

WORDS OF DHAMMA

*Khantī paramaṃ tapo titikkhā,
Nibbānaṃ paramaṃ vadanti buddhā.
Na hi pabbajito parūpaghātī,
Na samaṇo hoti paraṃ viheṭṭhayaṃto.*

Dhammapada -184 Buddhavaggo

Forbearing patience is the highest austerity. Nibbāna is supreme, say the Buddhas. He is not a recluse who harms another. Nor is he an ascetic who oppresses others.

50th Anniversary of the Return and Spread of Dhamma: A great occasion to express gratitude to our teacher Mr. Goenkaji

We have strongly resolved to celebrate the Golden Jubilee 50th anniversary of the return and the spread of Vipassana, July 3, 2018 to July 2, 2019, throughout the year. It is hoped that this will be helpful in strengthening the daily practice of all students of Goenkaji. To this end, a one-day course will be held, daily, at the Global Vipassana Pagoda throughout the year. Old Students can avail themselves of these courses on any day. In other places also, people will celebrate this Golden Jubilee Year by meditating and practising Dhamma even more seriously. This will be a true expression of gratitude to respected Mr. S. N. Goenkaji.

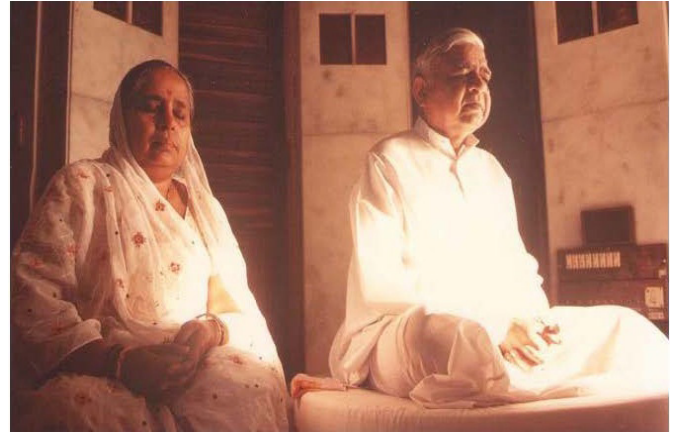
The vignettes from the life of the world renowned Vipassana teacher Mr. Satyanarayan Goenka, from the days prior to and just after his coming into contact with pure Dhamma, are given here with intent that it may inspire others when they see how a person steeped in devotional fervor from a very young age could change so much. We offer this series from his autobiography--**NL Part - 9**

The Profound Influence of Swami Vivekananda on My Life

I was always enamoured of Swami Vivekanandaji, the great spiritual leader of India in the late 19th and early 20th century. Giving my services in the Shri Ramkrishna Mission Society and the Shri Ramkrishna Mission Sevashram (charitable trusts established by Swamiji in the name of his master Ramakrishnaji), I was singularly blessed to work with and benefit from being in the company of upright, compassionate and gentle scholars and renunciates in the ashram. From them I learnt about the powerful and appealing persona of Vivekanandaji and his impressive works which became a source of deep inspiration for me.

Some years ago, while organising a Vipassana camp in the south, I went on a pilgrimage to Kanyakumari with my family members. This is the place where the three oceans meet, splashing water on the country's southernmost tip as if washing the feet of Mother India.

This is the place which appeared in a dream to the Bodhisatta on the penultimate night of his Buddhahood where he saw himself in the gigantic form of a Buddha. He saw that he was lying, his body spread over all of India – while



Respected Guruji and Mātaji meditating in the Pagoda central room at Dhammagiri in 1980. Words of the Buddha are inscribed on the copper plates seen here.

his head rested on the towering Himalayas in the north, his feet stretched all the way to Kanyakumari on the southernmost edges where the blessed waves of the three oceans washed his feet. Further in the dream, the Buddha-to-be saw that his one hand stretched all the way to the Bay of Bengal in the east while the other hand stretched to the Arabian ocean in the west, the waves joyously splashing water on his hands. This was a divine indication that the sacred and beneficent teachings of the Buddha would be accepted by the people of India with open arms – from where it would then spread not only within the boundaries but beyond the Himalayas in the north and beyond its coasts in the east and west.

