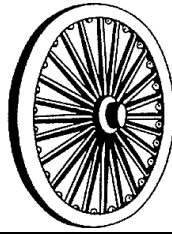


# Vipassana



# Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

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## WORDS OF DHAMMA

*Appamatto pamattesu,  
suttesu bahujāgaro;  
abalassaṇva sīghasso,  
hitvā yāti sumedhaso.*

Heedful among the heedless,  
wakeful among the slumbering;  
the wise one forges ahead, as a swift steed  
outstrips a horse of lesser strength.

—Dhammapada 29

## Questions and Answers with S. N. Goenka

*(The following is from **The Gracious Flow of Dharma**, published by VRI.)*

*Question: How can we avoid karma?*

Goenkaji: Be the master of your own mind. The whole technique teaches you how to become your own master. If you are not the master of your mind, then because of the old habit pattern, you will keep on performing those actions, that karma, which you don't want to perform. Intellectually you understand: "I should not perform these actions." Yet you still perform them, because you do not have mastery over your mind. This technique will help you to become the master of your own mind.

*Question: How can a truly Dharmic person face this adharmic world?*

Goenkaji: Don't try to change the adharmic world. Try to change the adharma in yourself, the way in which you are reacting and making yourself miserable. As I said, when somebody is abusing you, understand that this person is miserable. It is the problem of that person. Why make it your problem? Why start generating anger and becoming miserable? Doing that means you are not your own master, you are that person's slave; whenever that person wants to, he can make you miserable. You are the slave of someone else who is a miserable person. You have not understood Dharma. Be your own master and you can live a Dharmic life in spite of the adharmic situations all around.

*Question: What is the ultimate goal of life? That is, what does all this harmony lead to?*

Goenkaji: The ultimate life, the ultimate goal, is here and now. If you keep looking for something in the future but you don't gain anything now, this is a delusion. If you have started experiencing peace and harmony now, then there is every likelihood that you will reach the goal, which is nothing but peace and

harmony. So experience it now, at this moment. Then you are really on the right path.

*Question: What is the Dharma of ātma, soul?*

Goenkaji: Observe yourself and you will find what is happening inside. What you call "soul," what you call *ātma*, you will notice, is just a reacting mind, a certain part of the mind. Yet you remain under the illusion that: "This is 'I.' See, this is 'I,' this is 'I.'" This illusion of 'I' will go away, and then the reaction will go away, and you will be liberated from your misery. This does not happen by accepting philosophical beliefs.

*Q: How to deal with insomnia?*

A: Vipassana will help you. When people can't sleep properly, if they lie down and observe respiration or sensations, they can get sound sleep. Practise. Try, and you will find that it is very helpful.

*Question: Some people have impurities, but they feel happy and don't look miserable. Please explain.*

Goenkaji: You have not entered the minds of these people. A person may have a lot of money, and others may feel: "Such a happy person. Look, he has so much wealth." But what you don't know is that this person can't get sound sleep; he has to use sleeping pills—a very miserable person. You can know for yourself how miserable you are, going deep inside. You can't understand at the external level by seeing somebody's face whether he or she is miserable or happy. The misery lies deep inside.

*Question: Is there any shorter way?*

Goenkaji: I would say this is the shortest way. You have to change your habit pattern; you have to go to the root of your problem. And the root of problem is inside, not outside. If you learn how to take a dip inside, if you start changing things at the root level, this is the shortest way for you to come out of your misery.

### One-Day Course at Global Vipassana Pagoda

A mega one-day Vipassana course will be conducted at the Global Vipassana 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](mailto:oneday@globalpagoda.org)

Online registration: [www.vridhamma.org](http://www.vridhamma.org)

### New Vipassana Centre at Churu, Rajasthan

Rajasthan's fourth Vipassana centre became operational at Churu in March 2011.

A meditation hall seating 80 meditators, AT residences, three residential blocks comprising 30 rooms, Goenkaji's residence, a 32-cell pagoda complex and dining halls are fast nearing completion on a ten-acre plot near Churu. Goenkaji has named it *Dhamma Pabbaja*.

The first 3-day course with 11 old meditators was successfully hosted from 14 to 17 March 2011 and the first ten-day course is scheduled from 22 March to 2 April.

*Dhamma Pabbaja* needs a centre manager, a course manager and other Dhamma servers. Contact: 941315-7056 or email: [dhammapabbaja@gmail.com](mailto:dhammapabbaja@gmail.com).

