

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Mā pamādamanuyuñjetha,  
mā kāmaratisanthavaṃ;  
appamatto hi jhāyanto,  
pappoti vipulaṃ sukhaṃ.*

One should neither be negligent,  
nor addicted to sensual pleasures;  
Indeed, the mindful, meditative person  
experiences supreme happiness (Nibbāna).

—Dhammapada 27

## THE SUPREME ENLIGHTENMENT OF THE BUDDHA

S. N. Goenka

(The following is an extract from “Was the Buddha a Pessimist?” published by VRI. It is the translation and adaptation of the VRI Hindi publication “Kyā Buddha Dukkhavādī The?” written by Goenkaji. The Buddha attained full enlightenment on Vesakha Purnima, which is on 2nd May this year.)

After going forth from his princely life in Kapilavastu into homelessness, Bodhisatta Siddhāttha Gotama went to Magadha to learn the technique of the *jhānas*. Even though there was a branch in Kapilavastu of Ājāra Kālāma’s meditation centre (belonging to the *Samāna* tradition), Gotama went to the centre in Magadha because it was the principal centre and the main teacher was present there. Within two or three days, the Bodhisatta attained the seventh *jhāna*. He found that although they were very pleasurable, their practice did not bring him ultimate liberation.

Therefore, he took leave of Acharya Ājāra Kālāma, and went to learn further *jhānas* from Acharya Uddaka Rāmaputta. While this teacher had only heard about the experience of the eighth *jhāna* and could describe and explain it to his students, he had not attained it himself. After listening to the teacher’s description, the Bodhisatta attained the stage of the eighth *jhāna* within two to three days. After that, Uddaka Rāmaputta also attained the eighth *jhāna*.

The Bodhisatta realised that this state was much more pleasurable than the seventh *jhāna*, but it was not the ultimate state that he sought. Old *saṅkhāras* (conditionings) still lay dormant at the deepest level of his mind. As long as these were not completely eradicated, this high meditative experience could not be called the ultimate liberation.

At this point, he undertook to practice severe penances of self-deprivation, a practice common in those days in the *Samāna* tradition. He continued this for almost six years but he found it futile and abandoned it. Then he rediscovered, through his own efforts, the long-lost ancient technique of Vipassana. Through its practice,

he attained total liberation. The Buddha has clearly explained in detail all the methods he adopted—from the time of his renunciation of household life until his attainment of total liberation.

The state of total eradication of *taṇhā* (craving)—the complete extinction of *kammas*—cannot be attained solely through the practice of *jhānas*.

The Buddha’s enlightenment was his realisation of this incomparable experience: the practice of Vipassana which leads to *nibbāna*, the eradication of all misery. Therefore, the Buddha proclaimed:

*Yañca kāmasukhaṃ loke,  
yañcidam diviyaṃ sukhaṃ;  
Tanhakkhayaasukhasseto,  
kalam nāgghanti soḷasin’ti.*

The happiness of sensual pleasures and divine joy are not even one-sixteenth of the ultimate happiness that comes from the extinction of *taṇhā*.

When the Bodhisatta attained perfect enlightenment, he uttered these words:

*Visaṅkhāragataṃ cittaṃ,  
taṇhānaṃ khayamajjhagā.*

The mind has become freed from conditioning;  
the end of craving has been reached.

Having attained *nibbāna*—the permanent, eternal, steadfast state—the Buddha kept teaching the same Path to other seekers for the rest of his life. With immense compassion, having liberated himself, he strove unwaveringly to help others achieve true happiness. □

## FIRST TEN-DAY COURSE AT DHAMMA SOBHĀ, SRI LANKA

It is with great joy that *Dhamma Sobhā* shares the wonderful news of its successful first ten-day course with the worldwide Dhamma family. The course was held from 29 March to 9 April, 2007 with 80 students and servers from all the four categories of the Buddha’s teaching: *bhikkhus*, *bhikkhunis* as well as male and female lay people.

The students and servers worked hard with minimal facilities and under difficult conditions as *Dhamma Sobhā* is still very much under construction.

The preparations started two months before Goenkaji's visit to Sri Lanka in May 2006 to celebrate the 2550th Buddha Mahaparinibbana.

