

Vipassana Newsletter

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

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WORDS OF DHAMMA

*Jayaṃ ve maññati bālo,
vācāya pharusam bhaṇam;
jayañcevassa taṃ hoti,
yā titikkhā vijānato.*

The fool thinks he has won a battle,
when he bullies with harsh speech;
but knowing how to be forbearing
alone makes one victorious.

—*Samyutta Nikāya 1.189*

Five Dreams

It was the pre-dawn time of the night before the *Vesāka* full moon night. The Bodhisatta Siddhattha Gotama lay down under the banyan tree to rest after meditating alone for the entire night. He dozed off. While asleep he had five agreeable dreams that bore testimony to his fruitful future.

First Dream

He saw that his body lay on the ground and progressively grew in size until it covered Nepal and India. The Himalayas in the north had become his pillow. His left hand was on the shore of the Bay of Bengal and the waves of the ocean were washing his hands. In the south his legs were at the shore of the Indian Ocean and the waves were washing his legs.

This was the first representation of Nepal and India's geographical boundaries which indicated that this great man would become a Buddha and his teachings would be accepted by the entire population of *Jambudīpa* (roughly today's India, Pakistan, Bangladesh and Nepal). His teaching would spread in the north to the countries beyond the Himalayas and in the east, west and south via the ocean route to all of mankind.

Mount Everest, the highest peak of the Himalayas in Nepal came to be called *Māthā Kuṇḍwar*, which originally meant the place where the Bodhisatta Prince Siddhattha had rested his head.

Geography of India

The region of India and Nepal resembles a rose apple (*jāmun*). Therefore, since time immemorial, this region was known as '*Jambudīpa*'. Later, (in the *Āṭānāṭīya sutta*) the Buddha describes south Indian boundaries further. He said that in the east and west,

there are deep oceans which are filled with the water from the regional rivers.

This description is only of the eastern and the western part of southern India. In the southernmost part, is the island Sri Lanka and no river water flows into it. This gives us a glimpse of Indian geography. No such description is available in literature prior to this.

Second Dream

A plant germinated from his navel and kept growing higher and higher into the sky. This was a portent that he would teach not only human beings but also *devas* and *brahmas*. He would be teacher of humans and gods (*satthādevamanussānaṃ*). He would be a teacher of all beings and his teaching would be conducive to the welfare and happiness of all beings.

Third Dream

Countless black-haired beings clothed in white saluted and worshipped him, indicating that innumerable householders would become his disciples. Those who had been entangled in various rites, rituals, and blind faith, would learn the Dhamma from him and gain infinite benefit.

Fourth Dream

Blue, golden, red and grey birds coming from four directions sat on his lap and turned white. This indicated that people of all four classes (*brāhmaṇa*, *khattiya*—warrior class, *vessa*—businesspeople and *sudda*—lower castes) would become his disciples, become monks and nuns and get liberated from the cycle of life and death. People from all classes and creeds would become his disciples, would become

pure. They would become *Dhammika*. They would be liberated from the bondage of sectarian discrimination and casteism. They would give importance to conduct instead of religious affiliation and caste.

Fifth Dream

He saw that he was walking on earth covered with excreta but it did not touch him. This indicated that even though he resided in world filled with impurity, he would remain pure.

This world will always be filled with impurity. It is impossible to get rid of the dirt of the entire world but the Buddha would keep himself detached from worldly impurity and would always remain pure. ☺

Global Vipassana Pagoda

Construction of the Global Vipassana Pagoda is now complete. Apart from the cost of land, about Rs. 800 million (US \$16.8 million) have been spent in the construction of the Pagoda. Many Vipassana meditators from India and around the world have personally contributed to it and gained boundless merits.

To reflect the global significance of the Pagoda, may all connected with the worldwide Vipassana movement avail themselves of the opportunity to earn merits by participating in the remaining projects to complete the beautification of the Pagoda.

Important jobs remaining for the Pagoda are:

1. Beautification of the Global Vipassana Pagoda

Much work remains in putting up ornamental designs on the Pagoda, decorating the canopy, canopy pillars, and the verses (*dobas*) on the Pagoda walls. The Parikrama path will be laid with marble (to ease walking barefoot even on hot days). Estimated cost of completion of these projects is Rs. 12.5 million (US \$260,000)

2. Landscaping around the Global Vipassana Pagoda

Landscaping the outer areas of the Pagoda, building parks and roads, laying water lines etc. will require about Rs. 25 million (US \$ 530,000).

3. Painting the Global Vipassana Pagoda in Gold Colour

After the end of the monsoon season, the entire Pagoda will be painted in gold colour at an estimated cost of Rs. 7.5 million (US \$ 160,000).

