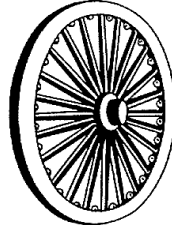


# Vipassana



# Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

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## WORDS OF DHAMMA

*Aññaṃ nānvāgameyya, nappañikañkhe anāgatam;  
yadaññaṃ pahīnaṃ taṃ, appattañca anāgatam.  
Paccuppannañca yo dhammaṃ, tattha tattha vipassati;  
asañhāraṃ asaṅkappaṃ, taṃ vidvāmanubrūhaye.  
Ajjeva kiccamaṭappaṃ ko jaññā maraṇaṃ suve;  
Na hi no saṅgaramaṃ tena mahāsenena maccunā.  
Evaṃ vihāriṇ ātāpiṇ, ahorattamatanditaṃ;  
taṃ ve bhaddekaratto'ti santo ācikkhate muni.*

— *Bhaddekarattasuttaṃ, Majjhimanikāya, Uparipaṇṇāsapāḷi, Vibhaṅgavaggo*

One should not linger on the past nor yearn for what is yet to come. The past is left behind, the future out of reach. But in the present he observes with insight each phenomenon, immovable, unshakable. Let the wise practice this.

Today, strive at the task. Tomorrow death may come—who knows? We can have no truce with death and his mighty horde. Thus practicing ardently, tireless by day and night; for such a person, even one night is auspicious, says the Tranquil Sage.

## Assistant Teachers Past And Present

*February 10, 2013, Issue: Vol. 40 (2013), No. 1*

We were very excited to join a Vipassana course in December 1971 at a small ashram in Alandi. We had heard about it from a Swiss traveler whom we met in Goa, where we were staying.

But doubts arose when we finally reached the place. Many students had their heads shaved. We were worried that we were entering a sect, which was the last thing we wanted.

We sat the first Anapana session but it was disorganized, and that added to our decision to quit. Sitting in the back of the hall, we could hardly hear the instructions and naturally were confused. There was a woman with her baby on her lap next to me in the hall. We had to sleep on the floor in very cold conditions. In the early days students could talk and there was even a smoking corner for those who wanted.

This scene was not for us!

Well, that was what we thought, and we left the course. But soon after it ended, we met people who had stayed to the end and we regretted our hasty decision.

Several years passed, during which we returned to work in our home country, Germany. But in 1974 we again traveled to India and to our little paradise, Goa. And Vipassana came right to our doorstep. We attended a course with a western Buddhist monk, a former student of Goenkaji. We were pleased by the experience but not fully satisfied.

And then we heard a course was scheduled soon in Nargol in April 1975, with Goenkaji himself.

This time we were determined to stay. The experience was life-changing. We have never stopped meditating since then.

(Doris Herrman and Volker Bochmann now live in Australia and are responsible for Dhamma Padipa, the center near Perth, Western Australia.)

In 1980, Olwen Dyson attended her first Vipassana course at Dhamma Giri. She had grown up in the UK and later moved to British Columbia, Canada, where she ran her own business. There she happened to meet some old students of Goenkaji. What they had to say about meditation caught her interest. Not long afterwards she found herself flying halfway around the world to see for herself what this was all about.

Olwen recalls sitting her course in the main Dhamma hall, which had only recently been finished. Money had run short, and so the decision had been made to install a temporary floor using traditional village materials: mud and cow dung, believed in India to repel insects and have anti-microbial properties. Cart after cart had brought the dung up the hill to Dhamma Giri, where women carefully mixed it with mud to the right consistency and then spread it as they did in their own homes. It dried hard but felt gentler than stone or wood.

The smell took getting used to, and the carpets covering the floor did not extend as far back as where Olwen was sitting, but she didn't mind. A bigger concern for her was her difficulty sitting cross-legged. She recalls, "An old student from New Zealand found me a small hard sitting cushion, which became my friend and support through the next painful 10 days."

Somehow she made it through the course and at the end, she says, "I knew this path was for me."

Olwen spent most of the next years at Dhamma Giri, sitting and serving. The courses deepened her meditation experience. At the same time, serving gave her plenty of opportunities to apply what she had learned on the cushion. Only a handful of people made up the management team in those days, and Olwen found herself given increasing responsibility.

