

# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin, as taught by S. N. Goenka

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## WORDS OF DHAMMA

*Pahūtavitto puriso,  
sahirañño sabhojano;  
eko bhujjati sādūni,  
taṃ parābhavato mukhaṃ.*

To have much wealth,  
ample gold and food,  
but to enjoy one's luxuries alone—  
this is a cause of one's downfall.

—Sutta Nipāta 1.1.02

## The Merits of Dāna

S. N. Goenka

(The following is a translation of an article published in the September 1995 issue of the Hindi Vipashyanā Patrikā.)

Let us practise and develop the four *brahmavihārā* (the nature of a *brahmā*, hence sublime or divine state of mind, in which the four pure qualities are present):

- the *brahmavihāra* of infinite *mettā*  
(loving kindness),
- the *brahmavihāra* of infinite *karuṇā*  
(compassion),
- the *brahmavihāra* of infinite *muditā*  
(sympathetic joy),
- the *brahmavihāra* of infinite *upekkhā*  
(equanimity).

There is a simple way to practise and develop the four *brahmavihārā*: by the giving of *dāna* that is pure in the past, present, and future, and pure in three ways.

How does *dāna* become pure in the past, present and future? When the mind of the donor is suffused with joy and delight before giving *dāna*, while giving *dāna*, and after giving *dāna*, then the *dāna* becomes pure in the past, present and future.

How does *dāna* become pure in three ways? When the mind of the donor is filled with benevolence; when the recipient is living a life of pure *sīla*; and when the *dāna*, irrespective of the amount and value, is earned by one's own labour, honestly and through right livelihood; then the *dāna* is pure in three ways.

*Dāna* that is pure in the past, present, and future, and pure in three ways is highly beneficial.

How does such *dāna* help to develop the four *brahmavihārā*? When the thing or place or facility that is given as *dāna* is not for a particular person but for the benefit and welfare of all meditators, this *dāna* helps to develop the four *brahmavihārā*.

The mind of the donor is filled with infinite *mettā* when he thinks—"Because of my *dāna*, countless people are gaining or will gain happiness by receiving this wonderful Dhamma".

The mind of the donor is filled with infinite *karuṇā* when he thinks—"Because of this *dāna*, there are so many suffering people in the world who will find a way out of their suffering, get the benefit of Dhamma and find contentment".

The mind of the donor is filled with infinite *muditā* with the thought—"Oh! So many people are getting happiness and contentment through the practice of Dhamma because of my *dāna*".

The mind of the donor is filled with infinite *upekkhā* with the thought—"Whether anyone praises my *dāna* or criticizes it, whether I get success or failure because of this *dāna*, it is of no concern to me. My *dāna* is not for self-acclaim or for success or failure. This *dāna*, given with pure volition, is solely for the benefit of others".

In this way, meditators! The four *brahmavihārā* are developed by giving pure *dāna*.

Meditators! The *brahmavihārā* should be practised and developed. The practice of the *brahmavihārā* is highly beneficial for us. 🌀

## Mahaparinirvan Express Yatra for Meditators

Indian Railways started the Mahaparinirvan Express last year for pilgrimage to the Buddhist holy sites ([www.railtourismindia.com](http://www.railtourismindia.com)).

Indian Railways have offered a special discount of 21% to Global Vipassana Foundation (GVF) on all ticket prices. This special discount is on the condition that discount amount will be donated to GVF on behalf of the Vipassana meditators travelling to the Buddhist holy sites.

Vipassana meditators may avail this opportunity of going on pilgrimage as well as giving dana towards the construction of Global Vipassana Pagoda.

The Rail Tourism department is also trying to organize group meditation for meditators under the Bodhi tree in the Mahabodhi Temple at Bodh Gaya after the temple is closed for the day, so there will be no disturbances from the sightseeing tourists. Similar group meditation shall be arranged in Kushinagar. The group sittings will be arranged only if there are at least 8-10 Vipassana meditators on the same train and there is no other engagement on that particular day in the temple premises.

Meditators wishing to participate may visit: [www.railtourismindia.com](http://www.railtourismindia.com). For further information, contact Mr. Arun Shirivastava, [91] 99714-96669; Email: [arunsrivastava@irctc.com](mailto:arunsrivastava@irctc.com) or Mr. Manish Shinde, [91] 93235-26462; Email: [manish@globalpagoda.org](mailto:manish@globalpagoda.org)

## Online Vipassana Newsletters and Archives

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### Donations through Core Banking and SWIFT Transfer

Donations to Sayagi U Ba Khin Memorial Trust (Vipassana International Academy, *Dhamma Giri*, Igatpuri) and Vipassana Research Institute 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 Sayagi U Ba Khin Memorial Trust: 11542160342
- 2 Vipassana Research Institute: 11542165646.  
(Igatpuri Branch Code Number: 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. **Sayagi U Ba Khin Memorial trust:** SBININ BB 528 Branch code 01247 beneficiary Sayagi U Ba Khin Memorial Trust Account No. 11542160342 Igatpuri branch code: 0386
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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.

