2 to 8-4-2021	Dhamma Paṭṭhāna, (Haryana)
28-2 to 15-4-2021	Dhamma Suvattihī, sravasti (u.p.)
2-6 to 18-7-2021	Dhamma Khetta, Hyderabad

15-10 to 30-11-2021 Dhamma Suvattihī, sravasti (u.p.)
2-11 to 18-12-2021 Dhamma Paṭṭhāna, (Haryana)

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) 10-day: 2021 3 to 14-1, 17 to 28-1, 21-2 to 4-3, 7 to 18-3, 31-3 to 11-4, 18-4 to 29-4, 2-5 to 13-5, 16 to 27-5, 30-5 to 10-6, 27-6 to 8-7, 11 to 22-7, 25-7 to 5-8, 22-8 to 2-9, 12 to 23-9, 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, #ST: 19 to 28-3, 12 to 21-6, 6 to 15-8, 5 to 14-12, 2-day: 14 to 16-4, 23 to 25-6, 18 to 20-8, 12 to 14-10, Children Course: 16-8 10-10, 1-11, 29-12, 30-12,

Gratitude Course: 2021 2 to 17-2-2021, Long Courses: Special 10-day: 2021 17 to 28-10, Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org (No admission without confirmation)

Contact: Mob. 97674-13232. 9697933232, 7420943232, 10-day: (Hindi/English speaking students only) 1 to 12-12, 19 to 30-12, 2021 3 to 14-1, 17 to 28-1, 21-2 to 4-3, 7 to 18-3, 21-3 to 1-4, 4 to 15-4, 19 to 30-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only) 2021 2 to 13-5, (Hindi/Marathi speaking students only) 2021 18 to 29-4, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 3 to 14-10, 17 to 28-10, (Hindi/English In Kannada also) 2021 11 to 22-7, #ST: (Hindi/English speaking students only) 21 to 30-12, 2021 23-3 to 1-4, 29-6 to 8-7, 5 to 14-10, 21 to 30-12, 3-day: (Hindi/English speaking students only) 2021 14 to 17-9, 2-day: (Hindi/English speaking students only) 2021 10 to 12-6, 29 to 31-10, Teenagers' Course: (Girls) (Hindi/English speaking students only) 2021 16 to 24-5, (Boys) (Hindi/English speaking students only) 2021 30-5 to 7-6, Dhamma Servers' Workshop: (Hindi/Marathi speaking students only) 2021 19 to 20-11, Gratitude Course: 2021 (Hindi/English speaking students only) 2 to 17-2-2021

Long Courses: 20-day: 2021 11-8 to 1-9, 30-day: 2021 11-8 to 11-9,

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. Contact: Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) 10-day: 16 to 27-12, 30-12 to 10-1, 2021 6 to 17-1, 24-2 to 7-3, 10 to 21-3, 31-3 to 10-1-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 2021 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, 3-day: 2021 23 to 26-1, 26 to 29-3, 27 to 30-5, 1-day: 13-12, 27-12, 2021 10-1, 21-3, 11-4, 25-4, 26-5, 13-6, 27-6, 11-7, 23-7, 8-8, 22-8, 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12 Teenagers' Course: (Girls) 8 to 16-5, (Boys) 17 to 25-5, Gratitude Course: 2 to 17-2-2021, AT Workshop: 14 to 18-7-2021

Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Kotamba (Yavatmal): 10-day: (Male and Female) 2021 10 to 21-1, 7 to 18-2, 7 to 18-3, 18 to 29-4, 2 to 13-5, 16 to 27-5, 4 to 15-7, 12 to 23-9, 2 to 13-10, 5 to 16-12, (Female only) 1 to 12-8-2021, (Only for bhikkhus and Male Students) 14 to 25-12-2020, 2021 6 to 17-6, (Only for bhikkhuni and Female Students) 2021 7 to 18-11, #ST: 2021 2 to 10-4, 3-day: 4 to 7-12-2020, 1-day: Every Sunday: 8 am to 3 pm Children's course: 27-12-2020, 2021 24-1, 28-2, 21-3, 23-4, 23-5, 20-6, 18-7, 29-8, 26-9, 17-10, 28-11, 26-12, Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575, Santuk-Pimpri (Hingoli): 10-day: (Only Male) 16 to 27-2, (Only Female) 15 to 26-3, Place: Santuk Pimpri Dr Bagadiya Farm House, Contact: Dr. Sangram Jondhale, Mob. 9422189318, Mr. Mr. Hanmante Saheb, M. 9422660954,

