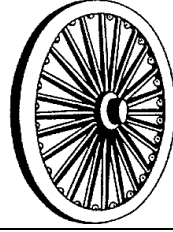


Vipassana



Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

Vol. 23, No. 8, 21 August, 2013

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WORDS OF DHAMMA

*Tesaṇ sampannaṃ sīlānaṃ, appamāda vihāriṇaṃ;
Sammadaññā vimuttānaṃ, māro maggaṃ na vindati.*

Māra cannot find the path of those with perfect virtue, who live mindfully and are freed by right knowledge.

— Dhammapada 57, Puppavaggo

Message of Dhamma

My private secretary wrote the article entitled ‘Mahābhārata’ that was published in August Newsletter. Because it was based on the researches done by the V.R. I. he did not see any impropriety in giving my name at the end. But it was indeed a mistake to publish it in the Vipassana Newsletter. **Accept good as good and see evil as evil and keep yourself away from it. This is the message of pure Dhamma.**

Vipassana Newsletter of August has been dispatched to meditators, but taking into account the feelings and sentiments of the people it is removed from the internet and is replaced by the following old article.

With Love & Blessings,
S. N. Goenka

Inner Peace for World Peace

In late August 2000, Goenkaji participated in the Millennium World Peace Summit—a gathering of 1000 of the world’s religious and spiritual leaders, held at the United Nations under the auspices of Secretary-General Kofi Annan. The purpose of the meeting was to promote tolerance, foster peace, and encourage inter-religious dialogue. With the many different viewpoints represented, the potential for disagreement was strong. In his presentation to the delegates, Goenkaji tried to highlight what they, and all spiritual paths have in common: the universal Dhamma. His remarks were received with repeated ovations.

“Friends, leaders of the spiritual and religious world! This is a wonderful occasion, when we can all unite and serve humanity. Religion is religion only when it unites; when it divides us, it is nothing.

Much has been said here about conversion, both for and against. Far from being opposed to conversion, I am in favor of it—but not conversion from one organized religion to another. No, the conversion must be from misery to happiness. It must be from bondage to liberation. It must be from cruelty to compassion. That is the conversion needed today, and that is what this meeting should seek to bring about.

The ancient land of India gave a message of peace and harmony to the world, to all humanity, but it did more: it gave a method, a technique, for achieving peace and harmony. To me it seems that if we want peace in human society, we cannot ignore individuals. If there is no peace in the mind of the individual, I do not understand how there can be real peace in the world. If I have an agitated mind, always full of anger, hatred, ill will and animosity, how can I give peace to the world? I cannot because I have no peace myself. Enlightened persons have therefore said, “First find peace within yourself.” One has to examine whether there is really peace within oneself. All the sages, saints, and seers of the world have advised, “Know thyself.” That means not merely knowing at the intellectual level, or accepting at the emotional or devotional level, but realizing by experience at the actual level. When you experience the truth about yourself, within yourself, at the experiential level, the problems of life find their solution.

You start understanding the universal law, the law of nature—or, if you prefer, the law of God Almighty. This law is applicable to one and all: When I generate anger, hatred, ill will, or animosity, I am the first victim of my anger. I am the first victim of the hatred or animosity that I have generated within. First I harm myself, and only afterwards do I start harming others. This is the law of nature.

If I observe within myself, I find that as soon as any negativity arises in the mind, there is a physical reaction: my body becomes hot and starts burning; there are palpitations and tension; I am miserable. When I generate negativity within me and become miserable, I do not keep the misery limited to myself; instead I throw it on to others. I make the entire atmosphere around me so tense that anyone who comes in contact with me also becomes miserable. Although I talk of peace and happiness, more important than words is what is happening within me. When my mind is free of negativity, again, the law starts working. The moment there is no negativity in the mind, nature—or God Almighty—starts rewarding me: I feel peaceful. This too I can observe within myself.