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## Workshop and Open Day at Dhamma Malaya

*Dhamma Malaya*, the Vipassana centre in Malaysia which opened 11 months ago, has already hosted 16 ten-day and two *Satipatthana* courses with an average of 50 students in every course.

### Dhamma Server Workshop 30-31 August 2008

Nearly 80 old students attended served by 9 assistant teachers, including about 25 from Singapore. The Singapore group included some Burmese old students. The workshop included talks by Goenkaji, meditation sessions, self-introspection, and discussion groups in English and Mandarin which included points relevant to local culture and conditions. One common suggestion was to have more workshops to train and inspire more servers. There were many helping hands for the following Open Day to prepare the centre, cook food and welcome and guide the visitors.

### Open Day 1 September 2008

This was a public holiday in Malaysia and an estimated 400 visitors came to see the centre. There had been extensive outreach to old students via email as well as press releases in several languages in state and national papers. In addition, there were posters, invitation letters as well as some personal visits to local business owners to invite them along. Two buses were hired to bring the family and friends of old students from Kuala Lumpur. Other groups came in car pools from different parts of the country.

Each group was met by a guide, offered brochures, a drink and a snack and given a tour of the centre to show them the single rooms and other facilities. They were shown a five-minute video about local children's courses in either English or Mandarin. Screenings of *Doing Time Doing Vipassana* were held four times in the mini-hall and were well attended with 40-50 per group. During some of the following Q & A sessions, people were already filling in the course application forms. Some visitors signed up for the first English-Tamil course to be held in late October.

Visitors remarked how they felt unusually peaceful and happy at the centre. The new gardens are growing up on the breezy hill surrounded by a green plantation. Press representatives were invited and given media kits. The national *Star English* paper and a Tamil newspaper reported the event. Three local Chinese newspapers gave ample positive coverage, declaring that the "secrets" of the new centre were now revealed. Photos of the servers' workshop and open day can be seen on the old student section of [www.malaya.dhamma.org](http://www.malaya.dhamma.org)

### Pali Workshop

A seven-day Pali workshop has been organized at Jaipur for English speaking non-Indian Vipassana meditators from 1 to 9 December (11 am), 2008 at Kothari Farms (Marugandha), two kms off Jaipur-Ajmer Express Highway, on Bhankrota-Jaisinghpura Road, Bhankrota, Jaipur. For registration, contact Anil Mehta, Email: [anilmehta02@yahoo.com](mailto:anilmehta02@yahoo.com)

### Goenkaji's Discourses on Television

**Aastha:** Daily, 9:40 to 10 am

**Hungama:** and **Bindass:** Daily, 4.30 to 6.00 am

**Zee:** *Urja*, Daily, 4:30 am

**USA:** **Aastha TV** at 6 pm EST (Monday to Friday) on WORLDDIRECT platform of DIRECTV on channel no. 2005. (Please confirm exact telecast timings.)



Picture taken on 12th August 2008

**Dear Vipassana Meditator,**

It is with immense joy, the Global Vipassana Foundation invites all Vipassana meditators for the one-day course on Sunday, 21st December, 2008 in the presence of our beloved teacher, Acharya Shri S.N. Goenkaji.

The Dome of the Global Vipassana Pagoda is designed to accommodate 8,000 meditators and it is the endeavor of all the workers and servers of the Foundation to have a few courses organized to its full capacity.

When large number of Dhamma brothers and sisters meditate together in the presence of "The Sacred Relics of The Buddha" they generate a very pure atmosphere and charge the environment.

**Date :** Sunday, 21st December, 2008

**Time :** 11:00 am to 4:00 pm

**Venue :** Main Dome,  
Global Vipassana Pagoda,  
Gorai, Mumbai



"A View of the Crystal to be placed on top of the Pagoda, a rare single piece, donated by a grateful meditator."

Students/groups coming from outside Mumbai are kindly requested to inform the organizers in advance so that arrangements for bath and breakfast can be made.

Telephone: +91 22 28452261  
Telefax: +91 22 28452111  
Email: [globalpagoda@hotmail.com](mailto:globalpagoda@hotmail.com)  
Attn : Mr. Shekhar or Mr. Derick

**Children's Courses in Mumbai**

To serve children's courses in Mumbai, call 98200-22990.