Tumsar (Bhandara): 10-day: 16 to 27-12, 2021 20 to 31-1, 17 to 28-2, 10 to 21-3, 20 to 31-10, 17 to 28-11, 15 to 26-12, 3-day: 2021 16 to 19-10, 1-day: 2021 8-4, 7-5, 4-6, 3-8, 2-9, 1-10, Children Course: 27-12, 2021 19-1, 1-3, 29-3, 18-10, 29-11, 26-12, at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, Contact: 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 2021 19 to 30-1, 9 to 20-2, 2 to 13-3, 2 to 13-4, 20 to 31-7, 10 to 21-8, 21-9 to 2-10, 4 to 15-12, #ST: 2021 6 to 14-9, 21 to 30-11, 3-day: 24 to 27-12, 2021 27 to 30-3, 2-day: 2021 24 to 26-12, 1-day: 2021 17-1, 13-4, 26-5, 27-6, 1-8, 22-8, 19-9, 3-10, 19-10, Teenagers' Course: (Girls) 7 to 16-11-2021, 2-day Children Course: 2021 15 to 16-11, 1 to 2-5, 1-day Children Course: 2021 28-2, 21-3, 11-4, 27-4, 11-5, 25-5, 8-6, 22-6, 11-7, 29-8, 19-9, 10-10, 19-12, Contact: Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

NORTH INDIA

Dhamma Thalī, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, 10-day: 10 to 21-12, 24-12 to 4-1-2021, 2021 6 to 17-1, 20 to 31-1, 30-3 to 10-4, 12 to 23-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 19 to 30-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 12 to 23-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2022 #ST: 2021 1 to 9-4, 8 to 16-6, 20 to 28-7, 3-day: 2021 16 to 19-12,

Long Course: 2021 Special 10-day: 2021 12 to 23-4, 19 to 30-6,

20-day: 2021 7 to 28-2, 28-9 to 19-10, 30-day: 2021 7-2 to 10-3, 18-9 to 29-10, 45-day: 2021 7-2 to 25-3,

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. **10-day:** 21-12 to 1-1-2021, 2021 13 to 24-1, 27-1 to 7-2, 10 to 21-2, (Old Students only 23-2 to 6-3) 8 to 19-3, #ST: 2021 3 to 11-1, 20 to 28-3, **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapathana@gmail.com #ST: 2021 7 to 15-1, 20 to 28-1, 6 to 14-2, 7 to 15-5, 19 to 27-5, 6 to 14-7, 23 to 31-12, AT Workshop: 2021 2 to 5-10, Dhamma Servers Workshop: 2021 6 to 7-10,

Long Courses: Special 10-day: 2021 17 to 28-7, 15 to 26-10, 20-day: 2021 12-4 to 3-5, 2 to 23-8, 30-day: 2021 21-2 to 24-3, 1-6 to 2-7, 28-8 to 29-9, 45-day: 2021 (15 day Anapan) 21-2 to 8-4, 2-11 to 18-12, **Contact:** same as Dhamma Sota

Dhamma Kāruṅika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day:** 2021 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 23-6 to 4-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 13 to 24-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #ST: 2021 27-10 to 4-11, Teenagers' Course: (Boys) 2021 29-5 to 6-6, (Girls) 12 to 20-6,

Dhamma Hitakāri, Rohtak (Haryana)

Vipassana Dhyān Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11, 3-day: 2021 1 to 4-4, 1 to 4-7,

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) **10-day:** 2021 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2021 20 to 28-3, 15 to 23-11, 3-day: 2021 23 to 26-11,

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, **Contact:** Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. **10-day:** 2021 6 to 17-1, 20 to 31-1, 10 to 21-2, 24-2 to 7-3, 17 to 28-3, 14 to 25-4, 12 to 23-5, 9 to 20-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #ST: 2021 31-3 to 8-4, 28-4 to 6-5, 26-5 to 3-6, 25-6 to 3-7, 21 to 29-7, 18 to 26-8, 15 to 23-12, 3-day: 2021 16 to 19-9, 2-day: 2021 9 to 11-4, 7 to 9-5, 4 to 6-6, 30-7 to 1-8, 27 to 29-8, **Group Sitting:** every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvissuddha@yahoo.com,