In 1982, Olwen served on the first course conducted by an assistant teacher, in Bodh Gaya. Along with her was a meditator from England, Steve Smith, who had helped at Dhamma Giri before it first opened. Not long afterwards,

they decided to marry and return to the West.

The following years were busy for Olwen and Steve as they raised their daughter and met career responsibilities. At the same time they continued sitting and serving. Today they are the Acariyas for Dhamma Mahi in France, the first Vipassana center established in Europe. Recently they helped shepherd the center through an ambitious expansion program.

Last winter, Olwen and Steve were back at Dhamma Giri. Over the decades they had often returned, but usually it was just to sit long courses. Their other responsibilities had limited their time in India. This past winter, though, they were able to stay longer and to help with courses in the place where both of them had served long ago.

Olwen couldn't help recalling the young woman who had sat so seriously at the back of the hall in 1980. How surprised she would have been to know that one day she would be sitting in front of the students, one of a team of assistants helping to guide them. This, she felt, was an opportunity to pay back a little of her debt of gratitude to Dhamma Giri and Goenkaji and the Dhamma.

Nor could that earlier Olwen have imagined that one day people would not have to take long plane flights to learn the Dhamma—that instead the Dhamma would have found its way around the world, to flourish as never before.

Yedu Kumar Siddhi was born in 1914 in Kathmandu, Nepal. Although he was an excellent student, his family circumstances forced him to leave high school and find work. He went on to become a highly successful businessman. He also married and had two children. But when his wife died very young, for the sake of his children he vowed to remain single even though he was in his early 30s.

He continued his business career and also embarked on a spiritual search. Although he was from a Buddhist background, he explored as well the Hindu spiritual tradition.

In the late 1960s Mr. Siddhi came to know Anagarika Munindra, a close friend of Goenkaji. Encouraged by him, in 1970 Mr. Siddhi sat his first course with Goenkaji in Bodh Gaya. He felt that he had finally discovered the path that he had been searching for. From then until the end of his long life, an annual Vipassana retreat became a must for him.

In the early days at Dhamma Giri, Mr. Siddhi became a familiar figure. Every year he would arrive for the winter courses, leading a group of Nepalese meditators. And while he came to sit, sometimes he could not resist serving as well.

In those days the center had one bath and toilet block for all the men and another for women. There were no hired workers so the Western students would take turns doing the cleaning. For them it was simply a service to be done like any other; caste issues did not concern them.

One day, a Westerner recalls, he was cleaning the toilets. He had chosen a time when he expected that all the students would be meditating in the hall with Goenkaji. But by chance Mr. Siddhi appeared and went into one of the stalls. The Westerner continued with his work until he had completed cleaning all except that one stall. Still Mr. Siddhi did not emerge, and from the stall came the noise of

running water and vigorous brushing. The student became more and more impatient.

At last Mr. Siddhi emerged, washed his hands and left silently. When the Westerner looked into the stall, he had a surprise: Mr. Siddhi had given it a thorough cleaning, saving him some work.

Mr. Siddhi was very eager to arrange a Vipassana course in Nepal, but the dream had to be deferred until Goenkaji acquired an Indian passport. Finally, in 1981 the teaching of Vipassana returned to Nepal when Goenkaji conducted the first course in Kathmandu. In the following years he returned regularly.

Meanwhile Mr. Siddhi was searching for a suitable piece of land for a permanent center in Nepal. He played a major role in the purchase and development of the site for Dharma Shringa, near Kathmandu. The center offered its first 10-day course in 1986. It could then accommodate only 25 students. Now it has a capacity of 250 and features a separate long course area. **(For more information: visit [www.shringa.dhamma.org](http://www.shringa.dhamma.org).)**

In 1984, Goenkaji named Yedu Kumar Siddhi the first Assistant Teacher for Nepal, and eventually he became an Acariya. He spent most of his later years at Dharma Shringa, and continued to provide advice and support to the end of his life.

He passed away peacefully in 2010 at the age of 96. But his legacy lives on at Dharma Shringa.



## Auspicious Deaths

❑ Dr. (Ms.) Shantuben Patel, SAT Bhuj, Kutch India, passed away on 29 January. She was 69.

She was suffering from silent abdominal cancer. Though the terminal stage was very painful, but her last hours were extremely peaceful. Shantuben's unique contribution was successful introduction of Anapana & Vipassana to physically & mentally challenged Children (Hearing impaired, Mentally Retarded, Cerebral Palsy & Autistic) Research scientists followed the progress of this path breaking efforts. VRI acknowledged these findings & these have been published & acclaimed worldwide.