Whatever one’s religion or tradition or country, when one breaks the law of nature and generates

negativity in the mind, one is bound to suffer. Nature itself provides the punishment. Those who break nature's laws start feeling the misery of hellfire within, here and now. The seed they sow now is a seed of hellfire, and what awaits them after death is nothing but hellfire. Similarly, according to the law of nature, if I keep my mind pure, full of love and compassion, I enjoy the kingdom of heaven within here and now. The seed that I sow will have as its fruit the kingdom of heaven after death. It makes no difference whether I call myself a Hindu, a Muslim, a Christian or a Jain: a human being is a human being; the human mind is the human mind.

The conversion that is needed is from impurity of mind to purity of mind. This conversion changes people in wonderful ways. It is no magic or miracle; this is a pure science of observing the interaction of mind and matter within. One examines how the mind keeps influencing the material body, and how the body influences the mind. Through patient observation, the law of nature becomes so clear: whenever one generates mental negativity, one starts suffering; and whenever one is free from negativity, one enjoys peace and harmony. This technique of self-observation can be practiced by one and all.

Taught in ancient times by the Enlightened One in India, the technique spread around the world. Today also, people from different communities, traditions and religions come and learn this technique, to obtain the same benefit. They may continue to call themselves Hindu, Buddhist, Muslim, or Christian. These labels make no difference; a human being is a human being. The difference is that through their practice they become truly spiritual people, full of love and compassion. What they are doing is good for themselves and for all others. When someone generates peace in the mind, the entire atmosphere around that person is permeated with the vibration of peace and anyone who encounters that person also starts enjoying peace. This mental change is the real conversion that is required. No other conversion has meaning.

Permit me to read you a benevolent message from India to the world. Inscribed in stone 2300 years ago, these are the words of Emperor Ashoka the Great, an ideal ruler, explaining how to govern. He tells us, "One should not honor only one's own religion and condemn other faiths." This is an important message for our time. By condemning others and insisting that one's own tradition is the best, one creates difficulties for humanity. Ashoka continues, "Instead one should honor other religions for various reasons." Every religion worthy of the name has a wholesome essence of love, compassion and goodwill. We should give honor to the religion because of this essence. The outer form always differs; there will be so many variations in rites, rituals, ceremonies or beliefs. Let us not quarrel about all that, but instead give importance to the inner essence. Ashoka says, "By so doing, one helps one's own religion to grow and also renders service to the religions of others. In

acting otherwise, one digs the grave of one's own religion, and harms other religions as well."

This is a serious warning for us all. The message says, "Someone who honors his own religion and condemns other religions may do so out of devotion to his religion thinking 'I will glorify my religion,' but his actions injure his own religion more gravely."

Finally, Ashoka presents the message of the Universal Law, the message of Dharma: "Let all listen: Concord is good, not quarrelling. Let all be willing to listen to the doctrine professed by others." Instead of disagreeing and condemning, let us give importance to the essence of the teaching of every religion. Then, there will be real peace, real harmony."



Auspicious Deaths

Sri S Adaviyappa—Vipassanacarya of Jaipur, passed away at the ripe age of 90 on 8 August, 2013. He was the Chief Engineer cum Secretary of Public Works Department, Government of Rajasthan. He was elected as the Chairman of the 'Bridge Corporation of Rajasthan', after his retirement from Government services. He took his first Vipassana course during his service period. Since then he had been devoted to Vipassana. Post retirement, he devoted all his life to Vipassana. He was appointed an Assistant Teacher in 1987 and a full Teacher in 1997. Apart from conducting courses, he assisted in the construction of most of the centres in Southern India [Karnataka, Kerala, Tamil Nadu and Andhra Pradesh] on the strength of his vast experience. Simultaneously, he efficiently managed the activities related to Vipassana in this area. He stayed on-site to serve full time when the construction of the **Global Vipassana Pagoda** began. While serving there, he also served a lot in Dhamma Pattana. With growing age and failing health he lived the last few years with his family in Jaipur. All his family members are Vipassana meditators. Very peacefully, he breathed his last. May he attain peace as a result of his meritorious services!

