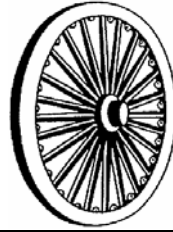


Vipassana



Newsletter

In the tradition of Sayagi U Ba Khin, as

taught by S. N. Goenka

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WORDS OF DHAMMA

*Idha nandati pecca nandati,
katapuñño ubhayattha nandati;
“puññaṃ me katan”ti nandati,
bhiyyo nandati suggaṭṭi gato.*

— Dhammapada 18, Yamakavaggo

Here he is happy, hereafter he is happy. In both states the well-doer is happy. “Good have I done” (thinking thus), he is happy. Furthermore, is he happy, having gone to a blissful state.

The Celestial body of Sayagi U Ba Khin

Dear Meditators,

Feeling deep gratitude for him may we firmly resolve to immortalize the glorious body of good work done by the man of the era – the Buddha to be! Not just today, but for centuries the future generations of Vipassana meditators will not forget his benevolence. So long as we remember the Sākyamuni Buddha, may we also remember the limitless benevolent kindness of this Buddha-son and may he keep on shining brightly in the firmament of our memory!

How can we forget the **Sākyamuni Buddha**, who bore so many hardships for eons and eons to fulfill his ten Pāramitās, who finally emerged as a winner /victor, having discovered the technique of Vipassana meditation and who then taught it generously to people so that we could learn it!

We will never forget the benevolence of Myanmar, where through the teacher – pupil tradition, not only the original words of the Buddha were kept alive, but also the technique of practicing Vipassana - the greatest gift to mankind by the Thatāgata - was kept safe in its purest form by the saints of this land.

We also express our infinite gratitude to the **Reverend Monk Ledi Sayadaw**, who not only made accessible to us the tradition of Vipassana which had been kept in its purest form by the monks for centuries, but also trained a lay teacher to do the same.

We express our deep gratitude to the first lay teacher **Saya Thet Gyi** who carried out this responsibility in an exemplary way. His example reassured people that a householder could also successfully take on the role of a Vipassana Teacher full of Metta.

And then what to speak of his eminent disciple **Sayagi U Ba Khin!** It has been due to his indomitable spirit and magnificent dhamma-impetus that this liberating knowledge was received by us all. Vipassana, which had been lost for centuries, was discovered by **Yoginām chakravartī** Sākyamuni **Siddhārtha Gotama**, not just for himself but for the welfare of many. But it was lost again within a few centuries, not only from India -the country of its origin - but also from everywhere else, except from the Golden Land of Myanmar. How strong was Sayagi’s faith in the old belief that this age-old Vipassana will again go back to its country of origin! He kept saying that the gong of the reawakening of the Vipassana has been sounded! And soon it will go back to the country of its origin! There are now in India many with great stock of Pāramitās who will unhesitatingly accept and welcome it and then it will spread in the whole world, like a blazing light piercing the widespread darkness of ignorance for the great welfare of the universe.

He used to say that Myanmar is indebted to India for the technique of Vipassana received centuries back. It now has to repay its debt; Vipassana now has to be returned to India. Though he himself wanted to come and do this pious job, he could not do it as he could not come here. Although he was unable to come here physically, his celestial body surely came with his Dhamma-son and helped in accomplishing his Dhamma-mission.

Let there be no illusion in the minds of the Vipassana meditators that they have received this invaluable knowledge from one Goenka. Goenka is only a medium! In reality, they have received Vipassana from Sayagi U Ba Khin. Since the first course conducted by Goenka after coming to India in July 1969 till now, he has kept on announcing this fact in every course held and this will be so in all future courses to come! The following dhamma words echo and re-echo in all the courses when Ānāpāna is given to the meditators—

“Guruvara! Teri or se deum dharama kā dāna.”....

Respected Teacher! On your behalf I give this Dhamma-dāna.

And similarly while giving Vipassana--

“Guruvara! Teri or se deum dharama kā dāna.”....

Respected Teacher! On your behalf as your representative I give this Dhamma-dāna

And after Metta when the course comes to an end, after coming back to his residence –

“Guruvara! Tero Puṇya hai, tero hi pratāpa,

Logam ne bantyo dharama, dūra karana bhavatāpa.”

Guruvar! It is by virtue of your merit, and magnificence that I keep distributing dhamma to people, to remove their pain of moving in the cycle of birth and death.