Dhamma Saila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasaila@gmail.com; **10-day:** 2021 6 to 17-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 2021 5 to 13-10, 3 to 11-4, 22 to 30-12, 3-day: 2021 21 to 24-1, 21 to 24-3, 15 to 18-8, 2-day: 2021 17 to 19-10, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day:** 2021 every month, 4 to 15 and 19 to 30, (except during other course's), #ST: 2021 22 to 30-3, 19 to 27-10, 3-day: 2021 28 to 31-10, 2-day: 2021 every month, 15 to 17, (except during other course's), 3-day Children's course: 2020 (age 13 to 17 boys) 26 to 29-12, 2021 26 to 29-12, 2020 (13 to 17 girls) 30-12-20 to 2-1-21, 2021 30-12-21 to 2-1-22, Children's course: 2020 (age 8 to 1 boys and Girls) 18 to 20-3, (1-day: first Sunday of Every month 9 am to 5

pm, **Contact:** 9794545331, 9335906341) Long Courses: 20-day: 4 to 25-12, 2021 4 to 25-12, **Contact:** 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvatthi, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day:** 2 to 13-12, 2021 2 to 13-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 2 to 13-6, 17 to 28-6, 2 to 137, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1, #ST: 14 to 22-12, 2021 14 to 22-5, 29-8 to 6-9, 14 to 22-12, Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-12, 2021 24 to 27-5, 24 to 27-12, 12 to 16 yrs only Boys) 28 to 31-12 2021, 28 to 31-5, 28 to 31-12, Long Courses: Special 10-day: 2021 17 to 28-1, 20-day: 2021 8 to 29-9, 30-day: 2021 28-2 to 31-3, 45-day: 2021 28-2 to 15-4, 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murlī Manohar, Mob. 094150-36896,

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut -250404, **Office Contact:** Tel. 9555515548, 8171490433, 7505414181 **10-day:** 2021 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 2021 6 to 14-11, 3-day: 2021 1 to 4-4, 1 to 4-7,

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. **Contact:** 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrapatel@gmail.com, **10-day:** 2 to 13-12, 16 to 27-12, 30-12 to 10-1, 2021 13 to 24-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, #ST: 2021 7 to 15-4, 3-day: 2021 28 to 31-1, Gratitude Course: 2 to 17-2-2021,

Dhamma Pīṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. **10-day:** 9 to 20-12, 23-12-2020 to 3-1-2021, 2021 6 to 17-1, 7 to 18-4, 3-day: 2021 20 to 23-2, Gratitude Course: 2 to 17-2-2021, **Contact:** Ms Shashi Todi, Mob. 98240-65668, Long Courses: Special 10-day: 2021 20 to 31-1, 30-day: 2021 28-2 to 31-3,

Dhamma Ambikā, South Gujarat

Vipassana Dhyān Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, **10-day:** 8 to 19-12, #ST: 31-8 to 8-9, 3-day: 3 to 6-12, Dhamma Seminar: (for old Student) 20-12, Long Courses: 30-day: 23-12-2020 to 23-1-2021, 45-day: 23-12-2020 to 7-2-2021, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, **Contact:** 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. **10-day:** 1 to 12-12, 2021 15 to 26-1, 17 to 28-2, 12 to 23-3, 14 to 25-4, 19 to 30-5, 12 to 23-6, 14 to 25-7, 4 to 15-8, 4 to 15-9, 2 to 13-10, 19 to 30-11, 15 to 26-12, #ST: 20 to 28-12-2020, 3-day: 2021 13 to 16-10, 26 to 29-12, 2-day: 18 to 20-12, 2021 5 to 7-2, 25 to 27-4, 23 to 25-6, 15 to 17-8, **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033,

Dhamma Guṇa Guna-Gwalior Division, (M.P.)

