



WORDS OF DHAMMA

*Anupubbena medhāvī,
thokathokaṃ khaṇe khaṇe;
kammāro rajatasseva,
niddhame malamattano.*

By degrees, little by little,
from moment to moment,
the wise purify themselves,
as a smith purifies silver.

—Dhammapada 239

The Time is Now

Sayagyi U Ba Khin

If you like something there is *lobha*; if you dislike something there is *dosa*; you live between the two.

In order to struggle yourselves free of these you have to concentrate in the way of the Buddha, and when you know *anicca* or when you have *samādhi*, you are free.

But this is quite difficult. The debts of *akusala* (unwholesome) *kamma* we have are very large, and because we can't pay them back, we keep turning round in *samsāra* (round of rebirth).

There is only one time period when it is possible to pay back these debts, and that is when the *sāsana* (the teaching of the Buddha) shines and a *vimutti* [deliverance] period comes up.

When you can grasp this opportunity, grasp it. If you don't grasp this opportunity and with life being as short as it is, you may die and not meet with such a chance again. You lost it.

Therefore, you should use this opportunity as much as possible and understand the Dhamma according to your capabilities wherever you are. I want to give you a warning, however; *sīla* should be the *sīla* the Buddha taught, *samādhi* should be the *samādhi* the Buddha taught and *paññā* should be the *paññā* the Buddha taught.

Only then can you meditate to understand these three trainings clearly and develop in the Dhamma.

Whoever meditates developing in these three trainings of *sīla*, *samādhi* and *paññā*, understanding clearly their purpose, will in this time of *patipatti* (practice of the teaching) and *vimutti* attain the *maggā* (path) and *phala* (fruition) states of *nibbāna*.

* * *

The Buddha said in the *Kālāma Sutta*:
*Do not believe what you have heard;
do not believe in the traditions, because they had
been handed down for generations;
do not believe in anything because it is rumoured
and spoken by many;
do not believe merely because a written statement of
some old sage is produced;
do not believe in conjectures;
do not believe in that as truth to which you have
become attached by habit;
do not believe merely the authority of your teachers
and elders.*

But after observation and analysis, when it agrees with reason and is conducive to the good and gain of one and all, only then accept it and live up to it.

Pray do not, therefore, believe me when I come to the philosophical issues until and unless you are convinced of what I say, either as a sequel to proper reasoning or by means of a practical approach.

To abstain from evil;

To do good;

To purify the mind:

These are the teachings of all the Buddhas.

This extract taken from the *Dhammapada* gives in brief the essence of the Buddha's teaching. It sounds simple but is so difficult to practise. One cannot be a true follower of the Buddha unless he practises the doctrine of Buddha.

The Buddha said:

You, to whom the truths I have perceived have been made known by me, make them your own; practise them, meditate upon them, spread them everywhere; in order that the pure Dhamma may last long and spread for the good and the gain and the welfare of all beings.

Vipassana in Rehabilitation Centres in Sri Lanka

The first ten-day Vipassana course in Triconamadu Rehabilitation Centre was started on 18 February 2011. 65 students joined the course. Ten Dhamma servers from the Senapura Rehabilitation Centre were specially brought to Triconamadu to serve this course.

Though the Triconamadu Rehabilitation Centre was affected by the recent floods, the course venue was unaffected. The next course will start in mid-March. A course for female inmates is also being planned.

Feedback from the course participants:

I lost my brother's death and also lost my mother. My father is a heart patient. Why is this kind of misery happening in my life? I turned to spirituality. I read many books. But it did not satisfy me. I practiced a spiritual programme for 6 months. And then I came to know about Vipassana. I was not able to join the first course but was able to join the second course.

Half of my life has gone. Remaining half will be in the path of Dhamma only. This is my decision. Now I am able to see everything very clearly. No worries about the past, no anxiety about the future. I am really able to live in the present. Vipassana will help me to live a happy and peaceful life. I am ready to serve for the spread of Dhamma. I am very grateful to Sri Goenkaji who brought the message of Buddha from Myanmar where it was preserved for 2500 years, and also all those who have helped to get this Dhamma for us.

I lost my father, mother and brothers in the war. I was very miserable. I also lost my hand. I did not want to live before joining this course.

The teacher explained about the meditation because of which we developed enthusiasm. But after we came to know about the rules and regulations, I was not sure whether I could follow all the rules and regulations. But I needed peace of mind. The teacher told us to observe respiration which I could not understand properly. Therefore, I thought about leaving the course. But I recalled that after starting the course we should not leave the course.

So I strengthened my mind with strong determination and continued the practice. Then I started understanding the technique and became more and more interested in the practice. As I started to continue to practice, I felt different types of sensations and inner peace. I followed the teacher's guidance and continued to practice gained much benefit during the ten days of meditation. The mental defilements such as anger and hatred decreased. Now I do not feel mental agony. I am very happy to have got this opportunity to get out of defilements. All those who are suffering like me, should also get this opportunity and enjoy real happiness in life. All the people living in the world should walk on the path of Dhamma. This technique should be taught to the people of Sri Lanka irrespective of their religious background. I thank the officials, teachers and others for arranging this Vipassana course.