Mrs. Kay Johnston of Australia sat her first course with Rev. Goenkaji in 1972 in Bodh Gaya. Ever since, she had been a devoted student of Vipassana. She was the first western female to assist Goenkaji in checking students. She assisted in setting up courses and served them. She was even more actively involved when the Vipassana centre was established there. In 1992, Kay and her husband Kim were appointed as Assistant Teachers and Senior Assistant Teachers in 1998. Being diagnosed of multiple sclerosis in 1993, she could not continue serving as a teacher long after 1998. She bore her gradually increasing disability with great equanimity and forbearance. Kim also had to step back from AT responsibilities in order to serve her. In April 2013, she was diagnosed with end stage cancer. On the 25th of June 2013, Kay breathed her last at 11.30 a.m, in a very peaceful and Dhammic environment. She set a unique example of Vipassana by bearing her painful conditions with equanimity till the end. "I have had a good life and am very grateful" were Kay's words to her friends before she passed away. Kay is survived by her husband Kim and son Daniel. May the merits acquired by her bring her peace!

Mrs Santokben Vasanti Gala of Baroda was appointed Assistant Teacher in 1997. She had served many courses. Both she and her husband came to attend the 20 day course in Dhamma Sindhu, Bada. On 27th March, 2013, the day the course commenced, she was absolutely fine. She started the course without any trouble. She took refuge in the three gems and Anapana in the Dhamma hall. After the session, on her way back

to her accommodation, she had a major heart attack and breathed her last peacefully, in the open air. No sign of pain or anxiety showed on her face nor did she scream. It seemed as if she was sleeping peacefully. When her husband was informed, he came and calmly took the mortal remains back home. All those who heard or saw this, felt, that everyone should be blessed with such a death.



Construction of a new centre in Palitana and 1-day course

9 km. from the ancient spiritual city of Palitana, Gujrat, a new centre, duly named **Dhamma Pali** by Rev. Guruji, is going to be constructed on the Sonagad Road. It is 41 km. from Bhavanagar and 14 km. from Sihor. On Sunday, **20th October, 2013**, the first **1 day course** for old students will be held there. All meditators, both gents and ladies, can take advantage of this course. Those desirous of making contribution in the construction of the centre, may contact 1. Mr. Anil Shah, mob: 9427232145, Bhavnagar; 2. Mr. Raju Mehta, mob 9426230331, Rajkot; 3. Mr. Nitesh Kothari, mob 9821820892, Mumbai.

Bank details: **Bhavnagar Vipassana Centre**, Kotak Mahindra Bank, Account no. 6411183455, branch: Vaghwadi Road, Bhavnagar. IFS CODE: KKBK0000891 [For RTGS and NEFT]



Construction of Pagoda at Dhamma Kanana

For the last several years, courses are being conducted regularly in Dhamma Kanana, Balaghat benefitting meditators greatly. A **75 -celled** Pagoda is under construction. This is a wonderful opportunity for meditators to increase their Dana Paramis. Old meditators who wish to participate may transfer their contribution directly in the Bank account the details of which are given below and intimate us by phone. Bank details: **Dhammaranya Vipassana Trust**, State Bank of India, Balaghat, Account no.: 10750422377 [IFS Code: SBIN0000318] Tel: [07632] 248145, mob: 97531-44641, 9425447996.



Dhamma Gond: New Vipassana Centre in Gondia

The construction of a new Vipassana centre, has started in Ojhatola, a village, 9 km. away from the city of Gondia, Maharashtra. It has been named **Dhamma Gond** by Rev. Guruji. The centre-site is situated amidst panoramic natural beauty, near the Kharra hill. For further enquiries and for earning merit, **contact:** Dhammiko Charitable Trust, Gondia, J.A. Baladev Maitrayee Bhavan, Sugata Chowk, Near Buddha Vihara, Srinagar, Gondia -441601. Email: vipassanagondia@gmail.com. Bank details: Central Bank of India, Branch: Gondia, Account no.: 3045883855 [IFS Code: CBIN0280687]



Recognition by Mumbai University:

The Mumbai University has recognized Vipassana Research Institute as a centre for guiding students for doing M.A. and Ph.D. in Pali. Eligible students may send in their applications to VRI, Global Vipassana Pagoda, Mumbai. Contact email: s_sanghvi@hotmail.com



Corpus Fund for the Global Vipassana Pagoda

A Corpus Fund is being established for uninterrupted management of the Global Pagoda to ensure that it is maintained successfully in future without any outside pressure. This wonderful holy monument should remain intact for thousands of years as a token of gratitude towards Sayagyi U Ba Khin and Myanmar for maintaining the Dhamma in its pristine purity and sending this valuable gift back to India.