This is the spot from where Swami Vivekananda swam to a tiny, rocky island, sitting deep in meditation for three days. It is not unusual for an Indian to feel the spiritual significance, the blessed affinity with this sanctified spot bound by three oceans.

Sitting on the beach on this southernmost tip of India was enchanting, watching the tender, sparkling play of the oceans merging into each other, with their waves racing to the shore. As we sat enjoying this blissful moment I saw a few youngsters coming towards us. They smiled and introduced themselves as members of the local Vivekananda centre. They had no prior knowledge about our visit there, but a couple of them had done Vipassana courses and recognised me. In this unknown place they became our guides lovingly and respectfully making our trip more comfortable and memorable. We were grateful indeed for their unexpected assistance at this sacred land.

They first took us by boat to the Vivekananda Rock

which Vivekananda had swum to, showing us a majestic, aesthetically carved temple there. We went to the spot where it is said that the Swami had sat in meditation for three days. We too sat in that sanctified spot for a few hours in the bliss of meditation.

Immersed in deep meditation, a profound Dhamma desire arose in me, full of power and intensity. Just as in ancient times, brave and sacrificing bhikkhus went with the message of Dhamma carried on the waves of the three oceans to far off places, and in the more recent past, another significant stream of spiritual philosophy was carried to far off nations by Vivekanandaji, the desire arose that similarly the universally beneficent and powerful knowledge of Vipassana must reach far beyond the three oceans with its nectar that would slake the thirst of those who are seeking release from the crushing burden of misery.

Once again, during the second phase of the Buddha Sasana, certainly this sacred land of India will be the proud pathfinder to the world, showing them the way to come out of the ceaseless rotation of birth and death.

A little further south, like a lotus nestling in the water, was the Dhamma island of Sri Lanka, and yonder close to the eastern shores, was my sacred birthland Burma. The thought arose in me, “May these, as well as other Asian Buddhist countries contribute in this gigantic undertaking of the spread of Dhamma, earning incalculable merits”. Suffused with such Dhamma feelings we joyously concluded our pilgrimage to the far south.

I was pleasantly surprised when told that Vivekanandaji had spent some of his last days meditating under the Bodhi tree in Bodh Gaya. We do not know what kind of meditation he practised while on this island or under the Bodhi tree, but clearly it was not Vipassana since it had not at that time returned to its place of origin. The land of Bharat was oblivious then of its priceless heritage.

If only an impressive, saintly person of massive intellect like Vivekanandaji had come in contact with Vipassana and the original words of the Buddha, the results would have been unprecedented. The deep reverence that he had felt for the being of the Buddha would have easily translated to his teachings; the false notions, which may have besmirched his mind due to the unfortunate beliefs that had scarred India for centuries, would have doubtlessly cleared up. In such a situation, the gift of spirituality given to the world by him would have multiplied significantly. But of course, the fundamental teachings of the Buddha along with Vipassana could not have arisen in India before its time.

It is said that a highly evolved sage of ancient India had prophesied that these two – the Dhamma teachings and the practice of Vipassana – would return to India only at the end of 2500 years, and indeed that is when they did return. However, the reverence expressed by the most respected Vivekanandaji for the persona of the Buddha had helped deepen the reverence in my heart for the Buddha and I was immensely grateful for that.

The Greatness of the Buddha

The following words express Vivekanandaji’s heartfelt feelings towards the Buddha which helped in the flowering of the regard I had felt for the Buddha since my childhood, deepening the feeling of faith and devotion that I had:

“As far as the stainless, pristine quality of character goes, the Buddha was the most unimpeachable being of the world.”

“A more fearless being who spoke of moral uprightness has not yet been born.”

“My deepest sense of reverence is reserved for this one who was filled with courage, fearlessness and boundless love.”

“The Buddha was endowed with profound mental prowess, unparalleled power, and a heart as colossal as the boundless sky.”

“I would have considered myself blessed had I but a fraction of the immense heart possessed by him.”

“Having sacrificed his kingdom with all its comforts and splendour, wandering in the lanes and by-lanes of Aryavarta (ancient name of India), subsisting on alms, this prince with a heart as large as the ocean dedicated his life to the welfare of men and women, indeed even to the tiniest of all living beings.”

