

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Uddham, tiriyaṃ apācinaṃ,  
yāvataṃ jagato gati;  
samavekkhitā va dhammānaṃ,  
khandhānaṃ udayabbayaṃ.*

Above, across or back again,  
wherever one goes in the world;  
let one carefully scrutinise,  
the rise and fall of compounded things.

—*Itivuttaka 4.111*

## The Buddha's Teaching to the Kālāmas

S. N. Goenka

I came in contact with the Buddha's teaching when I took my first Vipassana course in Myanmar with Sayagyi U Ba Khin. Before the course started, Sayagyi gave me a booklet to read. It began with a quotation from a discourse of the Buddha to the Kālāmas, people living in Kesaputta town, who were perplexed and confused by the claims of different spiritual teachers.

The Buddha gave the following advice to the Kālāmas:

Do not accept anything:

- because you have heard it many times;
- because it has been believed traditionally for generations;
- because it is spoken by many;
- because it is in the scriptures;
- because it seems logical;
- because it is in accordance with your own beliefs and thinking; or
- because it is taught by your teacher, who has an attractive personality and for whom you have great respect.

Only after you have realized it yourself at the experiential level and have found it to be wholesome and beneficial to one and all should you accept it. Then, you should not only accept it but also practise it.

*(Kālāma Sutta, AN 3:65, I 188-93)*

This message was like a magnetic pull. I was born and brought up in a different tradition, where I was taught to accept the words of the scriptures and the

teacher without asking any questions. At the age of thirty-one, these were the very first words of the Buddha that I came across. I was thrilled to read them.

This was perhaps the first charter of freedom of thought in human history. It became clear to me that there is no scope for blind belief or blind faith in the teaching of the Enlightened One. I decided to give it a fair trial with an open mind, accepting the truth as I experienced it.

As I walked on the path, the experience of each day convinced me that the path is rational, pragmatic and scientific. There is no need for any blind acceptance. There were no doubts, as I was told to accept a truth only after I had experienced it. I also found that every step on the path is universal and non-sectarian. This gave me great confidence.

At the end of the ten-day course, I found the teaching to be completely results-oriented. It proved beneficial to me physically, mentally and spiritually. Therefore, at the end of the first course I accepted it wholeheartedly and thereafter, I continued to walk on the path as taught by the Enlightened One.

About fifteen years later, Sayagyi U Ba Khin authorized me to teach Vipassana in India and throughout the world. Hundreds of thousands of people from different countries, belonging to different sects and various traditions, have achieved the same good results. The teaching attracts people from all walks of life because they find that it is totally non-sectarian and results-oriented. ☺

### **New Vipassana Centre at Navi Mumbai**

*Dhamma Vipula* is located at Parsik Hills, Belapur, Navi Mumbai on a three-acre plot. Land for *Dhamma Vipula* was purchased from CIDCO. Government permission from all departments (town planning, fire fighting, forest, land revenue etc.) has been obtained. Water and electric connections has been taken and a stone boundary wall has been built around the plot.

Construction is in progress and after completion, facilities will include main Dhamma hall, small pagoda with meditation cells, mini-Dhamma hall, residences for meditators, dining hall, kitchen, administrative office etc.

One-day courses are conducted on first and third Sundays every month. Group sittings are held daily from 8 to 9 am, 2.30 to 3.30 pm and 6 pm to 7 pm.

Meditators are welcome to avail the merits of helping in the development of the centre. (Sayaji U Ba Khin Memorial trust a/c Dhamma Vipula, Saving a/c No. 008910100023313, I.F.S.C code BKID0000089; Bank of India, Vashi branch, Navi Mumbai 400 703.)

**Contact:** *Dhamma Vipula* Meditation Centre, Plot No. 91A, Sector 26, Parsik Hill, C.B.D Belapur, Navi Mumbai 400 614. Tel: (022) 2752-2277; Mobile: 90040-68970 (10 am to 6 pm); Email: dhammavipula@gmail.com

(To reach *Dhamma Vipula*: The nearest railway station is Seawoods Estate (E) on Harbour line, about 3 kms. from centre. Rickshaws are available to Parsik hills for about Rs. 40. The nearest bus stop is Income Tax Colony bus stop, about 3 km from centre. NMMT bus service available to the centre (foot hills) - Bus nos. 21, 29, 31, 39; ST buses from Dadar to Uran via Uran Phata also stop here. Rickshaws from Income Tax Colony to *Dhamma Vipula* available for about Rs. 25.)