### Workshops for Assistant Teachers

The following AT workshops have been scheduled in India in 2011:

1. 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.
2. The AT workshop at *Dhamma Lakkhana*, Lucknow centre will be held from 1 to 5 August 2011. 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.
3. The AT workshop in South India will be held at *Dhamma Paphulla*, Bangalore Vipassana centre from 28 June (5 pm) to 3 July (1 pm). All the sessions will be conducted mainly in English. For registration, please contact Archana & Uday Sekhar, Tel: 94805-81708, (080) 2671-1532; Email: [from.archana@gmail.com](mailto:from.archana@gmail.com)
4. The AT workshop at *Dhamma Thali* will be held from 2 to 6 December, 2011.

### Vipassana Course for Christian Priests and Nuns

A ten-day Vipassana course has been organized from 22 May to 2 June 2011 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](mailto:atma@mtnl.net.in)

2. Mr. Jayantilal Shah, Tel: Res. (022) 2618-2601; Mobile: (0)98196-60625; Off. 2821-9292, 2821-9298; Email: [jsshah@molygraph.com](mailto:jsshah@molygraph.com)

### Centre Manager Needed at Pune Vipassana Centre

*Dhammānanda*, Pune Vipassana centre (Markal, near Pune) needs a server who can manage courses as well as centre activities. Meditators with appropriate experience in both areas may email their applications with all relevant details to [info@ananda.dhamma.org](mailto:info@ananda.dhamma.org).

### Vipassana in Israel

One year has passed since the Israel Vipassana Trust acquired land for its future centre, *Dhamma Pamoda*. In the past year, the Center Development Committee has worked hard with architects and consultants to finalize the centre master plan, and recently applied for the necessary building permits. Meanwhile, a team of old students found a new long-term rental site where courses can be held until *Dhamma Pamoda* is ready. Amazingly, this is within walking distance of the future centre. Centralizing Vipassana activities in one area will make the work much easier. And there will be more and more meditation taking place on the centre land itself.

Old students have already built a temporary Dhamma hall on the land, used for group sittings outside of the rainy season. In January we held a half-day sitting for around 150 meditators.

Quite a few old students live in the area and it is likely that many more will move to be closer to the focus of meditation activities. Already, the rental site has held a three-day course for old students and two ten-day courses. Plans are to organize tours of the future centre site for meditators at the end of every course.

The Trust has only a fraction of the funds needed for Phase 1 of construction, which will provide accommodation for 72 students. Nevertheless, it is moving forward with the aim of starting work in August 2011. The momentum is strong and hopes are high that *Dhamma Pamoda* will soon be ready to conduct .

For more information, visit: [www.pamoda.dhamma.org](http://www.pamoda.dhamma.org) (username: oldstudent; password: behappy)

### Managers Needed at Pushkar centre

*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](mailto:corporate@toshcon.com)

### In Memoriam

Vipassana Teacher Shri Ram Avadh Verma passed away on the first of April in Mandalay at the age of 66. He had gone to Myanmar to conduct courses and became ill suddenly while travelling between two courses.

Vermaji was one of the earliest assistant teachers to be appointed by Goenkaji.

Though of Indian descent, he was born and brought up in Myanmar and therefore was fluent in Myanmar (Burmese). His service to Dhamma can be measured by the material sacrifice he made in his life. He resigned from a permanent and lucrative government job in 1995 without caring for promotion and pension to serve at VRI, mainly translating Burmese Dhamma books into Hindi.

His sincerity, dedication, discipline and scholarship made it possible for many books to be translated from Burmese to Hindi. As a Vipassana teacher he conducted several courses in India and in Myanmar—the country of his birth where he breathed his last.

In addition, since 2006, he served as a vital link between the Indian teachers, trustees and servers and the Burmese artists-artisans at the Global Vipassana Pagoda.

He is survived by his wife, Susheela, who is also a Vipassana teacher.

May he be happy, peaceful and liberated.

### Dhamma Service at Global Vipassana Pagoda

The Vipassana Global Pagoda is implementing various infrastructure and beautification projects and requires the service of committed Vipassana meditators in the following areas:

**Mechanical, Electrician & Plumbing Manager** – 8 to 10 years experience in project management plant or site management having deal with mechanical electrical and plumbing requirements on large site.

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

**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, Borivali (W) Mumbai 400 091.

Tel: (022) 3374-7501, 2845-1204;

Email: [hr@globalpagoda.org](mailto:hr@globalpagoda.org),

Website: [www.globalpagoda.org](http://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](mailto:pr@globalpagoda.org) or contact Mrs. Rupal Solanki, (022) 3374-7502 or Mr. Vishal Tambe, (022) 3374-7503, 99300-33485.

### 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, free e-books, VRI newsletter archives, 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.

### 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.

### 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](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 or 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.