Other assistant teachers also play the same tapes to conduct courses and not only the teachers of present generation, but also all the teachers of the future generation will play these tapes to conduct courses. So it is clear that the true credit for returning Vipassana to India and spreading it thence around the world goes to the Respected Teacher Sayagi U Ba Khin and him only. How can any Vipassana meditator forget his benevolent help!

It is a historical fact that Vipassana would not have survived without Myanmar. Without Vipassana there would not have been Ledi Sayadaw. Without Ledi Sayadaw, there would not have been Saya Thet Gyi. Without Saya Thet Gyi there would not have been Sayagi U Ba Khin. And without Sayagi U Ba Khin, how could there be a Goenka? Goenka is just the Dhamma-child of Sayagi. If the strong dhamma-impetus to repay the old debt to India and also the pious desire to spread Vipassana not only in India but the whole world over had not arisen in the compassionate mind of Sayagi U Ba Khin, then how would all this have been done? This great householder saint has been a strong motivating force in

the revival and spread of Dhamma in the second Sāsana. How can we repay this debt today! Truly –

Roma roma krutagya huā, riṇa na cukāyā jāya.

Every fiber of my being feels grateful to him, how can we pay back the debt?

The very first meaningful way to be free of this debt is – **jīyen jivana dharama kā!** Is to lead a life of Dhamma

On the sacred occasion of Āṣāḍha Pūrṇimā, may all Vipassana meditators strongly resolve to lead a life of Dhamma. We are all disciples of Sayagyi U Ba Khin and we should all keep his glory unimpaired. Walking resolutely on the path of Dhamma, as we work out our own salvation, we should also be instrumental in helping others to work out their own salvation. Seeing our Dhammic life style faith will arise in those who have no faith in Vipassana, and those who have faith, their faith will grow. In this way, by spreading Vipassana, we will widen the path for a great number of people to walk on it, and work for their welfare.

It is by virtue of the strength of Rev. **Sayagyi U Ba Khin's incomparable Mettā** that Vipassana is firmly established here. People from all classes of society and sects have willingly accepted the teachings in India. In over one hundred small and large countries across all the six continents in the world people have unhesitatingly accepted and benefitted from it.

While I do not wish to undervalue all that has been done in this short period, what remains to be done is undoubtedly a lot more. Considering all that has been accomplished as the basis let us all be prepared now for the all round development of Vipassana the world over. On this auspicious occasion, let us determinedly apply ourselves for the completion of the following projects so that a lush green future for Vipassana can be heralded to materialize the dreams of Sayagyi U Ba Khin.

- May all the centres that have been established till now in India and in the world be fully developed and may those under construction be completed as soon as possible so that more and more people can benefit from them.
- More than 600 meditators are accommodated in every 10 -day course in the Vipassana International Centre at Dhammagiri. And yet, many more have to wait for months. Lack of space makes it difficult to conduct 20, 30 and 45- day courses simultaneously with the 10–day courses. Finally it was decided that only 10-day courses would be conducted in Dhammagiri. Dhamma **Tapovana 1** and **Dhamma Tapovana 2**, two new centres were established in the vicinity of Dhamma Giri to conduct 20, 30, 45 and 60 day courses. May these centres be completed so that serious meditators can avail themselves of all the facilities such as single accommodation and cells for long term and solitary meditation. This will enable serious meditators to practice deep meditation and get maximum benefits.
- In order that more and more people can benefit from Vipassana, not only in established Vipassana centres but also in gypsy camps held in many countries may such gypsy camps be conducted in more and more places so that even more people can benefit from Vipassana.
- The Vipassana courses conducted in the prisons of India, Nepal, Thailand, England and America have played an important role in improving lives of prisoners. May such courses keep growing in these countries and may they be started in more countries as soon as possible.
- Very beneficial Vipassana courses were conducted in India and Nepal for the visually impaired. May such courses be conducted not only in these countries, but also in other countries.
- Courses were conducted in India for leprosy patients bringing about an improvement in their attitude to life. They did not suffer from inferiority complex as much as they did in the past. Vipassana brought smiles on their faces. May such successful

courses be arranged so that the lepers can sit and derive benefit from Vipassana.