❑ Shrimati Pramila Ben Purushottam Jhaveri, mother of Shri Praveena Jhaveri, assistant teacher, Bujh-Katch (Gujarat), passed away peacefully on January 23, 2014. She was 94 years. All her family members –sons, grand sons and grand daughters- are meditators. She had been herself a regular practitioner of Vipassana for many years. She was very peaceful at the time of death. The members of her family kept on meditating at that time. No crying or weeping was to be found then. It was an auspicious death.

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## A Sapling of the Jaya Sri Maha Bodhi Tree from Sri Lanka to be Planted at the Global Vipassana Pagoda on March 2

Over 2,500 years ago, Siddhattha Gotama realized the Four Noble Truths and attained liberation while seated under a pipala tree (Latin ficus religiosa). The tree became an object of veneration and was referred to respectfully as the Maha Bodhi [wisdom, enlightenment] Tree. Two and half centuries after this historic event, at the time of the

Emperor Asoka, Sri Lanka's King Devanampiya Tissa requested a sapling of this tree to be sent to his country. Asoka generously agreed and a sapling was planted at Anuradhapura in north central Sri Lanka. The original tree is still alive and continues to bear fruits and flowers. Known as the Jaya Sri Maha Bodhi, it keeps inspiring people to walk on the path shown by the Buddha, leading to the end of suffering.

Our beloved Principal Teacher of Vipassana, Acariya Satya Narayan Goenka, wished a descendant of the original Bodhi Tree to be planted and give inspiration at the Global Vipassana Foundation. Accordingly, a request for a sapling

of the tree at Anuradhapura was sent to Sri Lanka. The sapling will be escorted to India by Respected Ven. Atmasthanadhipathi Nayaka, Dr. Pallegam Sirinivasa Nayaka Thera, and other venerable Bhikkhus and lay followers. The sapling will be planted on the grounds of the Global Vipassana Pagoda, on March 2, 2014, between 9:00 and 10.45 am. All meditators are invited to attend the event.

To participate in the Sangha-Dana planned for this occasion, **Contact:** Mrs. Madhuben P. Savla, Dhamma Giri, Igatpuri. Or Amita Parekh, Mumbai, telephone: 022-2612 2226, Email: amita.a.parekh@gmail.com

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#### Additional Responsibilities:

##### Bhikkhu Teacher

1. Ven. Bhikkhu Uduwana Ratanapala, To serve as AT training co-ordinator (ATC) for Sri Lanka

##### Teachers

1. Dr. Hamir Ganla, To serve as Annual AT meeting Co-ordinator, To serve as Chief AT training co-ordinator for India, Nepal and Sri Lanka and as AT training co-ordinator (ATC) for Central Zone, India To serve in keeping special list in India for long course meditators and long term servers
2. Mr. Uttam Ratna Dhakhwa, To serve as AT training co-ordinator (ATC) for Nepal
3. Mr. Praveen Bhalla To serve as AT training co-ordinator (ATC) for North Zone, India
4. Mr. Gopal Singh To serve as AT training co-ordinator (ATC) for North Zone, India
5. Mrs. Pushpaben Savla To serve as AT training co-ordinator (ATC) for West Zone, India
6. Mr. Anil Dharmadarshi To serve as AT training co-ordinator (ATC) for West Zone, India
7. Mr. Sudhir Shah To serve as AT training co-ordinator (ATC) for Central Zone, India
8. Mr. Arun Suryavanshi To serve as AT training co-ordinator (ATC) for Central Zone, India
9. Mr. Mohan Raj Adla To serve as AT training co-ordinator (ATC) for South Zone, India
10. Mrs. Sabrina Katakam To serve as AT training co-ordinator (ATC) for South Zone, India
11. Mr. Indravardhan Kothadia To assist AT training co-ordinators (ATCs) in AT training, India

12. Mr. Dinesh Meshram To assist AT training co-ordinators (ATCs) in AT training, India
13. Mr. Dilip Deshpande, To assist AT training co-ordinators (ATCs) in AT training, India
- 14-15. Mr. Martin & Mrs. Deni Stephens; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Portugal
- 16-17. Mr. Steve & Mrs. Olwen Smith; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Ireland
18. Mr. Kenneth Truedsson; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Norway, Denmark & Finland
- 19-20. Mr. Heinz Bartsch & Mrs. Brunhilde Becker; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Austria
- 21-22. Mr. Klaus & Mrs. Edith Nothnagel; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Poland
23. Ms. Andrea Schmitz; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Ukraine, Kirgistan, Latvia