### **Dhamma Pāla, Bhopal Vipassana Centre**

Construction work of *Dhamma Pāla* is in progress. At present all basic requirements for holding Vipassana courses for 40 male and 30 female meditators including single rooms with attached bathrooms have been completed. Construction of male and female AT residences, mini-Dhamma hall, residences for male and female servers, toilet blocks etc. is in progress.

Ten-day courses are being conducted regularly since May 2009.

Meditators who wish to share in this meritorious project are welcome. (Bank Account: Madhya Pradesh Vipassana Samiti, Bhopal; State Bank of India, branch: Shivaji Nagar, Bhopal (05798); A/c No: 10064522214. Details for international donors: Swift Code: SBIN IN BB 117; Account No: 30170426177; Branch Code No: 01920; Email: dhammapal@airtelmail.in Online application: www.dhamma.org/en/schedules/schpala.shtml

### **Vipassana Course in Oman**

A ten-day Vipassana course has been organized at Asas Hotel, Muscat, Oman from 1 to 12 October 2009. Registration: Vipassana Oman, 1. Rajesh Purecha, Mobile: +968 99336121 Res: +968 2470 1375; 2. Himanshu Swaly, Mobile: +968 99454200; Off: +968 248 33 505; Fax: +968 248 33 404; Email: VipassanaOman@gmail.com

### **One-day Course at Global Pagoda with Goenkaji**

A one-day course is being held on 4 October 2009, Sunday, *Purnima* from 11 am to 4 pm in the main dome of Global Vipassana Pagoda. For registration, contact: Mr. Jadhav (between 10 am to 6 pm), Mobile: 98928-55692, 98928-55945; Tel: (022) 2845-2104, 2845-1182; Email: global.oneday@gmail.com or globalvipassana@gmail.com; Websites: www.globalpagoda.org and www.vridhamma.org.

NB Registration for the course is compulsory.

This course is only for Vipassana meditators who have completed at least one ten-day Vipassana course.

### **Subscription to GVF SMS Message Centre**

Global Vipassana Foundation (GVF) has created a SMS Message Centre to send timely announcements about Vipassana to meditators.

1. Messages from Goenkaji
2. One-day courses at Global Vipassana Pagoda
3. Updates about new centres
4. Cancellation of courses
5. Other Announcements

These announcements will be sent via SMS. To receive these announcements via SMS, meditators will have to subscribe to the GVF SMS Message Centre. To subscribe to GVF SMS Message Center, meditators should send an SMS from his/her mobile phone with the following information in the below-mentioned format:

Send a SMS from your mobile to 575758 and type 'Vipassana' 'First Name' 'Last Name' 'City' 'Email address' 'Number of courses'.

An example of your SMS if you have an Email id: *Vipassana Gautam Parekh Mumbai gparekh@xyz.com 14* (NB Providing Email will allow GVF to send Patrika/Newsletter via Email in future. The Email id mentioned above is not a real Email id. It is only for understanding the format of SMS)

An example of your SMS if you don't have an Email id: *Vipassana Gautam Parekh Mumbai 14*

Information about the GVF SMS Message Center:

1. GVF SMS Message Center is only for sending SMS to meditators. The Message Center cannot receive SMS from meditators.
2. Sending an SMS from your mobile will automatically provide us your mobile phone number.
3. The cost of subscribing to SMS Message Center is one-time charge of Rs 3 only.
4. Upon successfully subscription, you will receive the following message "Thank you for registering with Global Vipassana Foundation (GVF) SMS Message Centre. May ALL Be Happy"
5. If you wish to unsubscribe from the GVF SMS Message Center, kindly send SMS to 575758 with the following message "Stop Vipassana"
6. For unsubscribing there will be one-time charge of Rs 3 only.
7. Kindly note that meditators will not be charged for receiving SMS sent by GVF SMS Message Center
8. GVF SMS Message Centre is for old students only.