- Those addicted to gambling, tobacco and other intoxicants have become free of their habits by the practise of Vipassana. Those badly addicted to drugs also became free of their addictions. With the help of the Government in Switzerland and Australia a lot of work has been done in this direction. A lot more still needs to be done in this field. This humanitarian work should be encouraged everywhere.
- In India and other countries thousands of students from the elementary to high school level and college students have benefitted from Ānāpāna and Vipassana respectively. Many more such programmes should be arranged so that future generations of mankind can live together in peace and harmony.
- **MITRA Upakram:** In addition, the Maharashtra Government has started a plan through which the teachers of all the Government schools are given Vipassana and the students are given Ānāpāna. Teachers are given paid leave to participate in the courses so that not only will they themselves benefit from this knowledge but they will also be more successful in encouraging the students to do Ānāpāna. In this manner, hundreds of thousands of people have been benefitted. This plan should be further extended.
- In India, and especially in the city of Mumbai, the poor destitute children living on the roads were also successfully given training in Ānāpāna. This should also be continued.
- Paṭipatti (practice of Vipassana)-is the practical aspect of true Dhamma. The Vipassana Research Institute, which was established to bring out the Pariyatti i.e. the theoretical aspect of Dhamma, has achieved significant success in this field. The main Pāli Tipiṭaka, along with Aṭṭhakathās, Tīkā and Anuṭīkā and many other books have been recorded in a small compact disc. All other rare Pāli books that were available have also been added to this. The publication of these works in the form of books should be advanced at satisfactory speed.
- In the same manner the commendable work of recording the whole religious scriptures in Sanskrit has been started. It is important that the same be completed soon. This will enable research work to be done seriously, which will throw light on the reasons behind the benevolent Vipassana and all related literature disappearing from this country. Being aware of such dangers in the future, the literature and knowledge of Vipassana, which has returned to the country, should be safeguarded forever. This will fulfill the solemn wish of Sayagyi which was– “**ciraṃ tiṭṭhatu saddhammo.**” –Long live Dhamma. This work should not under any circumstances be done by generating any kind of ill-will towards any other community. Only the absolute truth should be discovered. Especially so, because Rev. Gurudeva always was in favour of “**Satyameva Jayate!**” –Truth will prevail. These words were inscribed in Burmese on the back of his chair. (Cont. in next issue)

And this was really the pure Dhamma wish of Reverend Gurudeva, **Sayagyi U Ba Khin**. Come, let us do our best to see that all projects mentioned above are completed. Let us also work sincerely for our own welfare and be instrumental in the welfare of one and all!

Kalyāṇmitra,
S. N. Goenka



Seven Wonders of Maharashtra

On 6th June 2013, the Global Vipassana Pagoda was named one of the "Seven Wonders of Maharashtra" by **ABP Majha**, a Marathi news channel, in partnership with Maharashtra Tourism Development Corporation (MTDC); after they reviewed 350 destinations. The results of this venture were declared evening on 6th June 2013



Auspicious loving-kindness of respected Gurudev & Mataji on the day of Buddha-pūrṇimā at G.V. Pagoda

In the august presence of venerable Gurudev & Mataji an extensive one-day **mega course** of Global Vipassana Pagoda was successfully conducted in the last month, on May 25th. About 4000-5000 persons who assembled to hear the open preaching that started at 3 P.M. were immensely pleased with Venerable Gurudev's auspicious loving-kindness.



Vipassana Counselling & Research Centre

VCRC-Mumbai is serving as the in-house Vipassana Resource Centre of Municipal Corporation of Greater Mumbai, and is managed by MCGM in collaboration with Vipassana Research Institute, at the site of Department of Psychological Medicine, Siddharth Municipal General Hospital, Shastri Nagar, Goregaon (W), Mumbai-400104. [Tel: 28766885/86 Ext. 219; Time: 10am-1pm]

The Services being offered currently are:

[A] For Vipassana Meditators:

- (1) "Practice by Oneself" on Working Days: 9.30am-11.30am;
- (2) "1-Hr Group Sitting" on Sundays: 8.30am-9.30am;
- (3) "1-Day Course" on First Sundays: 10.30am-5.30pm;

[B] "Mini-Anapana Course for All" on Second Sundays: 9.30am-10.30am;

[C] "1-Day Anapana Course for Children" on Third Sundays: 8.30am-2.30pm;

[D] "Meeting of Dhamma Volunteers" on Fourth Sundays: 9.30am-10.30am;



ADDITIONAL RESPONSIBILITY Teachers

1. Mr. Prakash & Mrs. Shubhangi Borse, To serve as Co-Ordinator Area Teacher for Dhule, Jalgaon, and Nandurbar.

2. Ms. Floh Lehmann, Germany, To serve as Co-Ordinator Area Teacher for Entire Europe

Senior Assistant Teachers
Mrs. Sharda Jain, To assist Centre Teacher in serving Dhamma Paphulla