##### Senior Assistant Teachers

1. Mr. Anil Mehta, To assist AT training co-ordinators (ATCs) in AT training, India
2. Ms. Arati Kaikini To assist AT training co-ordinators (ATCs) in AT training, India
3. Mr. Gulabrao Mali To assist AT training co-ordinators (ATCs) in AT training, India
4. Mr. Sachin Natu To assist AT training co-ordinators (ATCs) in AT training, India
5. Mr. Abhijit Bhabhe To assist AT training co-ordinators (ATCs) in AT training, India

6. Mr. Mahendra Kolte, To assist AT training co-ordinators (ATCs) in AT training, India, To assist Dr. Hamir Ganla in keeping special list in India for long course meditators and long term servers
7. Dr. Sangram Jondhale, To assist AT training co-ordinators (ATCs) in AT training, India
8. Mr. A. Subramaniam To assist AT training co-ordinators (ATCs) in AT training, India
9. Ms. Neha Shroff To assist AT training co-ordinators (ATCs) in AT training, India
- 10-11. Mr. Arthur Rosenfeld & Mrs. Ana Teixeira; To assist Mr. Dirk Taveirne & Mrs. Mieke De Wilde in serving Non-Centre courses in the Netherlands
- 12-13. Dr. Teun Zuiderent & Dr.(Mrs.) Sonja Jerak; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Slovenia, Croatia, Serbia
14. Ms. Andrea Gerber; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Turkey
- 15-16. Mr. Kostas Lempidakis & Mrs. Claudia Hackfort; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Greece;
- 17-18. Mr. David & Mrs. Line Lander; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Hungary, Estonia
- 19-20. Mr. Thomas & Mrs. Heike Willburger; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Bulgaria
21. Mr. Sigita Baltramaitis; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Lithuania

##### Assistant Teachers

1. Mr. Michael Vatter; To assist the Co-ordinator Area Teacher in serving Non-Centre courses in Czech Republic

#### New appointments

##### Assistant Teachers

1. Mrs. Mangala Dahiwele, Aurangabad
2. Mr. Panjabrao Raibole, Aurangabad
3. Mr. Pritikamal Patil, Chandrapur
4. Mr. Premal Sakhre, Durg
5. Mr. Ravikumar Medi, Nanded
6. Mr. Keshavlal Patel, Navsari

##### Children's Course Teachers

1. Mr Vishal Kamble Wai
2. Ms. Kanchan Patil Nashik
3. Mrs Sunayana Agarwal Nashik
4. Mr Deepak Gadhe Nashik
5. Mrs Arti Toshniwal Nashik
6. Mrs Poonam Kumbhare Lonavala
- 7-8. Mr Anil and Mrs Ankuta Mohite, Raigad
9. Mr Santosh Mohite Ratnagiri
10. Mr Sandeep Kamble Ratnagiri
11. Mrs Shobha Rajmane Ratnagiri
12. Mrs Yugandhara Rajshirke Ratnagiri
13. Mr Deepak Salunke Ichalkaranji
14. Dr Pradnya Patil Ichalkaranji
15. Ms Priyanka Patil Ichalkaranji
16. Mr Shymlal Kalani Kolhapur
- 17-18. Mr Sandeep and Mrs Deepa Sarnaik Kolhapur
19. Ms. Mrunalini Belwalkar Jaysinghpur
- 20-21. Mr Arun Kumar and Mrs Sapna Sethi Bhopal
22. Mrs Sujata Chakma Chennai
23. Mr RR Ramkrishnan Chennai
24. Mr K Bagirathan Chennai
25. Mr Jaishankar Coimbatore
26. Mr Rakesh Nirmal Madurai.
27. Mrs Pratibha Sathe Pune
28. Ms. Sarah Rangoonwala Pune
29. Dr Liu Jie China.