4. Construction of Small Pagoda on the South Side of the Global Vipassana Pagoda

This small Pagoda will be connected to the *Dhamma Pattana* Vipassana Centre with a cell complex spread over four stories. 108 cells have been planned. The construction of each cell in this air-conditioned Pagoda is estimated at Rs. 150,000 (US \$3,200).

5. Construction of Guest Houses

Guest houses are essential to ensure the comfort of visitors to the Global Vipassana Pagoda. The cost of each twin-sharing room in these guest houses has been estimated at Rs. 600,000 (US \$ 12,600).

Contact: Global Vipassana Foundation, C/o Khimji Kunverji & Co., 52, Bombay Mutual Building, Sir P.M. Road, Mumbai 400 001. Tel: [91] (022) 2266-2550

Pilgrimage to the Buddha Sacred Sites

IRCTC, the tourism arm of Indian Railways, has started a fully air-conditioned special train, the **Mahaparinirvana Express**, touring the Buddha Sacred Sites (Lumbini, Bodhgaya, Sarnath, Sravasti, Rajgir and Kushinagar). For details, visit www.railtourismindia.com/buddha.

This is a good opportunity for Vipassana meditators to visit these sites without the bother of organizing multiple ticketing, local transport at different destinations and hotel reservations.

Global Vipassana Foundation (GVF) has negotiated a special discount of 21% with IRCTC for the benefit of Vipassana meditators. IRCTC and GVF have additionally agreed to include two sessions of group meditation for meditators under the Bodhi tree in the Mahabodhi Temple at Bodh Gaya and at Kushinagar, subject to the number of such meditators being not less than ten. The group sittings will be after visiting hours to the temple so that meditators can meditate in a quiet environment. However this will be possible only if there are no other engagement on that day in the temple premises.

Schedule (start and end at Delhi)

	Starting Date	Ending Date
Oct 2009	3 and 24	10 and 31
Nov 2009	7, 21 and 30*	14, 28 and 7 Dec
Dec 2009	12 and 26	19 and 2 Jan
Jan 2010	9, 18* and 30	16, 25 and 6 Feb
Feb 2010	13 and 22*	20 and 1 Mar
Mar 2010	6 and 20	13 and 27

*These tour dates are available on demand for special groups.

8-day tour full fare (infants free, children 5-12 yrs 50%)

Class	Rack Rate		21% Discount	
	Rs	USD	Rs	USD
First AC Coupe	53270	1150	42083	908
First AC	48650	1050	38433	830
2 Tier AC	41650	875	32903	692
3 Tier AC	34650	735	27373	581

For information and registration, contact: Mr. Izhar Alam, Mobile: [91] 98913-73549 or Mr. Arun Srivastava, IRCTC, Ground Floor, STC Building, 1-Tolstoy Marg, New Delhi 110001, India.

Tel: [91] 2370-1100, 2370-1101, 97176-40452.

Email: arunsrivastava@irctc.com and buddhisttrain@irctc.com

Website: www.railtourismindia.com/buddha

Pali Workshop at Indore

A Pali workshop for Hindi-speaking Vipassana meditators from India and Nepal has been arranged from 15 to 23 August 2009 at Pukhraj Palace, Phuthi Kothi, Indore. **Contact:** Mrs. Sangeetha Chaudhary, 81, Bairathi Colony, Opp. Sindhi Colony, Indore 452 014, M.P. Mobile: 98930- 29167. Email: dhammalwa@yahoo.co.in

Group Sitting, Discourse and Metta in the presence of Goenkaji at Global Pagoda on 16 August 2009.

Group Sitting: 3 to 4 pm. **Discourse and Metta:** 4 to 5pm

One-day Course at Global Pagoda on 4 October 2009,

Sunday, *Purnima* from 11 am to 4 pm in the main dome of

Global Pagoda. **Contact:** Mr. I. B. V. Raghvan, Mobile:

98928-55692, 98928-55945; Tel: (022) 2845-2104, 2845-

1182. **Email:** global.oneday@gmail.com and

globalvipassana@gmail.com

Websites: www.globalpagoda.org and

www.vridhamma.org.

First course at Bhopal Vipassana Centre

24 women and 32 men successfully completed the first ten-day course at Dhamma Pala, Bhopal Vipassana Centre from 24 May to 4 June 2009. The meditation centre is located on the slopes of an eye-catching mountainous area, about 16 kms away from Bhopal, near Kerwa Dam and close to Sanchi Stupas, which is a world heritage site.

