

# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

Vol. 20, No. 9: 23 September 2010

Annual Subscription: Rs 30; Life Subscription: Rs. 500

Published every month by Vipassana Research Institute

Web version: [www.vridhamma.org/Newsletter\\_Home.aspx](http://www.vridhamma.org/Newsletter_Home.aspx)

## WORDS OF DHAMMA

*Pare ca na vijānanti,  
mayamettha yamāmase;  
ye ca tattha vijānanti,  
tato sammanti medhagā.*

People, other than the wise, do not realize:  
all of us in this world will die.  
the wise who have realized it,  
never quarrel with others.

—Dhammapada 6

## The Essence of Compassion

S. N. Goenka

(The following is a translation of an article by S. N. Goenka. It has been adapted for the Newsletter.)

Compassion (*karuṇā*) is a very noble state of the human mind. Like selfless love (*mettā*), sympathetic joy (*muditā*) and equanimity (*upekkhā*), compassion is also a *brahmavihāra* (sublime state of mind).

Merely discussing compassion or praising it is far away from the practice of true *brahmavihāra*. It is good to accept compassion at the intellectual level as an ideal sublime state. But this is also far away from true *brahmavihāra*.

*Brahmavihāra* means a sublime state of mind like that of a *brahmā* (the highest being in the order of beings). It is the practice of superior qualities, the practice of Dhammic qualities. Only when the mind is suffused and overflows with such *brahmic* qualities can we call it *brahmavihāra*.

The mind can overflow with compassion as well as *mettā*, *muditā* and *upekkhā* only when the mind is completely free from all defilements at the deepest level. This purity of mind and the resultant sublime states born out of it is the fruit of practice of Dhamma.

What is the meaning of living a Dhamma life? It means living a life of morality (*sīla*), that is, to abstain from performing any vocal or physical action that will disturb the peace and harmony of others and harm them.

In order to live a moral life, it is necessary to have complete mastery over one's mind. For this, it is necessary to practise concentration of mind (*samādhi*) with a neutral object of meditation. A neutral object of meditation neither generates *rāga*

(attachment) nor *dosa* (aversion). It is based on direct experiential truth and is free from ignorance.

However, it is not sufficient to concentrate one's mind with the help of such a neutral object of meditation. It is necessary to develop wisdom (*paññā*) at the depth of the mind on the basis of direct experience and to become established in this experiential wisdom. By this practice it is possible to eradicate the habit-pattern of the mind of reacting blindly with craving and aversion.

As we gradually learn to recognize and weaken this habit of blind reaction, the old accumulated defilements are eradicated and new ones do not arise. Ultimately, the mind is completely freed of all defilements and becomes pure. Then the mind is naturally filled with the *brahmic* qualities of *mettā*, *karuṇā*, *muditā*, and *upekkhā*.

As long as the old stock of defilements is present in the mind and new defilements are added to it, it is not possible for the *brahmavihāras* to arise in the mind. Ego plays a role in the arising of all defilements. As long as the mind is ego-centred, self-centred, one may talk about the four *brahmavihāras* and praise them highly, but one is not able to cultivate them.

The more the mind becomes free from defilements the more the development of the four *brahmavihāra*. When a meditator is fully liberated, he dwells continuously in the pure *brahmavihāras*. Therefore, for development of the *brahmavihāras* of *mettā*, *karuṇā*, *muditā*, and *upekkhā*, it is absolutely essential to become established in *sīla*, *samādhi* and *paññā*. ☸

### One-day course with Goenkaji on Sharad Purnima

A one-day course has been arranged within the main dome of the Global Vipassana Pagoda on 23 October 2010, Saturday from 11 am to 4 pm. Goenkaji will be present during this course. **Registration for this course is compulsory.** Contact: Mobile: 98928-55692, 98928-55945; Tel: (022) 2845-1182, 2845-1170 (11 am to 5 pm). Registration email: [global.oneday@gmail.com](mailto:global.oneday@gmail.com)  
Online registration: [www.vridhamma.org](http://www.vridhamma.org)

### Dhamma Service at Global Vipassana Pagoda

The Global Vipassana Pagoda is implementing various beautification projects and requires service from Vipassana meditators in the following areas. **Benefits:** Opportunity to contribute to this unique project, regular meditation practice, right livelihood, good remuneration package, meals for all, and accommodation for deserving candidates.