Vipassana Course for Christian Priests and Nuns

A ten-day Vipassana course from 22 May to 2 June 2011 has been organized at Atma Darshan, Andheri, Mumbai for Christian priests and nuns.

For more details, contact: 1. Sr. Regina, Atma Darshan, Off Sher-e-Punjab Bus Stop, Gyan Ashram, Mahakali Caves Road, Andheri (E), Mumbai 400 093. Tel: (022) 2824-2419, 2836-3120; Email: atma@mtnl.net.in 2. Mr. Jayantilal Shah, Tel: Res. (022) 2618 2601, 2614 3999; Off. 2837 0250; Fax: 2837 9337; Email: jsshah@molygraph.com

One-Day Course at Global Vipassana Pagoda

A mega one-day Vipassana course will be conducted at the Global Pagoda in presence of Goenkaji on 17 May 2011, Tuesday (Buddha Purnima).

Registration for the course is compulsory.

Contact for registration:

Mobile no.: 98928-55692, 98928-55945;

Tel: (022) 2845-1170, 3374-7543, 3374-7544

Email registration: oneday@globalpagoda.org

Online registration: www.vridhamma.org

Dhamma Service Needed

Dhamma Pushkar centre is in need of centre manager and assistant manager who can stay at the centre and look after all the work. **Contact:** Pushkar Vipassana Kendra, Dist. Ajmer (Rajasthan) Village Rewat (Kadel) – 305 031
Phone: (0145) 278-0570; Mobile: 94133-0570;

Anil Dhariwal, 98290-28275; Email corporate@toshcon.com

Workshops for Assistant Teachers

The Central Zone AT workshop will be held at *Dhamma Giri* from 15 (morning) to 18 August 2011. ATs are requested to arrive at *Dhamma Giri* on 14 August, if possible.

The AT workshop at *Dhamma Thali* will be held from 2 to 6 December, 2011.

The AT workshop at *Dhamma Lakkhana*, Lucknow centre will be held from 1 to 5 August. A Dhamma pilgrimage will be organized for the participants of the AT workshop from 6 to 14 August. Those wishing to join the pilgrimage are requested to inform the centre in advance.

Vipassana Courses for Burmese Expatriates

Since 2005, the spread of Dhamma among Burmese expatriates has been progressing steadily in Singapore, California (USA), Canada, UK, Thailand, Malaysia and Hong Kong.

Burmese/English bilingual courses have been organized annually in California at *Dhamma Mahavana* since 2006 and in Singapore since 2008.

In other courses, the Burmese mediators who participated on regular local courses were guided separately by Burmese assistant teachers using bilingual Burmese/English instructions and discourses.

This year three Burmese/English bilingual courses are scheduled in USA and two in Canada as follows:

June 8-19 *Dhamma Torana* Ontario Canada

www.torana.dhamma.org

June 22-July 3 *Dhamma Dhara* Mass. USA

www.dhara.dhamma.org

July 6-17 *Dhamma Mahavana* California USA

www.mahavana.dhamma.org

July 20-31 *Dhamma Vaddhana* S. California USA

www.vaddhana.dhamma.org

Aug 17-28 *Dhamma Surabhi* BC Canada

www.surabhi.dhamma.org

Those who wish to join these courses or serve may apply directly to the respective centres.

Mobile Version of International Vipassana Website

Now there are more ways to explore the www.dhamma.org website. Use your smartphone to visit 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.

Global Vipassana Pagoda Projects

The Global Vipassana Pagoda requires the service of committed Vipassana meditators for various infrastructure and beautification projects.

Mechanical, Electrician & Plumbing Manager – 8 to 10 years experience in Project Management Plant / Site Management having deal with Mechanical Electrical & Plumbing requirements on large site.

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 and 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.

Liaison & PR Officer – A Graduate / Post Graduate with 10 years experience in Liaison field with various Government Agencies with additional experience in PR activities.

Benefits - Opportunity to contribute to this unique project, regular meditation practice, right livelihood, good remuneration package, food for all, and accommodation for deserving candidates.

Contact: General Manager, GVF, Global Vipassana Pagoda, Next to Esselworld, Gorai Village, Borivali (West) Mumbai 400 091. Tel: (022), 28451181, 28451204

Email: gvf.hrdept@gmail.com

Website: www.globalpagoda.org

Weekend Service Needed as Guides at Global Pagoda

The Global Vipassana Pagoda attracts many visitors, particularly on weekends. There is a need for Dhamma servers with good communications skills in English and Hindi who 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, email pr@globalpagoda.org or contact Mrs. Rupal Solanki, (022) 33747502 or Mr. Vishal Tambe, (022) 3374-7503, 99300-33485.