The present facilities include meditation hall for 120 meditators, 70 independent single rooms for meditators, two dining halls, office etc. at an estimated expenditure of Rs. 240 lacs. Accommodation for male and female teachers and mini meditation hall is ready. Rooms for Dhamma servers will be built shortly.

The next phase (facilities for long courses and a pagoda) will be started after the Madhya Pradesh Government allots an additional 20 acres of land.

Meditators can give donations through any CBS branch of State Bank of India to Madhya Pradesh Vipassana Samiti (State Bank of India, Shivaji Nagar, Bhopal 462 016. Branch code No. 05798. A/c No. 100645 22214.) Please send details of donations to Madhya Pradesh Vipassana Samiti, E-1/82, Arera Colony, BHOPAL 462016. Tel: (0755) 246 8053; 094253 02590; Email dhammapal@airtelmail.in. Donations are exempt from Income Tax under section 80G of the IT Act.

Permission has been granted for foreign currency donations under Foreign Contribution (Regulation) Act 1976 by the Government of India, Ministry of Home Affairs, New Delhi, vide their letter No.II/21022/66(0021)/2008-FCRA-II dated Nov 27, 2008. Such donations can be given through SWIFT (State Bank of India, Shivaji Nagar, Bhopal 462 016, A/c No. 30170 426177, SWIFT Code No. SBIN IN BB 117, IFSC No. SBI 0001920).

New Vipassana Centre in Sri Lanka

The third Vipassana centre in Sri Lanka is being built at Anuradhapura, the capital city of North-Central Province. Anuradhapura is named after a minister named Anuradha who originally established it in the sixth century BC. Later it became the Capital of Sri Lanka and remained so for 1400 years. In modern times it has been declared a Sacred City.

Anuradhapura is the most hallowed city in Sri Lanka for followers of the Buddha's teaching because the Dhamma spread from there to the other parts of the island. Buddha's teaching was brought to Sri Lanka by Arahant Mahinda, the son of Emperor Asoka, in the third

century BC. He was followed by his sister, arahant Sanghamitta. She brought with her to Anuradhapura the branch of the Bodhi Tree under which the Buddha attained Enlightenment. Anuradhapura is the place where the Ven. Buddhaghosa wrote *Visuddhi Magga* (Path of Purification) etc.

Goenkaji has named this Vipassana Centre been *Dhamma Anuradha* by. The trust plans to build the centre in three stages. The first stage will have facilities for 60 meditators, the second stage for 100 and when completed it will have facilities for 150 meditators. Plans include building a pagoda with 75 cells as well. Construction of facilities for 60 students will start shortly.

The centre is located in a strip of land 10.5 acres in extent along the Kandy-Anuradhapura road at the edge of Nuwera Weva, one of the network of man-made lakes found in the North Central Province built by the ancient kings in 5th century BC. The centre is easily accessible by road and rail and is 207 km from Colombo and 129 km from Kandy. The centre is just 8 km away from the city of Anuradhapura.

For more information, contact: Mr. D. H. Henry or Anura Piyathissa, Opposite School, Wannithammannawa, Anuradhapura, Sri Lanka. Tel. [94] (25) 222-1887, Mobile [94] 71-418-2094; Email: dhammaanuradha@yahoo.com

Children's Courses in Mumbai

To serve children's courses in Mumbai, call 98200-22990.

Date	Venue	Age	Registration
5-7	South Mumbai	9-16 years	2 & 3-7
19-7	Ghatkopar	9-16 years	17 & 18-7
2-8	South Mumbai	9-16 years	30-7 & 1st-8
23-8	Ghatkopar	9-16 years	21st & 23-7
30-8	Goregaon	9-16 years	27 & 28-8
6 -9	South Mumbai	9-16 years	4 & 5-9
20 -9	Ghatkopar	9-16 years	17 & 18-9
4 -10	South Mumbai	9-16 years	2 & 3-10
18-10	Ghatkopar	9-16 years	16 & 17-10
25-10	Goregaon	9-16 years	22 & 23-12
8-11	South Mumbai	9-16 years	6 & 7-11
22-11	Ghatkopar	9-16 years	20 & 21st-11
6-12	South Mumbai	9-16 years	4 & 5-12
20-12	Ghatkopar	9-16 years	17 & 18-12
27-12	Goregaon	9-16 years	23 & 24-12

Timings: 8.30 am to 2.30 pm. **Registration:** 11 am to 1 pm

Course Venues: **Ghatkopar(W):** SNTD School, New Bldg., Cama Lane, Opp. Vidyut Soc. Tel: 2510-1096, 2516-2505.