“The Buddha is the only one who can be truly called selfless in practice, totally detached to the outcome of his actions.”

“He worked with no regard for reward and thus was an ideal example of a karmayogi. The extraordinarily high state which he had achieved fills us with the hope that we too can reach that ultimate spiritual state through power of dedicated effort.”

“Only selfless service and action without desire for result can take one to the Ultimate.”

“Just think about that spectacular mind which had no place for false sentimentality. This magnificent mind never knew blind faith.”

“He broke all taboos, the prevailing beliefs regarding gods. He saw that these made human beings weak and fearful, inviting blind faith.”

“There were many who called themselves the avatar of gods, telling people that those who had faith in them would reach the heavens. But the words that the Buddha’s lips murmured till the end were – ‘Your progress depends on your own efforts. Others cannot do it for you. Work for your own liberation.’”

“Of all the masters of the world, he is the one who spoke tirelessly of becoming self sufficient. Not just from the bondages of false beliefs, but he freed us from undue dependence on invisible forces called gods, devas, higher powers.”

“He was a master whose teachings spread the message of equality and impartiality. He was a great proponent of equality.”

“He rooted out the glaring distance between the priestly class and other classes. The so-called lowest were equally worthy of the highest achievements.”

For me, the greatness of the Buddha was undisputed. He had dispelled the blind faith that had prevailed in contemporary society, and he made people self dependant and aware; he also made serious efforts to remove the caste based hierarchy which was discriminatory and oppressed the poor. He taught people to purify their minds to crystalline purity. It is no small wonder that he was revered all over the world. Despite all this, Swami Vivekanandaji doubtlessly felt there was some innate shortcoming in his teachings due to which he had this to say:

“All my life I have been an admirer of the Buddha, but not of his teachings.”

These words then deepened whatever misgivings I had towards the Buddha’s teachings. The doubts expressed by one whom I respected so deeply echoed in my heart till the time when I took my first Vipassana meditation course, experiencing the pure and practical aspect of the Buddha’s teachings firsthand. Subsequently, I undertook to research his words, and I found them to be so blameless and faultless. Now my mind was at rest.

(from the Autobiography of Mr. SN Goenka) –

Continued ..



Celebrating 50 Years of the Journey of Dhamma

To mark the Golden Jubilee year commemorating the completion of the first Vipassana Course in India, the following events have been organised:

1). Daily One-day courses at the Global Pagoda

Everyday one-day courses will be held: 11am. to 5 pm. Those who have completed at least one 10-day course taught by S. N. Goenka in the tradition of Sayagyi U Ba Khin can take part in them. It is necessary to know the number of participants so that proper arrangements can be made for them. Therefore please register. Registration is easy. Just write ‘yes’ with ‘date’ on this mobile no. 8291894644 on WhatsApp or by SMS on 8291894645.

2). 1-day course on 3rd July at Panchayati Wadi, Mumbai

The second of **two one-day courses** in a day will be held, again at the Marwari Panchayati Wadi for Vipassana meditators in this tradition **on July 3, 2019. First session 9am to 1:30pm and Second session 3 to 7:30pm. Please arrive 45 minutes before the course starts for accommodation allotment. Venue:** Panchayati Wadi rest-house, 41, second Panjarapol lane, CP Tank - Madhavbaug, Mumbai-400004. For registration of the above two events, please **book. Contact:** +91 9930268875, +91 9967167489, +91 7738822979 (**Tel booking:** 10 am to 8 pm daily). **Online registration:** <http://oneday.globalpagoda.org/register>.

3). 10-day course at Dhamma Pubbaja, Churu

As the first Vipassana course was conducted by Mr. S. N. Goenkaji in Panchayati Wadi rest-house, in Mumbai from July 3-13, 1969, so we are celebrating the 50th year with a 10-day course at his ancestor's place, Dhamma Pubbaja Vip. Centre, Churu, on **July 3-14, 2019.** (Eligibility criteria, the same as Satipatthana Course). All are welcome to join in this course. For more details please Contact: 'Pubbaj Bhumi Vipassana Trust', Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, Website: pubbaja.dhamma.org, **Mob. Contact:** 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056.