During Goenkaji's visit, *Dhamma Sobhā* organized a one-day course in which over more than a thousand old students meditated under temporary coconut-palm thatched tents. The only finished structure at that time was the Teacher's Residence which was constructed with the generous donation of an old student. Construction crews worked double shifts and built the Teacher's Residence with all the requisite facilities in less than three weeks. It was indeed a miracle of Dhamma. The workers laid floor tiles and put up the curtains on the night before the course and the final preparations were completed minutes before Goenkaji's arrival at the centre.

Within ten months of that auspicious visit, a magnificent Dhamma hall that can seat over 120 meditators stands atop a hill. A four story building that functions as kitchen, dining hall, accommodation for male students and male Dhamma servers is two-thirds completed. The female accommodation that provides facilities for 60 students is almost ready. These facilities were provided by a generous old student who is very keen to see the rising need for Vipassana courses in Lanka fulfilled.

On the very first day of the course, there was an undetected leak in the water pipes which emptied the 80,000 gallon holding tanks. As a result, there was no water on the second day. Fortunately, a huge downpour provided enough water to last the twelve hours that it took to fix the leak. Meanwhile a 10,000 gallon water truck was summoned with great difficulty to replenish the well and supply running water in the taps by the end of the afternoon group meditation on the third day.

That night, a rainstorm blew away some of the roofing of the female accommodation blocks. The students were serenely listening to Goenkaji's "mass of bubbles" discourse with smiles on their faces, oblivious to the wet mattresses on their concrete beds. Meanwhile the servers and construction workers worked untiringly, drenched in the heavy rain, to cover the paneless windows and doorless rooms to keep the rain away.

Sri Lanka is torn by ethnic violence and Gururji pointed out on his visit last year that Dhamma is the only solution to bring peace back to this island of Dhamma. Already there is a high demand for the next course and the next.

However, as the initial construction funds have been spent, completion of the remaining facilities of the centre is a struggle. A large amount was spent on building retaining walls as the land on *Dhamma Sobhā* sits is located is extremely sloped. Students are currently staying in rooms without windows and doors and permanent toilet facilities are still under construction. This is coming in the way of holding regular ten-day courses. To complete these basic facilities it would cost a minimum of USD 100,000.

Old students who would like to help in any way may contact:

The Treasurer

Dhamma Sobha Vipassana Meditation Centre

No. 38 Pahala Kosgama, Kosgama, Sri Lanka

Tel: [94] 11-280-1183, [94] 36-225-3955

Email: dhammasobha@yahoo.com

May *Dhamma Sobhā* along with *Dhamma Kūta* in Kandy help countless suffering beings to come out of their suffering in this war-torn island of Dhamma. May peace and harmony prevail in Sri Lanka.

### **FIRST VIPASSANA COURSE IN GUATEMALA**

Almost since the beginning of Vipassana courses in Latin America, there has been talk about having courses in Guatemala in Central America. Whenever this was mentioned to Goenkaji, he would always laugh and say "Oh! A course in Guatemala, the land of Gautama." Evidently it is quite common in eastern countries when they hear about Guatemala to think of Gautama, the Buddha. Even recently when students from Latin America met with Goenka after the Teacher's Self Course, as the meeting was starting, he started laughing and talking about having a course in Guatemala, the land of Gautama. But the wait for the first course in Guatemala has been quite long. There have been hundreds of courses in eighteen other Latin American countries before this first course in Guatemala was finally held from 29 March to 9 April 2007.

The course went very well. It was expected to be quite small as is usually the case for first courses in smaller Latin American countries but the applications kept coming and finally when the course started, there were almost 70 students sitting and serving. Another course has already been scheduled in Guatemala for December 26 of this year.

### **DHAMMA PATTANA—NEW VIPASSANA CENTRE IN THE GLOBAL PAGODA COMPLEX**

The Global Vipassana Foundation is happy to inform all Vipassana meditators that the Global Pagoda complex will house a Vipassana meditation centre—*Dhamma Pattana*. This centre will have suitable residential and meditation facilities so that old students can meditate seriously in the vicinity of the Global Pagoda where the relics of the Buddha are enshrined. Serious meditators will benefit from the vibrations of the Buddha relics.