Goregaon(W): Siddharth Municipal Hospital, Opp. Motilal Nagar Post Office. Tel: 2308-1622. **Matunga:** Amulakh

Amirchand High School, Rafi Ahmed Kidwai Rd, New SNTD College, King's Circle. Tel: 2510-1096, 2516-2505.

South Mumbai: Tel: 2308-1622. **Ulhasnagar:** Guru Nanak School, Kurla Camp, Ulhasnagar-4. Tel: (0251) 252-2693. NB

Please: *bring cushion, *register on specified phone numbers, *inform in advance if unable to attend after registration, *arrive on time for the course.

Goenkaji's Discourses on Television

Aastha: Daily, 9:40 am Zee: *Urja*, Daily, 4:30 am
Hungama and Bindass: Daily, 4.30 to 6.00 am

USA: Aastha 6 pm EST (Mon to Fri) on Worlddirect platform of Directv on channel no. 2005. (Please confirm exact timings.)

Five-day AT Workshops in 2009

Dhamma Ganga, Kolkata (East Zone) 27 to 31-7
Dhamma Khetta, Hyderabad (South Zone) 24 to 28-8
Dhammalaya, Kolhapur (Central Zone) 30-9 to 4-10
Dhamma Thali, Jaipur (North Zone) 30-9 to 4-10
Dhamma Kota, Rajkot (West Zone) 30-9 to 4-10

Vipassana Teachers, Senior Assistant Teachers and Assistant Teachers are requested to register in advance at the respective centres and to arrive a day earlier as the workshop begins with the morning meditation on the first day.

Online Vipassana Newsletters and Archives

Vipassana Newsletter is available in several Indian languages. For archives of the VRI Newsletter in English, Hindi, Telugu, Tamil, Gujarati and Malayalam, visit: www.vridhamma.org/Newsletter_Home.aspx

NEW RESPONSIBILITIES

Senior Assistant Teachers

1. Mr. Ootukuru Premanand
2. Ms. Pilar de Castro

NEW APPOINTMENTS

Assistant Teachers:

1. Mr. Tej Man Shakya, *Nepal*
2. Dr. U Thein Tun, *Myanmar*

Children's Course Teachers:

1. Mrs. Surekha Addiga, *Secunderabad*
2. Mrs. Chandrakala Chaurasia, *Pune*
3. Mr. Aaditya Uppal, *Bangalore*
4. & 5. Mr. Sanjay & Mrs. Vijetha Mysoremutt, *Bangalore*
6. Mrs. Beena Pandey, *Bangalore* 7. Mrs. Prabha Gadpal, *Gondia*
8. Ms. Ruo-Yu Tan, *Taiwan* 9. Mrs. Jia-Ling Lu, *Taiwan*
10. Mr. Chung-Ming Yang, *Taiwan*
11. Mr. Arnaud Franck, *France* 12. Mr. Christophe Roux, *France*
13. Mr. Nicola Rossier, *Switzerland*
14. Ms. Sabine Betrisey, *Switzerland*
15. & 16. Mr. Divyang & Mrs. Sejal Pandya, *Canada*
17. Mrs. Bharati Chedda, *USA* 18. Mr. Jonathan Penn, *USA*
19. Ms. Pamela Pitkin, *USA* 20. Mr. L. E. de Rivaud, *USA*
21. Mrs. Manisha Wadhwa, *USA*

DHAMMA DOHAS

Dharama hamārā īśavara, Dharama hamārā nātha.
Sadā surakṣita bhī rabeṇ, Dharama hamāre sātha.
Dhamma is our master, Dhamma is our lord.
We are always protected when Dhamma is with us.

Dharama hamārā bandhu hai, sakhā sabhāyaka mīta.
Caleṇ Dharama kī rīta bhī, rabe Dharama se prīta.
Dhamma is our kin, companion, helpmate, friend.
Let us walk on the path of Dhamma,
Let us cherish Dhamma.

With much mettā,
A Vipassana meditator

Yahī Dharama kā niyama hai, yahī Dharama kī rīta.
Jo dhāre niramala bane, pāvana bane punīta.
This is the law of Dhamma, this is the way of Dhamma:
Whoever applies it becomes pure, holy and saintly.

Dharma dhāra niramala bane, rājā ho yā raṅka.
Roga śoka cintā mīte, nirabhaya bane niśaṅka.
Practice the Dhamma and become pure,
whether prince or pauper.
Illness, sorrow and worry vanish;
one becomes fearless and secure.

With best compliments from
MOTILAL BANARSIDASS

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Patna, Tel: 2671442; Varanasi, Tel: 2412331

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