**P.R. & H.R. Manager:** A graduate with at least 8 to 10 years of experience in P.R. activities to lead a team of Tourist Guides. Will also be responsible for H.R. & other administrative matters.

**Purchase Officer** – Purchase activities for projects with cost and inventory control experience. Working knowledge and familiarity of the Mumbai industrial market with minimum experience of 5 years.

**Electrician with Electronics** – ITI with ‘C’ license and 10 – 12 years experience of trouble –shooting at project sites, motors & control circuits, electronic controls and telecom operations.

**Project Manager** – Graduate in Civil Engineering with 10 to 15 years of experience in projects & building construction.

**Housekeeping & Security Supervisor** – 6 to 8 years experience in housekeeping and security management. Ex. Servicemen with security management experience will be an added advantage.

**Fitters** – ITI Fitter with 10 to 15 years of experience in civil construction equipment maintenance, fabrication and other assembly work.

**Plumbing & AC Mechanic** – ITI Plumber with 10 to 15 years experience in large, multipurpose complexes and in repairing servicing & installing AC units.

**Tourist Guide** – 3 to 5 years of experience as guide with any national monument or tourist group.

**Junior Architect** – GDARCH / BARCH, min 5 years experience, capable of handling independently on site, experience in trouble shooting at site projects, coordinating with consultant and Government Bodies.

**Driver** – 8 to 10 years of experience with valid license. Need a reference. Good remuneration package, food for all, and accommodation for deserving candidates.

**Contact** – Manager, GVF, Global Vipassana Pagoda, Next to Esselworld, Gorai Village, Borivali (W) Mumbai 400 091. Tel: (022) 2845-1181, 2845-1204; Email:- [gfv.hrdept@gmail.com](mailto:gfv.hrdept@gmail.com), Website:- [www.globalpagoda.org](http://www.globalpagoda.org)

(Meditators wishing to serve at *Dhamma Pattana* centre should contact Ms. Priti Dedhia, Mobile: 92223-34524(12 noon to 6 pm), Email: [priti.dedhia@gmail.com](mailto:priti.dedhia@gmail.com))

### AT Training Workshops in 2010

West: *Dhamma Pala*, Bhopal: 12-10 to 16-10

South: *Dhamma Setu*, Chennai: 27-10 to 31-10

Nepal: *Dhamma Janani*, Lumbini: 27-10 to 31-10

Assistant teachers are requested to contact the above centres for registration and more information.

### Workshop for Dhamma Servers at Dhamma Giri

Workshop is from 3 to 4 Dec 2010. Applications should include your full name, age, address, phones, email, number of courses done, and number of courses served.

### Pilgrimage to the Buddha Sacred Sites

IRCTC, the tourism arm of Indian Railways, in the year 2007, started running a fully airconditioned special train named the Buddhist Circuit Special Tourist Train, touring the Buddha Sacred Sites: **Lumbini, Bodhgaya, Sarnath, Sravasti, Rajgir and Kushinagar.** Complete details can be viewed on [www.railtourismindia.com/buddha](http://www.railtourismindia.com/buddha)

This is an excellent opportunity for Vipassana meditators to do the pilgrimage in a safe, reliable and comfortable manner without the bother and hassle of organizing multiple ticketing, local transport at different destinations and hotel stays.

**Global Vipassana Foundation (GVF) has negotiated a special discount of 15% with IRCTC for the benefit of Vipassana mediators.**

IRCTC & GVF has additionally agreed to structure in two slots of **group meditation** for the Vipassana meditators, subject to the number of meditators being not less than ten. The first, **GS under the Bodhi tree** in the Mahabodhi Temple at Bodhi Gaya and the second **GS at Kushinagar.** The group sittings will be scheduled for after the close of visiting hours to the temple so as to provide a quiet environment for group meditation. This would be subject to no other engagement happening on the particular day in the temple premises.