This Corpus Fund cannot be utilized by any individual for personal gain. The interest earned from this Fund, deposited in a Government Bank, will be utilized, as per the rules, for maintenance of the Pagoda and meeting the daily expenditure of the Pagoda.

Details for sending your donations are given below:

Donations through Core Banking (within India)

Donations to "Global Vipassana Foundation" can now be remitted from anywhere in India through any branch of the Bank of India under core banking system.

Global Vipassana Foundation

Axis Bank India, A/C. NO: 911010032397802
SWIFT CODE: AXISINBB062, IFSC CODE: UTIB0000062
MICR CODE: 400211011, BRANCH: Malad west branch, Mumbai-400064.

Donations from outside India can be remitted through

SWIFT transfer to Bank of India

SWIFT Transfer details are as follows:

"Global Vipassana Foundation"

Name of the Bank: J P Morgan Chase Bank

Address: New York, US,

A/c. No.: 0011407376, Swift: CHASUS33.

Cheque/Draft may be sent to the following address:-

Global Vipassana Foundation, Regd. Office – Green House, 2nd Floor, Green Street, Fort, Mumbai – 400023
Phone – 022-22665926



ADDITIONAL RESPONSIBILITY Teachers

1. Mr. D. H. Henry, Sri Lanka, To serve as Centre Teacher for Dhamma Sobha, Kosgama

Assistant Teachers

1. Mr. Vitharanage Karunasena, Sri Lanka, To assist Centre Teacher in serving Dhamma Sobha, Kosgama

Senior Assistant Teachers

1. Ms. Andrea Gerber, Germany

NEW APPOINTMENTS Assistant Teachers

1-2. Mr. B. S. Achutha & Mrs. Saraswathi Naik, Bhopal
3. Mr. Onkar Wakode, Ulhasnagar
4. Mrs. Vijaya Pawar, Dhule
5. Mrs. Dipa Narkhede, Jalgaon
6. Ms. Surekha Addiga, Hyderabad
7. Mr. Yalamanchali Pandu Ranga Rao, Hyderabad
8. Mr. S. Krishna Reddy, Hyderabad
9. Mr. Naresh Kumar Sharma, Rohtak
10. Ms. Motoko Sakai, Japan
11. Mr. Himanshu Mehta, USA
12. Mr. Richard McCabe, USA
13-14. Mr. Po-Hsiu Chang & Mrs. Tung-Mei Tsai, Taiwan
15. Mr. Gustavo Them, Spain
16. Mrs. Naron Ear, Australia

17-18. Mr. Jamie and Mrs. Tamara Edwards, Australia
19. Mr. Fabio Schinazi, Belgium

Children's Course Teachers

1. Mrs. Kunverben Ambalal Gami Kutch
2. Mrs. Kusum Kishore Patel Kutch
3. Mr. Amit Upadhyay Delhi
4. Ms. Usha Ramamurthy Delhi
5. Dr. Mrs. Kiran Amin Jabalpur
6. Dr. Gulshan Rai Makan Jabalpur
7. Ms. Pushpa Tamang Sikkim
8. Ms. Pasang Doma Wangdi Darjeeling.
9. Mr. Pornpoj Roger Sansuchat, Bangkok
10. Mrs. Eva Dyson, Hong Kong
11. Mrs. Ikwati Soewarno, Indonesia
12. Ms. Vyvian Kau Mooi-Ping, Malaysia
13. Ms. Choo Fing-Yee, Malaysia
14. Mr. Jaques Sibert, France
15. Mr. Jason Woodbury, USA
16-15. Mr. Nyan Win and Mrs. Nyo Nyo Aung Kyaw, USA
17. Ms. Farah Aisha Snipes, USA
18. Ms. Samantha Leigh Wechsler, USA
19. Mrs. Meenu Gupta, USA
20. Ms. Danielle Mulack, USA
21. Mrs. Melissa Stiers Kretzchmer, USA
22. Mr. Ryan Shelton, USA
23. Mr. John Miles, USA

