



## WORDS OF DHAMMA

“Yathā ahaṃ thatā ete;  
Yathā ete thatā ahaṃ.”  
Attānaṃ upamaṃ katvā,  
na haneyya na ghātaye.

“As I am, so are others;  
as others are, so am I.”  
Having thus identified self and others,  
harm no one nor have them harmed.

—Sutta Nipāta 3.710

## Sayings Of Sayagyi U Ba Khin

A balanced mind is necessary to balance the mind of others.

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The Dhamma can stand the test of those who are anxious to do so. They can know for themselves what the benefits are.

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Just as the light of a candle has the power to dispel darkness in a room, so also the light developed in one man can help dispel darkness in several others.

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The world is facing serious problems. It is just the right time for everyone to take to Vipassana meditation and learn how to find a deep pool of quiet in the midst of all that is happening today.

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To imagine that good can be done by the means of evil is an illusion, a nightmare.

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Dhamma eradicates suffering and gives happiness. Who gives this happiness? It is not the Buddha but the Dhamma, the knowledge of *anicca* within the body, which gives this happiness. That is why you must meditate and be aware of *anicca* continually.

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The more one is attached to self, the greater is the suffering.

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Only those who take to meditation with good intentions can be assured of success. With the development of the purity and the power of the mind backed by the insight into the ultimate truth of nature, one may be able to do a lot of things in the right direction for the benefit of mankind.

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*Anicca* is inside of everybody. It is within reach of everybody. Just a look into oneself and there it is. ...for householders, *anicca* is the gem of life which they will treasure to create a reservoir of calm and balanced energy for their own well-being and for the welfare of society.

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What is happiness? For all that science has achieved in the field of materialism, are the peoples of the world happy? They may find sensual pleasures off and on, but in their hearts of hearts, they are not happy when they realise what has happened, and what may happen next. Why? This is because, while man has mastery over matter, he is still lacking in mastery over his mind.

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*Anicca* when properly developed will solve almost all your problems. It might not even be necessary for you to ask questions for answers. As the appreciation of *anicca* grows, so will the veil of ignorance fade away. When the way becomes clear for right understanding, doubts and fears will disappear automatically. You will then see things in the true perspective.

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For progress in Vipassana meditation, a student must keep knowing *anicca* as continuously as possible. ...Continuous awareness of *anicca*, and so of *dukkha* and *anattā*, is the secret of success. The last words of the Buddha just before he breathed his last and passed away into *mahaparinibbāna* were: “Decay (or *anicca*) is inherent in all component things. Work out your own salvation with diligence.” This is, in fact, the essence of all his teachings during the forty-five years of his ministry. If you will keep up the awareness of the *anicca* that is inherent in all component things, you are sure to reach the goal in the course of time.

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### **In Memoriam**

Shri Ram Singhji Chauhan passed away peacefully on December 18, 2010 at the age of 93 years. A respected and prominent figure as a former Home Secretary of the State of Rajasthan in India, he was one of the first two Vipassana Teachers appointed by Goenkaji. Shri Ram Singhji was one of the most active Dhamma servers during the initial establishment of Vipassana in India. He was also the main force behind the initiation and propagation Vipassana courses in prisons.

He helped Goenkaji in many of the projects which served to expand the growth of Vipassana in the world.

Shri Ram Singhji was instrumental in getting recognition and acceptance for Vipassana in the Education department of the government of Rajasthan leading to the granting of special leave with pay to staff for attending a Vipassana course—a practice soon followed by other state governments and other central governmental agencies of India.

Shri Ram Singhji also played a major role in the establishment and growth of *Dhamma Thālī*, the Vipassana centre in Jaipur, and he looked after the management of *Dhamma Giri* for many years.

He was the mentor of many meditators who went on to become senior teachers in our tradition of Vipassana. He was respected and admired by all who knew him and his advice was sought by many.

Shri Ram Singhji is survived by his wife, Shrimati Jagdish Kumari, also a Vipassana Teacher, and 3 sons and 3 daughters who are all Vipassana meditators.

May he be happy, peaceful and liberated.