The circuit of the Buddhist Circuit Special Tourist Train starts and ends at Delhi. The forthcoming schedule and tariff appear below:

#### Schedule - Start and end at Delhi

	Starting	Ending
Sept 2010	25 Sept	2 Oct
Oct 2010	16 & 30 Oct	23 Oct & 6 Nov
Nov 2010	13 & 27 Nov	20 Nov & 4 Dec
Dec 2010	11 & 25 Dec	18 Dec & 1 <sup>st</sup> Jan
Jan 2011	8 & 22 Jan	15 Jan & 29 Jan
Feb 2011	12 & 26 Feb	19 Feb & 5 March
Mar 2011	12 & 26 Mar	19 March & 2 April

**TARIFF Full Tour of 8 days / Full Fare (infants free, children 5-12 yrs 50%)**

Class	Rack Rate		15 % Discounted Rate	
	Rs	USD \$	Rs	USD \$
First AC Coupe	55272	1176	46981	1000
First AC	48650	1050	41353	893
2T AC	41650	875	35403	744
3T AC	34650	735	29453	625

**Registration:** Visit [www.railtourismindia.com/buddha](http://www.railtourismindia.com/buddha) or contact: Hemant Sharma, Mobile: 97176-44798, Izhar Alam, Mobile: 9717635912, IRCTC, Ground Floor, STC Building, 1-Tolstoy Marg, New Delhi -110001. Tel: [91] (011) 23701100, 23701101, Email: [arunsrivastava@irctc.com](mailto:arunsrivastava@irctc.com)

### Children's Courses in Mumbai Schools

Vipassana Research Institute has again started a program to teach Anapana to the BMC schoolchildren. About 8000 students appearing for the SSC examination next year will be taught Anapana. The first phase may start from 1 July. The schedule is available online at [www.vridhamma.org](http://www.vridhamma.org)

There is a great need for Dhamma servers to work in these courses. Meditators who have done at least three ten-day courses and are 20-50 years old are welcome to serve in these courses. They must have the aptitude and a desire to work with children. Training will be provided for the same. Those wishing to serve should send an email to [cc@vridhamma.org](mailto:cc@vridhamma.org) giving their name, age and number of ten-day courses completed.

## Second Vipassana Centre in Tamil Nadu

The second Vipassana centre in Tamil Nadu is coming up near Chettiyapatti, Gandhigram. Puja Guruji has named it *Dhamma Madhurā* (Sweetness of Dhamma). Dhamma Madhura will be able to comfortably accommodate 100 students for Vipassana courses

The land is 4 kms. from the main road. It is situated 10 km near Dindigul city, about 51 kms. from Madurai. Sirumalai hills is close to the land. Donations are eligible for tax exemption under 80G in India. (Bank details: Vipassana Meditation Centre Madurai, State Bank of India, Ac. No. 31262542660, SBI branch IFS Code: SBINOO12764, SBI Swift code: SBININBB454)

For more details, contact: Mrs. Renuka Mehta, Madurai, Cell: 94437-28116, 89034-28116, Mr. Lalji Vora, Cell: 98430-52465, Mr. B. Vinayagam, Dhamma Setu, Chennai, Cell: 94440-21622, Mr. Bharat Shah, Kovai, Cell: 98423-47244, Mr. Mahesh, Cell: 98434-51153. Email: madhura.dhamma@gmail.com

## First Tamil Vipassana Course in Sri Lanka

A ten-day Vipassana course in Tamil was successfully organized at a rehabilitation centre in the northern Sri Lanka. The course was conducted by Tamil-speaking assistant teachers from South India. Fifty-five inmates participated and all of them completed the course. The participants were very grateful for this opportunity to learn Vipassana and wish to continue their meditation practice. One student said that among the many programmes for rehabilitation, he had found this course to be the most useful. Some of them wanted their relatives also to attend a course. The officials at the rehabilitation centre were very co-operative and plan to send some of their personnel to *Dhamma Sobhā* to sit a course. They have given permission to conduct another ten-day course at the rehabilitation centre for 75 inmates.

## Children's Courses in Mumbai

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

Date	Venue	Age	Registration
12-9	Ulhasnagar	9-16 years	9 and 10-9
19-9	Ghatkopar	10-16 years	16 and 17-9
17-10	Ghatkopar	10-16 years	14 and 15-10
21-11	Ghatkopar	10-16 years	18 and 19-11
19-12	Ghatkopar	10-16 years	16 and 17-12

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.

**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.

**Residential course for children in Mumbai**

From 9 to 11-11-2010 for VIII and IX class students only.