New RESPONSIBILITY Senior Assistant Teachers

1. Mrs. Prema Sarada, Aurangabad
2. Mr. Ramesh Jain, Aurangabad
3. Mr. Pundlik Ahire, Kalyan
4. Mr. Ashok Babhale, New Mumbai, To assist Centre Teacher in serving Dhamma Vipula

NEW APPOINTMENTS Assistant Teachers

1. Mr. Ramchandra Sinha,

2. Mr. Aniruddh Koche, Raipur

3. Mr. Anupong Thepwarin, Thailand

4-5. Mr. Chong-Kwang Tay & Mrs. Hoy Yang Pang, Malaysia

6. Mrs. Motoko Sunaga, Japan

7. Mr. Etsuo Takeuchi, Japan

8. Ms. Nin Thong-Innate, Thailand

9. Mrs. Radhi Raja, Singapore

10. Mr. Kumar Pandian, Jaipur

11. Mrs. Nirmala Patel, Aurangabad

12. Mr. Gilles Goulet, Canada

13. Mrs. Kusuma Rathnasekava, Sri Lanka

5. Mrs. Chandra Hulanganuwa, Sri Lanka

14. Ms. Suzanne Bridgewater, UK

15. Mr. Davide Reale, Italy

16. Ms. Vipa Pintusophon, Hong Kong

Children's Course Teachers

1. Mr Haridas Ragari, Nashik

2. Mrs Eva Dysonko / Mei Wa Eva, Hong Kong

3. Mr Erwin Kosasih, Singapore

4. Mr Urosin Candrian, Switzerland

5. Ms. Kyung Ju Ha, Switzerland

Important Information

My dear Dhamma sons and daughters!

My Profound Metta to all of you!

I am very happy to learn, time to time, news of various Dhamma activities being carried out in various parts of the world.

I have now reached my 90th year, and my age has started affecting my health. At the same time, in recent years day to day Dhamma work administration has substantially increased. I would like to reduce my administrative workload so that I can concentrate on important Dhamma work, while still keeping in touch with my dear Dhamma-sons and daughters.

I therefore have decided to delegate certain responsibilities e.g.:

- approving requests from Acharyas for the appointment of Assistant Teachers and Senior Assistant Teachers; and
- approving the establishment of new centres.
- Replying to letters.

The individuals I have selected for these responsibilities are authorized to take appropriate decisions, referring to me only when they need my advice. They will also keep me informed about important issues that arise in dealing with the tasks. They are:

- 1 Mr. Barry and Mrs. Kate Lapping – East & Mid USA
- 2 Mr. Thomas and Mrs. Tina Crisman – Rest of USA
- 3 Mr. William Hart – Canada & Israel
- 4 Mr. Arthur Nichols – Latin America
- 5 Ms. Floh Lehman – Europe, Africa
- 6 Ms. Laraine Doneman – Australia & New Zealand
- 7 Mr. Vimalchand Surana – Asian countries and Middle East (excluding Israel)

(Mr. Surana will be assisted by Mr. M.M. Khandhar and Teachers to be named by Mr. Surana who are involved in Countries concerned)

As previously, reports will be communicated to Dhamma Giri and approvals will be published in the Vipassana Newsletters.

I will continue to be involved as my health and time permit. May Dhamma spread!

With deep metta,

S.N. Goenka



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I, Ram Pratap Yadav, declare that the above-mentioned information is true to the best of my knowledge.

Ram Pratap Yadav,
Printer, Publisher and Editor

14 June 2013

Children's Meditation Courses in Mumbai

Date	Course site	Age (years)	Registration
14-7	Sanpada	10-16*	12 & 13-7-2013*
14-7	Andeheri	10-16*	12 & 13-7-2013*
21-7	Ghatkopar	10-16*	19 & 20-7-2013*
28-7	Dombivili	10-16	26 & 27-7-2013
28-7	Goregaon	10-16	24 & 25-7-2013
4-8	Dombivili	10-16	2-8 & 3-8-2013
4-8	Ulhasnagar	10-16	2-8 & 3-8-2013
4-8	Matunga	10-16	2-8 & 3-8-2013
11-8	Sanpada	10-16*	9 & 10-08-2013*
11-8	Andeheri	10-16*	9 & 10-08-2013*
18-8	Ghatkopar	10-16*	16 & 17-8-2013*
18-8	Goregaon	10-16	14 & 15-8-2013
25-8	Dombivili	10-16	23 & 24-8-2013
1-9	Dombivili	10-16	30 & 31-8-2013
1-9	Ulhasnagar	10-16	30 & 31-8-2013
1-9	Matunga	10-16	30 & 31-8-2013
8-9	Sanpada	10-16*	6 & 7-9-2013*
8-9	Andeheri	10-16*	6 & 7-9-2013*
15-9	Ghatkopar	10-16*	13 & 14-9-2013*
15-9	Goregaon	10-16	11 & 12-9-2013
22-9	Dombivili	10-16	20 & 21-9-2013
27-10	Goregaon	10-16	23 & 24-10-2013
17-11	Goregaon	10-16	13 & 14-11-2013
15-12	Goregaon	10-16	11 & 12-12-2013