Children's Meditation Courses in Mumbai

Date	Course site	Age (years)	Registration
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	Andheri	10-16*	6 & 7-9-2013*
15-9	Ghatkopar	10-16*	13 & 14-9-2013*
15-9	Goregaon	10-16	11 & 12-9-2013
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, **Andheri:** Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Church Andheri, Mob. 9820459449. 9664782244, 9699668642.

Ulhasnagar	Second Sundays	94225-50489
Dombivili	First Sunday	9930301594

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 course in presence of respected Goenkaji and Mataji (if health permits) at the Global Pagoda on the auspicious occasion of the Sharada Purnima

The course will be conducted in the main Dome of the Global Vipassana Pagoda from 11 am to 4 pm on Oct 20, 2013, Sunday. Pujya Guruji will give discourse at 3 pm; non-meditators are welcome to attend the discourse. Dhamma Sevakas are needed for the course. Registration is compulsory for sitting as well as for giving Dhamma Seva. Register online at www.oneday.globalpagoda.org Registration on Phone [between 11 am and 5 pm]: (022)33747501– ext: 9; (022)28451170 –ext: 9; (022)33747543; (022)33747544. Email registration: oneday@globalpagoda.org.

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Construction of Pagoda, at Dhamma Pushakara Vipassana Centre

For the last four years, courses are being held regularly at **Dhamma Pushkar**, constructed beneath the hilly regions near Ajmer. The centre has the necessary amenities for courses and the environment is also conducive for practicing meditation. A 29-celled Pagoda is under construction to enable meditators to derive great benefit from meditation. The progress of the work is slow. Meditators who wish to help speed up the progress may come forward. This is an opportunity to earn Dana Parmi. All donations are exempted under sec 80G. For further details, **contact:** 1.Mr. Ravi Toshniwal, mob: 9829071778; 2. Mr. Anil Dhariwal mob: 9829028275. Bank Details: **Vipassana Kendra Pushkar**, Bank: Indian Bank; Jaipur Road, Ajmer, Account number: 517444214, IFS Code: IDIB000A006, MICR Code: 305019001. In the case of direct bank transfer, please ensure to inform the same to us.

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DHAMMA DOHAS

Himsā corī madya rata, rahe nirata vyabhicāra;

Ye hi kāyā maila hain, kāyā sila sudhāra.

Indulgence in killing, stealing, drinking intoxicants and committing sexual misconduct are physical impurities. They must be purified.

Bola jhuṭha kaṛave vacana, cugālī yā bakavāsa;

Vāṇī ko mailī kare, kare sila kā nāśa.

Telling lies, speaking harsh words, back-biting and talking uselessly, they make one's speech unwholesome and impure and destroy one's virtuous conduct.

Para-pīḍana duḥśīla hai, isase bacānā śīla;

Para-pīḍaka dukhiyā rahe, sajjana sukhī suśīla.

To hurt others is immoral, moral is to stay away from it,

The tormentor remains unhappy, the good man is virtuous and happy.

Durlabha jīvana manuṣa kā, baṛe bhāgya se pāya;

Prajñā sila samādhi bina, deve vṛtha ganvāya.

Rare is human birth; to be born a human being is a matter of great luck, One who does not observe ethical precepts (śīla), does not practice samādhi and does not attain wisdom (paññā) makes a huge waste of it.

Pañca sila pālana bhalā, samyaka bhalī samādhi;

Prajñā to jāgrata bhalī, dūra kare bhava-vyādhi.

Observing five precepts is good, so is practicing meditation, Wisdom (prajñā) awakened is the best, because it ends our suffering by breaking the cycle of birth and death.

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Fax: [91] (02553) 244176

Tel: (02553) 244076, 244086, 243712, 243238

Email: info@giri.dhamma.org;

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