Registration: Tel 2501-1096, 2516-2505 from 15-10 onwards

**Notice:** *Dhamma Thali*, Jaipur Vipassana centre needs a centre manager, a female course manager, a house keeping manager (with expertise in plumbing and electrical work) and other servers. **Contact:** 96104-01401 or dhammathali.jpr@gmail.com.

## Dhamma Padhāna: European Long Course Centre

Discussions about building a long-course centre in Europe began in earnest in 2005. Progress has been quite fast and in late March this year *Dhamma Padhāna* held its first course with accommodation for 60 students and servers.

Courses of ten days duration or fewer were held at first, and on 6 July 2010, a 20-day course started. The course ran very smoothly without any disturbances, and was followed on 31 July 2010 with a 30-day course.

The 30-day course also ran very smoothly and ended happily at the end of August. All the students expressed their deep appreciation for the chance to practise Dhamma so quietly and seriously in such ideal facilities.

Some suggestions for small improvements were made, and these are being sent to the concerned committees for consideration. However, the overwhelming feedback from students was of joy at having such a wonderful long-course facility here in Europe.

All the *Dhamma Padhāna* trustees and committee members have worked hard for years to make this centre a reality, and the result is deeply satisfying.

During the course, all were reminded again and again of the amazingly generous gift of the *Dhamma Dīpa* trustees, in donating half of their much-loved centre to the European Long-Course Centre. The gift of this peaceful, protected, beautiful land has provided a remarkably secure foundation for *Dhamma Padhāna*. Without the support and protection of *Dhamma Dīpa* the long-course centre would not be able to provide this wonderful atmosphere for the meditators to work in.

Local meditators around the Dhamma Campus (*Dhamma Dīpa* and *Dhamma Padhāna*) also have provided a wonderful support to *Dhamma Padhāna*, and their good will is invaluable.

All the servers and long-term servers at *Dhamma Dīpa* have provided essential support to *Dhamma Padhāna*, and of course the generous donors and those kind meditators who have lent money to the centre have also fulfilled an essential part in the establishment of this centre.

May all those who have supported this centre and all those who meditate here be peaceful, be happy, be liberated.

## Vipassana Websites

**Vipassana introduction:** [www.dhamma.org](http://www.dhamma.org)

Course schedules of Vipassana centres worldwide, application form for ten-day courses, etc.

**Dhamma Giri:** [www.vri.dhamma.org](http://www.vri.dhamma.org)

Indian Vipassana centres and schedule of courses, etc.

**Pali Tipiṭaka Website:** [www.tipitaka.org](http://www.tipitaka.org)

The *Chaṭṭha Saṅgāyana Tipiṭaka* with commentaries, subcommentaries and related Pali texts in Roman, Devanagari, Cyrillic, Gujarati, Kannada, Malayalam, Bengali, Telugu, Tamil, Myanmar, and Sinhala scripts. More scripts will be added in future.

**Prison Courses Website:** [www.prison.dhamma.org](http://www.prison.dhamma.org)

Information about Vipassana courses in prisons.

**Global Vipassana Pagoda:** [www.globalpagoda.org](http://www.globalpagoda.org)

Updated information about the Global Vipassana Pagoda.

## Online Vipassana Newsletters and Archives

For complete archives of the VRI Newsletter in English, Hindi, Telugu, Tamil, Gujarati and Malayalam, visit: [www.vridhamma.org/Newsletter\\_Home.aspx](http://www.vridhamma.org/Newsletter_Home.aspx)

**ADDITIONAL RESPONSIBILITIES**

**Ācaryas:**

Mr. Ashok & Mrs. Uma Kela, *Bhopal*  
*To serve Dhamma Mālavā, Indore*

**Senior Assistant Teachers**

Mrs. Sumedha Varma, *Pune*  
*To help area teachers in Pune*

**NEW RESPONSIBILITIES**

**Ācaryas:**

Ms. Gayatri Balkrishnan, *Igatpuri*  
*To serve Dhamma Ketana, Kerala*

**Senior Assistant Teachers:**

1. Mr. Sachin Natu, *Pune*
2. Mr. Ram Swarup Bharati, *Guna*

**NEW APPOINTMENTS**

**Assistant Teachers:**

1. Mr. Narendra Bharwada, *Surat*
2. Ms. Kanmanee Phoophakdee, *Thailand*
3. Ms. Anna Forsyth, *New Zealand*
4. Mrs. Kulwadee (Lee) Acers, *USA*
5. Mrs. Cailen Richardsen, *USA*
6. Mrs. Rashmi Shanker, *USA*