### **Vinoba Bhavē's Challenge**

Forty years ago, on his arrival from Myanmar, Goenkaji conducted a Vipassana course at Mahatma Gandhi's Sevagram ashram. All the participants benefited from the course and were happy.

Some of them, who were followers of Gandhiji, invited Goenkaji to Pavanar ashram to meet Vinoba Bhavē, one of the foremost associates of Gandhiji.

Goenkaji had newly arrived in India and was keen to meet saintly people in India. When Goenkaji told Vinobaji that Vipassana eradicates mental defilements, Vinobaji didn't agree. He believed that the mind is purified only by the grace of God. There cannot be a technique for mental purification.

So, he told Goenkaji that he would accept Vipassana gets rid of mental defilements only if it did so in young students and prisoners. Goenkaji readily accepted his challenge.

Vinobaji organized a course in a school run by Samanvay Ashram near Bodh Gaya. At the end of the course, the students gained great benefit. Vinobaji was impressed and happy. However, no course could be organized in prisons. This is because prison rules prohibit outsiders from staying in the prison. However, during a Vipassana course, the teacher has to stay within the course campus and be available to guide the students and deal with any difficulties they may face

throughout the course.

Later, Shri Ram Singhji, Home Secretary of Rajasthan, and his wife Jagdish Kumariji joined a Vipassana course at Jaipur. They greatly appreciated the universal and non-sectarian nature of Vipassana. Ram Singhji felt that this meditation technique would prove to be of great utility in India.

Mindful of Vinobaji's challenge though he had already passed away, Goenkaji requested Ram Singhji to organize a course in a prison and allow him to stay in the prison for the duration of the course. Ram Singhji organized two Vipassana courses in the Central Jail of Jaipur. Both these courses were very successful. These were followed by Vipassana courses in many other prisons in India and abroad. Ultimately, a Vipassana centre was established in Tihar Central Prison. The entire credit for all this goes to Ram Singhji.

### **In Memoriam**

Shri Bachubhai Shah, Vipassana Teacher, passed away peacefully at Navsari on 6 January 2011 at 6 pm. After his first course, which was the hundredth course conducted by Goenkaji, Bachubhai was greatly impressed by this beneficent meditation technique. He persuaded many people, including his family, friends and acquaintances, to join a Vipassana course. He served many courses before being appointed as assistant teacher. Undeterred by heart disease, he served many courses in distant parts of India. Later he was appointed Senior Assistant Teacher and then as Teacher. He conducted many courses at the Nuclear Power Corporation of India, especially at Anumala.

May he be happy, peaceful and liberated.

### **First 10-Day Course at Dhamma Anurādha**

The first 10 Day Vipassana course was at *Dhamma Anurādha* conducted from 16 to 27 December 2010 for 47 bhikkhus. Earlier, *Dhamma Anurādha* was inaugurated with a Sangha Dana for 85 bhikkhus on 16 December. The trust plan to conduct a 10-day course every month and the second course is in progress for 44 students—11 men and 33 women.

The land for *Dhamma Anurādha* was purchased in February 2008 and construction work was started in October 2009.

For more details, contact: *Dhamma Anurādha*, Ichchankulama Wewa Road, Kalattewa, Kurundankulama, Anuradhapura, Sri Lanka. Tel: [94] (25) 222-6959; Contact: Mr. D.H. Henry, Wannithammannawa, Opposite School, Anuradhapura, Sri Lanka. Tel: [94] (25) 222-1887; Mobile. [94] (71) 418-2094. Website: [www.anuradha.dhamma.org](http://www.anuradha.dhamma.org) Email: [info@anuradha.dhamma.org](mailto:info@anuradha.dhamma.org)

### **Third Tamil Vipassana Course in Sri Lanka**

The third ten day course was conducted for the inmates of Senapura Rehabilitation Centre from 2 to 13 January 2011. 52 inmates completed the course and 12 others who had completed previous courses at the rehabilitation centre served the course. The next course will be conducted at Boossa Rehabilitation Centre from 17th January 2011.

## Annual Pilgrimage to the Buddha Sacred Sites

Starting with the winter of 2010-2011, IRCTC, (Indian Railways), will run one of the trips of the **Mahaparinirvan Express, Vipassana Special**, especially for Vipassana meditators.