4). Golden Jubilee Celebrations, Igatpuri

On the 50th anniversary of the first Vipassana course in India, what better tribute to our Dhamma Father Goenkaji could there be than to meditate together in a course-setting.

Accordingly, we have organized 10-day Special Courses from **3rd to 14th July 2019** at all the 3 centres located in Igatpuri campus, as follows:

(A) Special 10-day Course at • **Dhamma Giri:** (Eligibility criteria, the same as Satipatthana Course). and (B) Special 10-day Course at both • **Dhamma Tapovana-1 & • Dhamma Tapovana-2:** (Eligibility criteria, the same as 20-day course), On completion of these courses, over the next 3-days from **14th to 16th July**, we plan to have paper presentations where inspiring experiences would be shared by those who had worked with Goenkaji, and also some other programs will be there. For taking part in this 3-day program, one will have to register oneself separately.

Online registration is as follows: • for Dhamma Giri: <https://www.dhamma.org/en/schedules/schgiri> • for Dhamma Tapovana-1: <https://www.dhamma.org/en/schedules/schtapovana> • for Dhamma Tapovana-2: <https://www.dhamma.org/en/schedules/schtapovana2>

Basic Diploma & Advanced Diploma Courses on the teachings of the Buddha: Vipassana practice and its theoretical aspects.

Vipassana Research Institute (VRI) and University of Mumbai (Dept. of Philosophy) jointly conduct these courses on theoretical and practical aspects of the Buddha's teachings, and practical application of Vipassana in various fields. Duration of course: 22-June-2019 to March 2020. Classes: every Saturday 2:00 to 6:00 pm. Eligibility: Min. 12th pass / old SSC. {By the end of first term, students go to a 10-day Vipassana course as a part of curriculum} Admissions from 12th to 15th June, 2019 between 11am to 2pm at Philosophy Department, Gnyaneshwar Bhavan, University of Mumbai, Kalina, Santacruz (E). Mumbai - 400098. Phone no. 022-26527337. Please carry: A

photocopy of your Educational Certificate, A Name change gazette Certificate, passport size photos-3 & Admission fees Rs. 1800/-

• For more information **contact:** 1) VRI office 022 50427560, 9619234126 (9:30am- 5:30pm), 2) Mrs. Baljit Lamba – 9833518979, 3) Ms. Rajshree - 9004698648, 4) Mrs. Alka Vengurlekar – 9820583440

Visit Website - <https://www.vridhamma.org/Pali-Study-Programs>

Centre Development Seminar at Dhamma Arunachala April 12-15

A pilot seminar was conducted at Dhamma Arunachala in Tamil Nadu from April 12-15 to explore progressive technologies which can facilitate centre development. Both traditional and modern (open source) systems were considered. A prime focus was on water—water access, scarcity, conservation, consumption, treatment, disposal, recycling, and purification. Noteworthy was the necessity to properly treat waste water and the potential consequences should the Health Ministry or NGT (National Green Tribunal) find a centre to be non-compliant. Additional options were explored such as energy self-sufficiency (solar/wind); natural ventilation and cooling systems (fans and AC can consume 80% of the electricity requirement at a centre); multifunction systems such as biogas (solving the problem of kitchen waste, supplying cooking gas, and fertilizing plants/soil with diluted slurry); The importance of master plans and the need to include waste disposal, irrigation, building placement and orientation, and ventilation design prior to construction; the role of living enzymes in water treatment, biogas, compost, cleaning solutions and mosquito repellent; techniques for irrigation and ground water replenishment; potential for using traditional earthen materials; and how to minimize toxic waste including pollutants from chemical soaps, detergents, and cleaners. About 50 participants from 12 centres in 7 states attended. Participants were primarily trustees and old students involved in centre development. Some were from established centres looking to improve existing systems, others were in the process of starting new centres from the ground up.

Children's Meditation Courses in Mumbai

Date	Course sites	Age 10-16, Registration 2 days before the Course, i.e. Thursday & Friday.
First Sunday	Ulhasnagar, Churchgate, Thane, Khar	
Second Sunday	Dombivili, Andheri	
Third Sunday	Thane, Ghatkopar, Goregaon, D. Vipula	
Fourth Sunday	Airoli, Dhamma Vipula	

“Please call or send a text SMS message with the name & age of the child two days in advance for registration.”