The second small pagoda at the Global Pagoda complex will be reserved exclusively for the use of the participants of the courses at *Dhamma Pattana*. It will contain a hundred meditation cells so that each participant in the course can meditate in an individual cell.

*Dhamma Pattana* will have an additional vital function. With increasing age and failing health, it has become increasingly difficult for Goenkaji to travel. Since he needs repeated medical consultations, it is increasingly difficult for him to stay for long periods at *Dhamma Giri*, Igatpuri. However, since *Dhamma Pattana* is in Mumbai, he can spend more time there. Goenkaji plans to conduct a 90-day course at this centre.

Initially, *Dhamma Pattana* will host ten-day courses, and later, longer courses. A major portion of the construction has been completed.

A functional meditation centre will enhance the role of the Global Pagoda as the lighthouse of Dhamma. Meditators wishing to share in the merits of the construction of *Dhamma Pattana* may send donations to:

The Treasurer, Global Vipassana Foundation,  
C/o Khimji Kunverji & Co., 52 Bombay Mutual Building, Sir P. M. Road, Mumbai 400 001, India.

Tel: [91] (22) 2266-2550; Fax: 2266-4045;

Email: kamlesh@khimjikunverji.com

Website: www.globalpagoda.org

Cheques and bank drafts should be payable at Mumbai and drawn in favour of Global Vipassana Foundation, A/c No. 11244, Bank of India, Stock Exchange Branch, Mumbai, India.

### One-day courses at the Global Pagoda:

Every Sunday, 11 am to 5 pm

For gate pass to reach the Global Pagoda site, contact:

Mr. Derek Pegado, Tel: (022) 2845 2261, 2845 2111;

Tel/Fax: 2845 2112. Email: globalpagoda@hotmail.com

Website: www.globalpagoda.org

### GOENKAJI'S DISCOURSES ON TELEVISION

**Aastha TV channel:** Goenkaji's Sri Lanka tour. Daily from 9:40 to 10 am (Subject to change.). **Zee TV:** *Urja*, daily, 4:30 am (IST). **USA:** **Aastha TV** will be telecasting Goenkaji's discourses at 6 pm EST (Monday to Friday) on the WORLDDIRECT platform of DIRECTV on channel no. 2005. (Please confirm exact telecast timings.)

### THREE NEW VIPASSANA CENTRES IN VIDARBHA

1. *Dhamma Anākola*: This centre is situated about 40 kilometres from Akola off Telhara village on a 6-acre plot of land. Temporary structures have been already erected for meditation hall, residences, kitchen etc. and ten-day courses have already started. The centre is run under the auspices of Vipassana Charitable Trust, Shegaon, Apna Bazar, Shegaon 444 203, Dist. Buldana, Maharashtra. Tel: (07279) 253-456. Contact: Mr. Mohanlal Agrawal, Tel: 98812-04125

2. *Dhamma Ajaya*: The centre is about 24 kilometres from Chandrapur, near village Ajaypur on 8.5 acres of **NEW RESPONSIBILITIES**

#### Acāryas:

1. & 2. Mr. Anil & Mrs. Sunita Dharmadarshi, *Gandhinagar*  
To serve *Dhamma Pīṭha*, Ahmedabad and *Dhamma Divākara*, Mehsana

3. Mr. Indravadan Kothadia, *Gandhinagar*  
To serve *Dhamma Pīṭha*, Ahmedabad

#### Senior Assistant Teachers:

1. Mr. Deepak Pagare, *Manmad*  
To serve *Dhamma Manamoda*, Manmad

2. Mr. Mohanlal Agarwal, *Akot*

3. Mr. Rati Ram Surya, *Ghaziabad*

4. Mr. Ram Niwas Gautam, *Delhi*

5. & 6. Mr. David Ferry & Mrs. Catharine Salter, *Australia*

### ADDITIONAL RESPONSIBILITIES

#### Acāryas:

1. & 2. Mr. Heinz Bartsch & Mrs. Brunhilde Becker, *Germany*  
To serve *Dhamma Dvāra*, Germany and *Dhamma Sobhāna*, Sweden

land. Construction of meditation hall has already begun. The centre is managed by Saya Thetgyi Charitable Trust, Chandrapur. Contact: Mr. Milind Gharde, Sugat Nagar, Nagina Ward No .2, Chandrapur 442 401. Tel: (07172) 262 477, Mobile: 92261-37722.