Date	Venue	Age	Registration
21-9	Ulhasnagar	10-12 yrs	19 & 20-9
21-9	Ghatkopar	13-16 yrs	19 & 20-9
5-10	South Mumbai	9- 15 yrs	3 & 4-10
12-10	Ulhasnagar	13-16 yrs	10 & 11-10
19-10	Ghatkopar	10-12 yrs	17 & 18-10
2-11	South Mumbai	9- 15 yrs	1 & 2-11
9-11	Ulhasnagar	10-12 yrs	7 & 8-11
16-11	Ghatkopar	13-16 yrs	14 & 15-11
23-11	Matunga	13-16 yrs	21 & 22-11
7-12	South Mumbai	9- 15 yrs	29 & 30-11
7-12	Matunga	13-16 yrs	29 & 30-11
21-12	Ulhasnagar	13-16 yrs	6 & 7-12
21-12	Ghatkopar	10-12 yrs	6 & 7-12

**Course Timings:** 8:30 am to 2:30 pm. **Registration:** 11 am to 1 pm  
**Course Venues:** **Ghatkopar (W):** SNTD School, New Bldg., Cama Lane, Opp. Vidyut Soc. Tel: 2510-1096, 2516-2505. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Rd, New SNTD College, King's Circle, Matunga, Tel: 2510-1096, 2516-2505. **South Mumbai:** Tel: 2308-1622. **Ulhasnagar:** Guru Nanak School, Kurla Camp, Ulhasnagar-4. Tel: (0251) 252-2693. NB Please: \*bring cushion, \*register on specified phone numbers, \*inform in advance if unable to attend after registration, \*arrive on time for the course.

**NEW RESPONSIBILITIES****Ācaryas:**Ms. Nila Halai, *Bhuj, India / UK**Spread of Dhamma among Indian expatriates in Europe***NEW APPOINTMENTS****Assistant Teachers:**1. & 2. Mr. Babu Ramsingh & Mrs. Shanti Chauhan, *Gwalior*3. & 4. U San Lwin & Daw Tin Tin Naing, *Myanmar*5. Daw Hla Myint, *Myanmar*6. Daw Nyo Nyo Win, *Myanmar*7. Mrs. Chin-ing Helen Chen, *Taiwan*8. Ms. Maria Luisa Ferro, *Italy*9. Mrs. Robin Curry, *USA***Children's Course Teachers:**1. Mr. Ashok Kumar Patel, *Visnagar*2. Mr. Girishkumar Choudhary, *Mehsana*3. Mrs. Smita Vora, *Rajkot*4. Mr. Tejas Goda, *Rajkot*5. Ms. Madhu Saparia, *Rajkot*6. Mr. Rajesh Patel, *Rajkot*7. Mrs. Jagruti Kothari, *Rajkot*8. U Htay Myint, *Myanmar*9. U Thein Htay, *Myanmar*10. Daw Nywe, *Myanmar*11. Daw Myint Myint San, *Myanmar*12. Daw Kan Moe Moe, *Myanmar*13. Daw Khin Aye Aye, *Myanmar*14. Ms. Ellen Goldstein, *USA*15. Ms. Janene Case, *USA* 16. Mr. Mathew Aaron Englund, *USA*17. Mr. Rajesh Bawankule, *USA* 18. Mrs. Ujwala Khante, *USA*19. Mr. Tony Foley, *USA* 20. Mrs. Rosa Kittsteiner, *USA***DHAMMA DOHAS**

*Kṣaṇa-kṣaṇa maṅgala hī jage, kṣaṇa-kṣaṇa sukha hī hoyā;  
 Kṣaṇa-kṣaṇa apāne karma para, sāvadhāna yadi hoyā.*

Every moment brings well-being,  
 every moment brings happiness,  
 If, every moment, one is mindful of one's actions.

*Sukha dukha meṅ ulajhā rahā, sadā rahā santapta;  
 Sukha dukha lāge eka se, hoyā nabi uttapta.*  
 Entangled in pleasure and pain, one is constantly tormented;  
 By regarding joy and sorrow alike;  
 one is freed from torment.

*With much mettā,  
 A Vipassana meditator*

*Dhana āye nāce nahiṅ, jāye mana nā roya;  
 Aise sānta svabhāva ke, sajjana birale hoṅya.*  
 Not dancing when wealth comes, not wailing when it is lost;  
 rare are such wise and tranquil beings.

*Jīvana meṅ āndhī cale, cale teja tūphāna;  
 Cita vicalita hove nahiṅ, yahi santa pahacāna.*  
 When there is a storm in life and a fierce gale blows;  
 the mind does not waver, this is the mark of a saint.

*With best compliments from  
 MOTILAL BANARSIDASS*

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 Mumbai, Tel: 23513526; Chennai, Tel: 24982315;  
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