### 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](http://www.vridhamma.org/Newsletter_Home.aspx)

### 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).

**NOTE:** Vipassana Newsletter and Patrika subscribers whose mailing address has changed are requested to send both their old and new addresses to: The Newsletter Section, VRI, *Dhamma Giri*, Igatpuri 422 403. Please mention the computer code number printed above the subscriber name in the address label in all correspondence about non-receipt of newsletters, change in address,

receipt of extra copies, change in language, etc.

**WPP POSTAL LICENCE NUMBER – AR/Techno/WPP-04/2009-2011 Registered NO. NSK/39/2009-2011**

### Children's Meditation Courses in Mumbai

**Course Timing:** 8:30 am to 2:30 pm. **Registration Timings:** 11 am to 1 pm on the specified numbers and dates for each location.

**Course Venues: Ghatkopar:** SNTD School, New Building, Cama Lane, Ghatkopar West, Opp Vidyut Society, Mumbai 400086. Tel: 25011096, 25162505. **Goregaon:** Siddharth Hospital, Goregaon (W). Registration will be done on specified dates only. Tel: 2624-2025 (or sms to 98690-23884).

Date	Course site	Age (years)	Registration
24-4	Goregaon	9-16	21 & 22-4
15-5	Ghatkopar	10-16	12 & 13-5
22-5	Goregaon	9-16	19 & 20-5
19-6	Residential course (boys and girls)	10-16	9 to 15-5
19-6	Ghatkopar	10-16	16 & 17-6

Courses are also held regularly at the following areas of Mumbai. Please call on the respective numbers two days in advance to confirm the course and for registration.

Venue	Day	Registration Nos.
Sanpada	First Sundays	98694-05600
Dombivili	First Sundays	98202-71594
Chembur	Fourth Sundays	98690-16885
Airoli	Fourth Sundays	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:

1. Mr. Mohanlal Agrawal, Akola  
To serve Dhamma Anakula, Akola and Buldhana districts
2. Mr. Namdeo Dongre, Nagpur  
To serve Yavatmal district including Dhamma Malla
3. Mr. Ashok Pawar, Nashik  
To assist in AT training in Maharashtra
4. & 5. Mr. Klaus & Mrs. Edith Nothnagel, Germany  
Spread of Dhamma

#### Senior Assistant Teachers:

1. Mr. Abhijit Bhabhe, Mumbai
2. & 3. Mr. Raj Kumar Singh & Mrs. Sarojini Chauhan, Fatehpur
4. Mr. Prakash Laddha, Nashik
5. Mrs. Kanchen Leal, UK/India
6. Mr. Mannilal Yadav, Fatehpur
7. Ms. Veronika Gruber, Canada
8. & 9. Mr. David & Mrs. Line Lander, Germany

### NEW APPOINTMENTS

#### Assistant Teachers:

Mr. Daniel Erasmus, South Africa

#### Children's Course Teachers:

1. & 2. Mr. Punit & Mrs. Reepa Buddhbhatti, Kutch
3. Mrs. Prerana Choudhary, Thane
4. Mrs. Kiran Gawli, Bangalore
5. Mrs. R. V. Jayamani, Bangalore
6. Mrs. Surekha Kumthekar, Kutch
7. Dr. (Mrs.) Janakben Mehta, Kutch
8. Mr. Paras Mehta, Mumbai
9. Mrs. Rasila Raychanda, Kutch
10. Mr. Yogesh Tripathi, Kutch
11. Mr. Yacob G. Medhin Shenkute, Ethiopia
12. Ms. Arsema Andargatchew Tesfaye, Ethiopia

### DHAMMA DOHAS

Āte jāte sānsa para, rahe niranantara dhyāna;  
karṇe ke bandhana kateṇ, hoye parama kalyāṇa.  
In-breath, out-breath—maintain unbroken awareness;  
the knots of kamma will be sundered,  
leading to the highest welfare.

Sānsa dekhate dekhate, satya pragaṭatā jāya;  
satya dekhate dekhate, parama satya dikha jāya.  
As you observe breath after breath,  
the truth reveals itself;  
observing truth after truth,  
you come to the ultimate truth.

With much mettā,  
A Vipassana meditator

Dharama na mīthyā mānyatā, dharama na mīthyācāra;  
dharama na mīthyā kalpanā, dharama satya kā sāra.  
Dhamma is not blind belief, Dhamma is not wrong action,  
Dhamma is not false imagining; Dhamma is the essence of truth.

Ḳṣaṇa Ḳṣaṇa Ḳṣaṇa Ḳṣaṇa bītatāṇ, jīvana bītyo jāya;  
Ḳṣaṇa Ḳṣaṇa ko upayoga kara, bītyo Ḳṣaṇa nahīṇ āya.  
Moment after moment after moment, life keeps slipping by;  
make use of every moment; the past moment will never return.

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

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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