3. *Dhamma Malla*: This centre is about 12 kilometres from Yavatmal on 6.5 acres of hilly terrain. Design work on the proposed centre is underway and construction of meditation hall is likely to start soon. The centre has been established by Vipassana Samiti, Yavatmal. Contact: Mr. N. C. Shelke, Siddhartha Society, Yavatmal, 445 001, Tel: 94228-65661.

### CHILDREN'S COURSES IN MUMBAI

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

Date	Venue	Age	Registration
6 May	South Mumbai	14-18 yrs	4 & 5 May
13 May	Ulhasnagar	10-12 yrs	10 & 11 May
20 May	Ghatkopar	13-16 yrs	18 & 19 May
<b>25 - 27 May</b>	<b>Residential course - girls</b>	<b>13-16 yrs</b>	<b>13 to 18 May</b>
3 June	South Mumbai	9-13 yrs	31-5 & 1-6
10 June	Ulhasnagar	13-16 yrs	7 & 8 June
10 June	Andheri	10-12 yrs	7 & 8 June
17 June	Ghatkopar	10-12 yrs	14 & 15 June
24 June	Matunga	13-16 yrs	22 & 23 June
24 June	JNPT	10-12 yrs	22 & 23 June

**Course Timing:** 8:30 am to 2:30 pm. **Registration:** 11 am to 1 pm.

**Course Venues:** **Andheri (W):** Dada Saheb Gaikwad Sansthan, Babasaheb Ambedkar Marg, RTO Corner, Four Bungalows. Tel: 2510-1096, 2516-2505. **Ghatkopar (W):** SNDT School, New Building, Cama Lane, Opp Vidyut Society. Tel: 2510-1096, 2516-2505. **JNPT:** Trainee Hostel Bldg, Sector 3, Sheva Taluka, Uran, Navi Mumbai. 98923-87145, 98218-08488, 2747-2554. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNDT College, King's Circle, Matunga (CR), Tel: 2510-1096, 2516-2505. **South Mumbai:** Times of India Bldg., Opp CST station. Tel: 2308-1622. **Ulhasnagar:** Guru Nanak High School, Kurla Camp, Ulhasnagar-4. Tel: (0251) 252-2693.

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

### NEW APPOINTMENTS

#### Assistant Teachers:

1. Mrs. Bharati Fulzele, *Nagpur*

2. Mr. Pemasiri Amarasinghe, *Sri Lanka*

3. Mrs. Malini Kumarapperuma, *Sri Lanka*

4. Mrs. Priyangani Wijeratne, *Sri Lanka*

#### Children's course Teachers

1. Mr. Maulik Bhuptani, *Ahmedabad*

2. Mrs. Shailaja Suresh Khade, *Nashik*

3. Ms. Sonali Chandrase Rokade, *Nashik*

4. Mr. Kartik Jayantilal Kelaiya, *Rajkot*

5. Mr. Ashok Hamirbhai Bhuva, *Amreli*

6. Mrs. Poonam Bharatkumar Sitapara, *Rajkot*

7. & 8. Mr. Mohanlal & Mrs. Pushpadevi Kedia, *Jaipur*



## DHAMMA DOHAS

*Jaba jaba antara jagata meñ, jāge citta vikāra;  
maiñ bhī vyākula hoñ uthūñ, vikala karūñ sañsāra.*  
Whenever in the inner world, mental defilements arise,  
I become agitated and make the outer world agitated.

*Jo cāhe mañgala sadhe, mukti dukkhoñ se hoyā;  
vaśa meñ kara le citta ko, citta ke vaśa mata hoye.*  
If you wish to gain happiness and freedom  
from suffering,  
gain mastery over your mind;  
do not allow it to enslave you.

*Main bhī vyākula nā banūñ, jagata vikala nā hoyā;  
jīvana jīne kī kalā, satya dharama hai soya.*  
May I and may the world be free from agitation.  
This is the art of living, this is true Dhamma.

*Dekho apne āpa ko, samajho apanā āpa;  
apane ko jāne binā, miṭe na bhava santāpa.*  
Observe yourself, understand yourself;  
Unless you know yourself, the torments of existence cannot end.