In Memoriam

Mr. Ashok Ghirnikar, Vipassana Teacher, passed away on 26 February 2011 in Mumbai at the age of 68. He sat his first Vipassana course in 1985 and sat and served many courses thereafter. He was appointed as assistant teacher in 1997 and as Vipassana teacher in 2007. He conducted many courses in different parts of India. He developed a rare disease called myasthenia gravis in May 2009. In spite of his illness, he continued to sit and serve courses. He conducted his last course in May 2010 and attended his last course at *Dhamma Giri* in January this year. He is survived by his wife, Mrs. Vaishali Ghirnikar, who is also a Vipassana teacher.

May he be happy, peaceful and liberated.

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
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 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: arunsvastava@irctc.com, 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.

Vipassana Websites

Vipassana introduction: www.dhamma.org

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

Dhamma Giri: www.vri.dhamma.org

Indian Vipassana centres and schedule of courses, etc.

Pali Tipitaka Website: 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

Information about Vipassana courses in prisons.

Global Vipassana Pagoda: www.globalpagoda.org

Updated information about the Global Vipassana Pagoda.

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

One Day Children's meditation courses in Mumbai - 2011

Date	Course site	Age range
17-4	Ghatkopar	10-16 years
24-4	Goregaon	9 -16 years
15-5	Ghatkopar	10-16 years
22-5	Goregaon	9-16 years
19-6	Ghatkopar	10-16 years
20 to 22-5	Residential course for boys and girls	10-16 years

Course Timing: 8:30 am to 2:30 pm

Registration Timings: 11 am to 1 pm on the specified numbers for each location.

For residential course, registration will start only after 15 April.

Course Venues:

Ghatkopar: SNDT School, New Building, Cama Lane, Ghatkopar West, Opp Vidyut Society, Mumbai 400086 Tel: 25011096, 25162505.

Goregaon: Siddharth Hospital, Goregaon (W).

Tel 2624-2025 (only sms to 98690-23884).

Courses are also held regularly at the following areas of Mumbai. Please call on the respective numbers to confirm if course is being held on that date and also for registration and other information.

Venue Day Information & Registration

Sanpada	1st Sunday	98694-05600
Dombivili	1st Sunday	98202-71594
Chembur	4th Sunday	99690-16885
Airoli	4th Sunday	98923-29410

[NB *Please bring cushion. *Please register on the specified phone numbers. If you are unable to attend after registration, please inform in advance. *Please arrive on time for the course.]

NEW RESPONSIBILITIES

Ācaryas:

Mr. Raj Ratna Dhakhwa, *Nepal*, To serve production of all teaching materials and central archives in *Nepal*

Senior Assistant Teachers

- & 2. Mr. Rushikant & Mrs. Minaxi Mehta, *Ahmedabad*
- Mr. Purushottamdas Patel, *Ahmedabad*
- & 5. Mr. Upendrakumar & Mrs. Urvasi Patel, *Mehsana*
- & 7. Mr. Dinesh & Mrs. Shobhana Shah, *Ahmedabad*
- & 9. Dr. Maung Maung Aye & Daw Yi Yi Win, *Myanmar*
- Daw Yin Hla, *Myanmar*
- U Thein Htwe, *Myanmar*
- & 13. U San Lwin & Daw Tin Tin Naing, *Myanmar*
- Daw Aye Myint, *Myanmar*
- Daw Hla Myint, *Myanmar*
- Daw Hla Hla Myint, *Myanmar*
- Dr. U Thein Tun, *Myanmar*
- Daw Nyo Nyo Win, *Myanmar*

NEW APPOINTMENTS

Assistant Teachers

- Mr. Man Raghbir Singh Maan, *Nanded*
- Mr. Sushil Mansinghka, *Aurangabad*
- Mr. Ravi Saxena, *Mumbai*
- Mrs. Seema Sharma, *New Delhi*
- Ms. Alicia Vispo, *Spain*

Children's Course Teachers

Mrs. Ratnamala Gautam Bhav *Nanded*

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

Āo logoṇ jagata ke, caleṇ dharama ke pantha;
Isa patha calate jñānī jana, isa patha calate santa.
Come, people of the world! Let us walk the path of Dhamma;
On this path, walk the wise ones, on this path, walk the saints.

Dharama pantha hī sānti patha, dharama pantha sukha pantha;
dharama pantha para jo cale, maṅgala jage ananta.
The path of Dhamma is the path of peace,
the path of Dhamma is the path of happiness;
Whoever walks on this path finds infinite well-being.

With much mettā,
A Vipassana meditator

Dharama na hindū bauddha hai, dharama na muslima jaina;
dharama citta kī śuddhatā, dharama sānti sukha caina.
Dhamma is not Hindu or Buddhist, not Muslim or Jain;
Dhamma is purity of mind, peace, happiness, serenity.

Dharama dharama to saba kaheṇ, dharama na samajhe koya;
niramala mana kā ācarāṇa, śuddha dharama hai soya.
Everyone talks about Dhamma but no one understands it.
Practicing purity of mind—this is true Dhamma.

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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