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 (W), Opp Vidyut Society, Mumbai 400086. Tel: 25011096, 25162505. **Goregaon:** Vipassana Counselling & Research Centre, Siddharth Municipal General Hospital, Goregaon (W), Tel: 2624-2025 & 98690-23884. **Airoli:** Saraswati School, Sector 5, Airoli, Mob. 9892565765. **Sanpada:** Navi Mumbai Mahanagar Palika School, Sector 5, Sanpada. Tel: 9869405600. **Dombivili:** K B Vira High School, Near Municipal Office, Dombivili (E) Mob. 9930301594. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Mob. 98201-50336. **Ulhasnagar:**

703-A Block /1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, Tel. 9970755130, **Andeheri:** Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Church Andeheri, Mob. 9820459449, 9664782244, 9699668642.

Ulhasnagar	Second Sundays	94225-50489
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Please call two days in advance for registration.

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

☸

One-day Mega course in presence of Guruji and Mataji at Pagoda on the Eve of Dhamma-cakka-pavattana-day

The MEGA course will be held in the dome of the **Global Vipassana Pagoda** on **July 21, 2013, Sunday** from 11 AM to 4 PM. People who have not done a vipassana course can also listen to the Dhamma discourse given by Guruji from **3 PM**. A number of Dhamma servers are required. Those willing to serve can contact the following phone nos. or e-mail. Please note that you must book yourself before coming in order to avoid any inconvenience. For booking, contact: Phone no. 022-28451170, 022-33747543/44, (Phone booking from 11 AM to 5 PM everyday), E-mail registration: oneday@globalpagoda.org;

Online registration: www.vridhamma.org

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Dhamma-madhura, the second phase of construction in Madurai

The second phase of construction of dhamma-madhura, the second vipassana centre in Tamil Nadu, has already begun. The courses also have started here. Whoever meditators want to become the sharer of merit-earning in this extension of construction, they may contact – **Vipassana Meditation Center, Madurai**, Bank- State Bank of India, Anaiyur Branch, Madurai, Account number - 31262542660, Account Name –VIPASSANA MEDITATION CENTRE, MADURAI, SBI branch IFS Code –SBIN0012764, SBI Swift code – SBININBB454, Contact Mobile No. – 9443728116 / 9442603490, Email ID - dhammamadhura@gmail.com

☸

DHAMMA DOHAS

*Āj namana kā divasa hai, antara bhari umaṅg;
Śraddhā aur kṛtajñatā, vimala bhakti kā raṅg.*

Today is the Gratitude Day; our heart is filled with joy. With reverence and gratitude, let us celebrate it with unstained color of devotion.

*Grahaṇa karūṃ gurudevajī, aiśī śubha āśīṣ;
Dharma bodhi hiya me dharūṃ, caraṇa navāūṃ sīs.*

I seek such a benevolent blessing from Gurudevji. With steadfast devotion towards Dhamma in my heart, I bow my head with reverence and gratitude.

*Satkrta se hī pūjya hai, duṣkrta nindita hoy;
Duṣkrta se hī nīca hai, satkrta tūcā hoy.*

Wholesome deeds lead one to attain veneration, unwholesome deeds lead one to reproach. Through unwholesome deeds one becomes low; through wholesome deeds one becomes high.

*Bina svakarma sudhare bhalā, bhalā kahām se hoy;
Bina svacitta sudhare bhalā, mukti kahām se hoy.*

Without purifying one's deeds, how can one attain welfare? Without purifying one's mind, how can one attain enlightenment?

*Milī mukti kī sādhanā, kare svayaṃ puruṣārth;
Kāṭe bandhana karma ke, jīvana hoy kṛtārth.*

Exert yourself steadfastly, once you get the path of enlightenment. Eradicating the roots of defilements, attain the supreme bliss in this life.

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