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village – Pagara, Dist: Guna, MP – 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org. **10-day:** 19 to 30-12, 2021 1 to 12-1, 12 to 23-2, 2 to 13-4, 14 to 25-5, 18 to 29-6, 16 to 27-7, 7 to 18-8, 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12, #ST: 2021 12 to 20-3, 3-day: 2021 27 to 30-3,

A New Centre- Dhammadesa Vipassana Centre, Hingoli.

Office: Naik hospital, Naik nagar, Hingoli - 431513, Opposite collector office. Contact nos.: 9420433905, 9405111373, 9881242487. For donation - A/c. Name: Hingoli Zilla Vipashyana Samiti, Oriental bank of commerce, Hingoli, Maharashtra. A/c No: 22022413001135, Br. Code 2202, IFSC - ORBC0102202 its necessary to contact on 9405111373 for receipt etc. Email: hingolijilhavipassanasamiti@gmail.com

Additional Responsibility

1. Dr. Nikhil Mehta to serve as Centre Teacher for Dhamma Giri, Dhamma Tapovana-1 & Dhamma Tapovana-2
2. Mr. Pritam Lal Pradhan, to serve as Centre Teacher for Dhamma Nandana, Nepal
3. Dr. Bhishma Prasad Subedi, to serve as center teacher for Dhamma Suriyo, Nepal

New Responsibility- SATs

1. Shri Tejraro Ingle, Buldhana
2. Ms. M.R. Rajeshwari, Bhilai
- 3-4. Mr. Yogesh & Mrs. Alka Agrawal, Ahmedabad (Guj.)
5. Shri. Uttamrao Patil, Dhule.

Newly appointed**Assistant Teachers**

1. Shri Ravinder Singh Negi, Mohali, Punjab
2. Smt. Poonam Singh, Lucknow
3. Ms. Rekhaben M. Sheladia, Gandhinagar

Children course Teachers

1. Smt. Renu Aneja, Karnal, Haryana
2. Dr. Jyoti Prakash, Shimla, Himachal Pradesh
3. Smt. Kusum Lata, Shimla, Himachal Pradesh
4. Mr. Purushotam Lal, Pali, Rajasthan.

Saṅghadānas at Global Vipassana Pagoda

10th January 2020, on the occasion of death Anniversary of Respected Mataji and Sayagyi U Ba Khin are being organized at 9 a.m. respectively. (in case of Covid-19, if not possible at the site, Dana will be send to the Vihara for Bhikkhus) 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. 🙏

One-day Mega courses at Global Vipassana Pagoda for 2021

Sundays– on the occasions of **10th January, 2021 Mataji's Death Anniversary and Sayagyi U Ba Khin's Death Anniversary; 23rd May, Buddha Purnima; 25th July, Ashadhi Purnima; 26th September, Sharad Purnima and Goenkaji's Death Anniversary; All One-day Mega courses** at GVP start at 11am – till 4 pm. Non-meditators may participate in the 3 pm discourse. (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please come only with prior registration. **Samaggānaṃ tapo sukho:** Take advantage of the immense benefit of meditating in a 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>

(All courses will be arranged as per the Government's rules pertaining to Covid-19)

DHAMMA DOHA

Namana karūṃ gurudeva ko, kaise saṃta sujāna;

Kitane karuṇā citta se, diyā dharama kā dāna.

I pay homage to my revered teacher, he who is such a saintly being! With a heart filled with compassion, he has bestowed Dhamma on me.

Namana karūṃ gurudeva ko, caraṇa śīsa navāya;

Dharama ratana aisā diyā, pāpa upaja nahim pāya.

I pay homage to my revered teacher, bowing my head at his feet; He gave me such a jewel of Dhamma, that impurity does not arise.

Namana karūṃ gurudeva ko, sādara śīsa navāya;

Dharama ratana aisā diyā, pāpa ukhaṛatā jāya.

I pay homage to my revered teacher, my head bowed in deep respect; He who has given me such a jewel of Dhamma, that the negativities continue to be uprooted.

Guruvara! tere caraṇa kī, dhūla lage mama śīsa;

Sadā dharama meṃ rata rahūṃ, mile yahī āśīṣa.

My revered Teacher! May the dust particles of your feet fall on my forehead; May I ever remain immersed in Dhamma, may I receive this blessing from you.

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