### Request to the Gratitude Gathering Participants

Meditators who know anyone who has taken part in a ten-day Vipassana course with Goenkaji in his initial ten years (even if he or she does not practise Vipassana now or has started practicing some other form of meditation or has started teaching Vipassana) are requested to send details of his or her present full name, address, phone number, Email id, date of first course and venue so that they can be invited to the Gratitude Gathering. Please also encourage others to do the same. All Vipassana teachers, SATs, ATs, CCTs, Dhamma servers, trustees and students are also cordially invited to attend the Gratitude Gathering.

Please inform about your participation in the Gratitude Gathering so that adequate preparation can be made for meals and seating arrangement.

Contact: Ms. Bhavana Gogari or Ms. Namita Bajaj, VIA, *Dhamma Giri*, Igatpuri 422 403. Mobile: [91] 99678-71644, 98196-15426; Tel: (02553) 244086, 244076 (10 am to 5 pm) Email: globalpagoda17jan@gmail.com

### New Vipassana Center in Chile

The Vipassana trust in Chile decided not to use the land originally given to Vipassana Chile for a meditation center (*Dhamma Acala*) as there was a slight possibility that it could be taken away at some later date. The trust has now purchased another piece of land for the center. This is a large property of about 90 hectares (216 acres). The plan is to sell a smaller part of the land and use the rest for the center. The property is very beautiful and is about one and a half hours from Santiago (the capital and largest city in Chile) near the city of Melipilla in the peaceful Tantehue valley. (photos at [www.flickr.com/photos/vipassanachile/show](http://www.flickr.com/photos/vipassanachile/show)) Goenkaji has named the new center *Dhamma Pasanna* (Joy of Dhamma). A master plan is being developed and construction will start as soon as funds are available. For information about giving dana and/or service for the construction, contact: [info@pasanna.dhamma.org](mailto:info@pasanna.dhamma.org)

### New Vipassana Center in Australia

After ten years of searching, a new centre has been established in the Northern Rivers region of New South Wales. Goenkaji has named it *Dhamma Passaddhi* (Tranquility of Dhamma). A sense of serenity envelopes those who descend the forested driveway onto the open, elevated plateau from where the new Centre will emerge. The lush surrounds of the plateau are comfortably nestled amongst tree-lined ridges on three sides. This belies the open space of the Centre, which is on 135 acres, creating a quiet, private sanctuary that is surprising in its breadth and width. The area around has rainforest hills and spectacular views. There have never been any dwellings on the land.

Early discussions with the Shire Council have been very positive. A master plan is being developed which will eventually accommodate 80 students in single, ensuited rooms. A number of old students with building and development expertise have volunteered to oversee the design and building of the new Centre. For further information, please contact: [info@passaddhi.dhamma.org](mailto:info@passaddhi.dhamma.org)

### 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](http://www.railtourismindia.com/buddha)

This is a good opportunity for Vipassana meditators to visit these sites without bothering about organizing multiple ticketing, local transport at different destinations and hotel stay.

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 as to provide a quiet environment for group meditation, provided 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](mailto:arunsrivastava@irctc.com), [buddhisttrain@irctc.com](mailto:buddhisttrain@irctc.com)

Website: [www.railtourismindia.com/buddha](http://www.railtourismindia.com/buddha)

### Inspiring Death

On 13 August, in the presence of several meditators and with the Satipathana Sutta tape playing in his hospital room, Rodney Bernier breathed his last. Although in an apparent coma, his companions felt he was conscious during his last moments. His breath was labored but the last few breaths were calm and the hospital room was very peaceful.

Four days earlier he had gone in a wheelchair to a local restaurant to dine with his friends even though he was paralyzed below his chest. His health deteriorated rapidly during his last two days.

Throughout the period of his illness, he never complained about his discomfort, though he was in great pain. All those, and there were many, who came in contact with him during this time were deeply inspired.

Every evening he was joined by a group of meditators at 5 pm in his hospital room for a group sitting. As the group sitting host in Vancouver for 20 years, and a serious meditator since his first course in 1973, he will be fondly remembered by a large family of Dhamma friends.