**Children's Meditation Courses in Mumbai**

Date	Course site	Age (years)	Registration
First Sunday	Dombivili	10-16	2 days before Course
First Sunday	Ulhasnagar	10-16	2 days before Course
First Sunday	Matunga	10-16	2 days before Course
Second Sunday	Sanpada	10-16	2 days before Course
Second Sunday	Andheri	10-16	2 days before Course
Third Sunday	Ghatkopar	10-16	2 days before Course
Fourth Sunday	Airoli	10-16	2 days before Course
16-2	Goregaon	10-16	13 & 14-2-2014
23-3	Goregaon	10-16	20 & 21-3-2014
20-4	Goregaon	10-16	17 & 18-4-2014
18-5	Goregaon	10-16	15 & 16-5-2014
25-5	Goregaon	10-16	22 & 23-5-2014
15-6	Goregaon	10-16	12 & 13-6-2014

**Course Timing:** 8:30 am to 2:30 pm. **Registration Timings:** 11 am to 1 pm on the specified numbers and dates for each location.

**Course Venues:** **Goregaon:** Vipassana Counselling & Research Centre, Siddharth Municipal General Hospital, Goregaon (W), Tel: 2624-2025 & 98690-23884. **Dombivili:** K B Vira High School, Near Municipal Office, Dombivili (E) Mob. 9930301594. **Ulhasnagar:** 703-A Block /1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, Tel. 9970755130, **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Mob. 98201-50336. **Sanpada:** Navi Mumbai Mahanagar Palika School, Sector 5, Sanpada. Tel: 7738649821, 9699862322, 9223300575, **Andheri:** Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Church Andheri, Mob. 9820459449. 9664782244, 9699668642. **Ghatkopar:** SNTD School, New Building, Cama Lane, Ghatkopar (W), Opp Vidyut Society, Mumbai 400086. Tel: 25011096, 25162505. **Airoli:** Saraswati School, Sector 5, Airoli, Mob. 9892565765.

Please call two days in advance for registration.

NB \*Please bring 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.

**Pariyesanā Potthakālaya****(Research Library at Global Vipassana Pagoda)**

It was Rev. Guruji's earnest wish to promote researches and to establish a well equipped library for the same purpose. We are so happy to share the news that his wish has come true with the inauguration of such a library by Rev. Mataji on 19th Jan, 2014 at Global Vipassana Pagoda. It is managed by Vipassana Research Institute.

Currently the library holds around 10,000 books that include Encyclopaedias, Dictionaries, Journals, Books on Vipassana, V.R.I. publications, Books on other religions and philosophies etc. This library has a capacity of 40,000 books and also has a special 'Research Room / Gavesanalaya' that is accessible to research students. The rest of the area of the library is accessible to meditators and college students who can make use of the facilities during the below timings: 12:00 noon to 4:00 pm - Monday to Friday (Wednesday - Closed) 12:00 noon to 5:00 pm - Saturday & Sunday

**One-Day Mega courses in 2014 in the presence of Rev. Mataji on the auspicious occasions as under:**

**Buddha-purnima: May 18, 2014, Sunday, Asadha-purnima: July 13, 2014, Sunday,** and also on account of **death anniversary of late Rev. S. N. Goenka: September 28, 2014, Sunday;** in the main Dome of the **Global Vipassana Pagoda, from 11 am to 4 pm.**

Recorded Discourse of the late Goenkaji will be played at 3 pm in which non-meditators are also welcome to attend it. Meditators are requested to come only after the registration. They may contact for registration on phone no. between 11am and 5pm: on (022)28451170 / (022)33747501 - ext: 9; (022)33747543; (022)33747544. Online Registration: [www.oneday@globalpagoda.org](http://www.oneday@globalpagoda.org).

**DHAMMA DOHAS**

*Rakha dharm ro asaro, rakha dharm ri teka;  
Sukha manha dukha manha saravada, jage dharmaveveka.*

Have faith in Dhamma, take the support of Dhamma, In times of sorrow or happiness, may wisdom arise always.

*Apano cita sudhrye bina, koi na ave kama;  
Apne cita para bavara! Karari rakha lagama.*

Who can help, if our mind is not improved?  
Oh fool! keep a strong rein on your mind.

*Indra bajave hajari, deva cakara hoye;  
Jo tu apane citta ro, ape malika hoye.*

Indra stays in attendance, the devas come to serve  
When you yourself become the lord of your mind.

*Kuna devi, kuna devata, isa brahma bhagwana;  
Aro ave phara pakya, bhugata swayam nadana.*

Which god or goddess, brahma or almighty?  
We ourselves have to suffer the fruits of our actions!

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