### Schedule: starts and ends at Delhi

Winter of	Starting Date	Ending Date
2010-11	12 Feb 2011	19 Feb 2011
2011-12 (tentative)	25 Feb 2012	4 Mar 2012

### Tariff: Full Tour of 8 days / Full Fare (infants free, children 5-12 yrs 50%)

Class	Rack Rate		Discounted Rate for Vipassana Special	
	Rs	USD	Rs	USD
1st AC Coupe	55272	1176	43665	930
First AC	48650	1050	38433	830
2 Tier AC	41650	875	32900	690
3 Tier AC	34650	735	27375	580

For information & registration, please visit [www.railtourismindia.com/buddha](http://www.railtourismindia.com/buddha) or contact: Mr. Hemant Sharma, Mobile: [91] 97176-44798, Mr. Izhar Alam, Mobile 97176-35912, IRCTC, Ground Floor, STC Building, 1-Tolstoy Marg, New Delhi 110 001, India.  
Tel: (91) (011) 23701100, 23701101,  
Email: [arunsrivastava@irctc.com](mailto:arunsrivastava@irctc.com), [buddhisttrain@irctc.com](mailto:buddhisttrain@irctc.com)

### Pali Classes at VRI, Dhamma Giri, Igatpuri

**Three-month Pali-English intensive course** will be conducted from 15 May to 15 August 2011. (Western students are required to come to Dhamma Giri on/before 14 May 2011 on student visa only).

**One-month Pali-Hindi intensive course** will be conducted from 13 April to 13 May 2011. (Students are required to come to Dhamma Giri on 11 April 2011.)

**Eligibility:** three 10-day courses and one Satipatthana course; one year regular practice of two hours at home daily; observance of five precepts since last one year; and minimum 12th class pass. Recommendation by Area Teacher or Senior Assistant Teacher is necessary. Last date for submission of forms: 15 March 2011 for one-month Pali-Hindi Course and 31 January 2011 for three-month Pali-English Course.

### Weekend Service Needed as Guides at Global Pagoda

The Global Vipassana Pagoda attracts many visitors, particularly on the weekends. There is a need for Dhamma servers with good communication skills in English and Hindi and can spare time on weekends to guide the visitors. Full orientation will be provided to them on the importance of the Pagoda, the Art Gallery, etc.

Servers who are selected will be provided conveyance and food allowance if needed. To register, contact: Email: [pr@globalpagoda.org](mailto:pr@globalpagoda.org) or Mrs. Rupal Solanki, (022) 3374-7502 or Mr. Vishal Tambe, (022) 3374-7503, 99300-33485.

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Vipassana Newsletter or Patrika is sent to all new students in India free of charge as a special privilege. If you wish to continue receiving privilege copies of the Newsletter or Patrika in 2011, please cut this portion and send it, along with the pasted label on the reverse, to VRI, Patrika Section, Dhamma Giri, Igatpuri 422 403. Otherwise, it will be assumed that you do not wish to receive the Newsletter and further copies will not be sent. You can also choose to become a lifetime or annual subscriber of the Vipassana Newsletter. (Meditators who have already paid the subscription need not send any response.) **Subscribers who are not receiving a copy or have changed their address can also write to the above address.** Annual Subscription: Rs. 30/- (US\$10/- outside India); Life Subscription: Rs. 500/- (US\$100/- outside India) by bank draft, payable at Igatpuri in favour of VRI. Please tick one of the following:

Privilege copies in 2011      Do not send any more copies      Life subscription      Annual Subscription

## New Website on Children's Courses

A new international website has been launched about Anapana meditation courses for children and teens. The site contains information for potential participants, as well as parents and teachers. Also posted are video clips and course dates. Please visit: [www.children.dhamma.org](http://www.children.dhamma.org).

### Mobile Version of International Vipassana Website

Now there are more ways to explore the [www.dhamma.org](http://www.dhamma.org) website. Use your smartphone to visit [www.mobile.dhamma.org](http://www.mobile.dhamma.org). There is a wealth of information about Vipassana, including the worldwide schedule of courses. A Hindi-language version of the website has also been added at [www.hindi.dhamma.org](http://www.hindi.dhamma.org).