**NEW APPOINTMENTS**

**Children's Course Teachers:**

1. Mrs. Manjula Savla, *Kutch*
2. Mr. Chaganlal Bhimani, *Kutch*
3. Mr. Bharat Jadeja, *Kutch*
4. Mrs. Maniben Patel, *Kutch*
5. Ms. Meriben Vania, *Kutch*
6. Mrs. Kasturben Patel, *Kutch*
7. Mrs. Kantaben Patel, *Kutch*
8. Mr. Gautam Parekh, *Mumbai*
9. Mrs. Roopal Prashant Sarkar, *Mumbai*
10. Mrs. Lee Soo Kyung, *Korea*
11. Mrs. Hwang Ok Ja, *Korea*
12. Ms. Kobkaew Manomaipiboon, *Thailand*
13. Ms. Bangon Laosatiankit, *Thailand*
14. Ms. Janlanee Laosatiankit, *Thailand*
15. Ms. Supaporn Pholdee, *Thailand*
16. Ms. Suphap Vetkama, *Thailand*
17. Ms. Christine Herz, *Germany*
18. Ms. Virginie Breton, *France*
19. Ms. Branka Kostic, *Serbia*

**Goenkaji's Discourses on Television**

UTV Action TV channel is telecasting Goenkaji's discourses every Monday to Saturday, from 4.45 am to 5.45 am.

**DHAMMA DOHAS**

*Kabhī bāga virāna hai, kabhī basanta bahāra;*  
*Samatā meñ pramudita rabe, santa nihāra nihāra.*  
At times the garden withers, at times it blooms;  
Remaining joyful with equanimity,  
the saint merely observes.

*Tana sukha, dhana sukha, māna sukha, bhale dhyāna sukha hoyā;*  
*Para samatā sukha parama sukha, atula aparimīta hoyā.*  
Better than pleasures of the senses, wealth or reputation  
is the happiness of concentration;  
But best is the happiness of equanimity,  
beyond compare or limit.

*With much mettā,*  
**A Vipassana meditator**

*Antara meñ dubakī lagī, bhīga gae saba aṅga;*  
*Dharama raṅga aisā cadhā, cadhe na dījā raṅga.*  
Plunging deep within, the entire being has become so saturated  
With the color of the Dhamma that no other color can impinge.

*Jaise mere dukha kaṭe, sabake dukha kaṭa jāñya;*  
*Jaise mere dina phire, sabake dina phira jāñya.*  
As my suffering was cut off, may the suffering of all be cut off;  
As my life was renewed, may that of all be renewed.

*With best compliments from*

**MOTILAL BANARSIDASS**

41 U.A. Bungalow Road, Jawahar Nagar, Delhi 110 007  
Mumbai, Tel: 23513526; Chennai, Tel: 24982315; Pune, Tel: 2448-6190;  
Bangalore, Tel: 26542591; Kolkata, Tel: 22824872,  
Patna, Tel: 2671442; Varanasi, Tel: 2412331

SUBSCRIPTION TO ENGLISH/HINDI MONTHLY NEWSLETTER: ANNUAL: RS 30 (US\$10 OUTSIDE INDIA);  
LIFE SUBSCRIPTION: RS 500 (US\$100 OUTSIDE INDIA) BY BANK DRAFT, PAYABLE AT IGATPURI IN FAVOUR OF VRI

Edited and published by R. P. Yadav for VRI, Igatpuri 422 403 and printed at Akshar Chitra Press, 69B-Road, Satpur, Nashik 422 007  
23 September 2010 Posted at Igatpuri, Dist. Nashik Posting Day: Purnima of every month

LICENSED TO POST WITHOUT PREPAYMENT OF POSTAGE - WPP POSTAL LICENCE NUMBER – AR/TECHNO/WPP-04/2009-2011  
REGISTERED NO. NSK/39/2009-2011

PRINTED MATTER

If undelivered, please return to:

Vipassana Research Institute

*Dhamma Giri*, Igatpuri 422 403,  
Dist. Nashik, Maharashtra, India.

Fax: [91] (02553) 244176

Tel: [91] (02553) 244076, 244086, 243712, 243238;

Email: info@giri.dhamma.org

Website: www.vridhamma.org