**Children's Courses in Mumbai**

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

Date	Venue	Age	Registration
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	1 & 2-10
18-10	Ghatkopar	9-16 years	15 & 16-10
25-10	Goregaon	9-16 years	22 & 23-10
8-11	South Mumbai	9-16 years	5 & 6-11
15-11	Ghatkopar	9-16 years	12 & 13-11
6-12	South Mumbai	9-16 years	3 & 4-12
20-12	Ghatkopar	9-16 years	17 & 18-12
27-12	Goregaon	9-16 years	23 & 24-12

**Course Timings:** 8:30 am to 2:30 pm. **Registration:** 11 am to 1 pm

**Course Venues:** **Ghatkopar (W):** SNDT 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. **South Mumbai:** Tel: 2308-1622.

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

**NEW RESPONSIBILITIES**

**Senior Assistant Teachers:**

1. Mr. Bhanudas Rasal, *Pune* 2. Ms. Deborah Coy, *USA*

**NEW APPOINTMENTS**

**Assistant Teachers:**

1. Mrs. Pragna Goswami, *Kutch*  
 2. Mr. S. Sreedharan Moothathu, *Kottayam*  
 3. Mr. Sitaram Sahu, *Raipur* 4. Mr. Rattan Siddhi, *Nepal*  
 5. & 6. Dr. Tin Maung Yin & Daw Swe Swe Win, *Myanmar*  
 7. Ms. Susan Callaghan, *Australia* 8. Ms. Una Ferguson, *Ireland*  
 9. Mrs. Anne Mahé, *France* 10. Ms. Kirsten Schulte, *Germany*

**Children's Course Teachers:**

1. & 2. Mr. Ravinder Pal Singh & Mrs. Anupama Hamir, *Dharamshala*  
 3. Mr. Kishore Kumar Bit, *Orissa* 4. Mr. Pradip Pradhan, *Orissa*  
 5. Mrs. Ok Sonam Paljor, *Sikkim* 6. Mr. Ashok Kumbhar, *Kolhapur* 7. Ms. Milan Koregaonkar, *Kolhapur* 8. Mrs. Shobhana Karnawat, *Kolhapur*  
 9. Mrs. Elinny Suwita, *Indonesia* 10. Ms. Erika Octarini, *Indonesia*  
 11. Ms. Monika Dharmayanti Kurniawan, *Indonesia*  
 12. Mr. Senastyo Prajnasasana, *Indonesia* 13. Mr. Suharjo Marzuki, *Indonesia*  
 14. Mrs. Yung Mei Fong Lydia, *Hong Kong*  
 15. Ms. Bongkoch Naksiang, *Thailand* 16. Ms. Shana Hart, *Australia*  
 17. Mr. Chris Hammond, *USA*

**Online Archives of Vipassana Newsletters**

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**DHAMMA DOHAS**

*Mana bandhana kā mūla hai, mana hī mukti upāya;  
 Vikṛta mana jakadā rabe, niravikāra khula jāya.*

Mind is the root of our bondage,  
 Mind is the means of our liberation;  
 A polluted mind remains shackled,  
 An unpolluted mind becomes freed.

*Mana cañcala mana capala hai, bhāga rahā saba ora;  
 Sānsa dora se bāndha kara, roka rākha ika thora.*

The mind is volatile and flighty,  
 Wandering in every direction;  
 Bind it with a chain of breaths;  
 Confine it to one point.

*With much mettā,  
 A Vipassana meditator*

*Jitanā burā na kara sake, duśamana dveṣi doya;  
 Adhika burā nija mana kare, jaba yaba mailā hoyā.*

Neither enemy nor antagonist can harm you as much;  
 As can your own mind when it is defiled.

*Jitanā bhalā na kara sake, mān bāpu saba koya;  
 Adhika bhalā nija mana kare, jaba mana ujalā hoyā.*

Neither mother, father nor anyone can do you as much good;  
 As can your own mind when it is bright and clear.

*With best compliments from*

**MOTILAL BANARSIDASS**

41 U.A. Bungalow Road, Jawahar Nagar, Delhi 110 007  
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 Bangalore, Tel: 26542591; Kolkata, Tel: 22824872,  
 Patna, Tel: 2671442; Varanasi, Tel: 2412331

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