### 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 Tipitaka Website: [www.tipitaka.org](http://www.tipitaka.org)

The *Chaṭṭha Saṅgāyana Tipitaka* 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.

### Donations through Core Banking and SWIFT Transfer

Donations to Sayagyi U Ba Khin Memorial Trust (VIA, *Dhamma Giri*, Igatpuri) and VRI can now be remitted from anywhere in India through any branch of the State Bank of India (SBI) under **core banking system**.

Account numbers of State Bank of India, Igatpuri branch:

- 1 Sayagyi U Ba Khin Memorial Trust: 11542160342
- 2 VRI: 11542165646. (Igatpuri Branch Code: 0386)

**Donations from outside India** can be remitted through SWIFT transfer to State Bank of India, Igatpuri Branch, Maharashtra, India. SWIFT Transfer details are as follows:

1. **Sayagyi U Ba Khin Memorial trust:** SBININ BB 528 Branch code 01247 beneficiary Sayagyi U Ba Khin Memorial Trust Account No. 11542160342, Igatpuri branch code: 0386

2. **Vipassana Research Institute (VRI):** SBININ BB 528 Branch code 01247 beneficiary Vipassana Research Institute Account No. 11542165646, Igatpuri branch code: 0386

NB Please inform Accounts Department, *Dhamma Giri*, Igatpuri 422 403, Email: [info@giri.dhamma.org](mailto:info@giri.dhamma.org) about your donation with all relevant details so that the receipt of your donation can be sent to you.

### Children's Courses in Mumbai

To serve children's courses in Mumbai, call 2500-8868 or 2500-6043.

Date	Venue	Age	Registration
20-2	Ghatkopar	10-16 years	18 and 19-2
20-3	Ghatkopar	10-16 years	18 and 19 -3

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

**Course Timings:** 8:30 am to 2:30 pm.

**Registration:** 11 am to 1 pm

Courses are also held every month at the following venues.

Venue	Day	Registration
Dombivili	1st Sunday	98202-71594
Santacruz	2nd Sunday	97570-19946
Chembur	4th Sunday	99690-16885
Airoli	4th Sunday	98923-29410

Courses will be conducted in Hindi.

To register, please call respective numbers.

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

### ADDITIONAL RESPONSIBILITIES

#### Ācaryas:

1. Mr. Mohan Raj Adla, *Hyderabad*

*To assist the area teacher in serving Andhra Pradesh and to serve Dhamma Khetta*

2. Mrs. Sabrina Katakam, *Hyderabad*

*To serve Dhamma Nāgajjuna and to assist in AT training in South India*

### NEW APPOINTMENTS

#### Assistant Teachers

1. Mrs. Jyoti Dineshchandra Deshmukh, *Nagpur*

2. Mr. Jayant Mankar, *Yavatmal*

#### Children's Course Teachers

1. Ms. Petra Rump, *Germany*

2. Ms. Yanny Hin, *USA*

#### 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)

### 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

*Dukhī dekha karuṇā jage, sukhī dekha mana moda;  
Maṅgala mairī se bhare, antasa otaparota.*

Seeing the wretched, may compassion arise;  
seeing the happy, joy;

May the depths of the mind be filled and permeated  
with infinite love and good will.

*Dṛṣya aura adrṣya saba, prāṇī sukhīyā hoṇya;  
Niramala ho, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

Visible or invisible, may all beings be happy;  
Pure-minded, without enmity; may all be freed of ills.

*With much mettā,  
A Vipassana meditator*

*Dasoṇ diṣāoṇ ke sabhī, prāṇī sukhīyā hoṇya;  
Nirabhaya hoṇ, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

In the ten directions, may beings be happy;  
Without fear or enmity, may all be freed of ills.

*Jala ke, thala ke, gagana ke, prāṇī sukhīyā hoṇya;  
Nirabhaya hoṇ, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

Whether of water, earth or sky, may beings be happy;  
Without fear or enmity, may all be freed of ills.

*With best compliments from*

#### MOTILAL BANARSIDASS

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