Course Timing: 8:30 am to 2:30 pm. Registration Timing: 11 am to 1 pm on the specified numbers and dates for each location. Course Venues:- **Ulhasnagar:** A Block 703/1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, Tel. 9970755130, **Churchgate:** Contact: Prashant Rao, Mob. 9820059287, **Thane:** Contact: Deepali Kadam, 9833116107, **Khar:** Mahabodhi Buddha Vihar, Baudha Smashan Bhumi, Carter Rd. Danda, Khar West, Mumbai-52, Mob. 9768123934, **Andheri:** Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Mob. 9769926169, 9967813469. **Dombivili:** Tilak School, Tilak Nagar, Dombivli, Mob. 9819866615, 9029423540, **Ghatkopar:** SNTD School, New Building, Cama Lane, Ghatkopar (W), Opp Vidyut Society, Mumbai 400086. Tel: 25011096, 25162505. **Goregaon:** Vipassana Counselling and Research Centre, Siddharth Municipal General Hospital, Goregaon (W), Mob. 990867538, 8600044136, **Airoli:** Dnyandeep School, sector 2, Airoli, Mobile: 9969267720, 9892565765. --Please call two days in advance for registration. NB: *Please bring a 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.

Importance of Lighting a Pagoda

Respected Goenkaji always said that it is of special importance that a Pagoda where relics are kept be well lit throughout the night. This helps maintain the Dhamma atmosphere. Anyone wishing to donate for the lighting of the Global Pagoda may do so. The cost per night is Rs. 5000/-. For further information Contact at • GVF address.

Centuries Corpus Fund for the Operation of Global Vipassana Pagoda (GVP)

As desired by Guruji, a Centuries Corpus Fund has been set up to meet the daily expenses of GVP. To fulfill this desire of Guruji, Global Vipassana Foundation (GVF) calculated that if each of 8960 persons donates Rs 1,42,694/- then the amount will be Rs 125 crores. The interest earned from this amount will meet its daily expenses. If one cannot deposit this amount at one time he can do it in instalments in a year. (Some have deposited the money and it is hoped this amount will be collected soon.)

This is a great occasion for all meditators and non-meditators to increase their parami by contributing to this fund

• For more information and making contribution please contact • GVF office: 1. Mr. Derik Pegado, 9921227057. or 2. Mr. Bipin Mehta, Mo. 9920052156, A/c. Office: 022-62427512 / 62427510; Email-- audits@globalpagoda.org; **Bank Details:** 'Global Vipassana Foundation', Axis Bank Ltd., Sonimur Apartments, Timber Estate, Malad (W), Mumbai - 400064, Branch - Malad (W). Bank A/c No.- 911010032397802; IFSC No.- UTIB0000062; Swift code: AXISINBB062.

The Construction of Dhammalaya 2

To give free accommodation to Dhamma Sevakas and meditators who come here for a one-day course from far-off places, Dhammalaya-2 will be constructed soon. Those who want to earn merit by contributing to the construction work should contact at above • GVF address.

Saṅghadānas at Global Vipassana Pagoda

Saṅghadāna on **29th September 2019**, on the occasion of the death Anniversary of Rev. Goenkaji and Sharad Purnima, & **12th January 2020**, on the occasion of death Anniversary of Res. Mataji and Sayagi U Ba Khin are being organized at 9 a.m. respectively. Those who wish to take part in the meritorious Saṅghadāna, they should Contact: 1. Mr Derik Pegado, 9921227057. or 2. Sri Bipin Mehta, Mo. 9920052156, **Tel:** 022- 62427512 (9:30 AM to 5:30 PM), Email: audits@globalpagoda.org.

ADDITIONAL RESPONSIBILITIES

1. Shree Satyajit Thakur (AT) will assist the Dhamma Utkal center teacher.

NEWLY APPOINTED

SENIOR ASSISTANT TEACHERS

1. Dipak Muchrikar, Jalgaon

Newly Appointed Assistant Teachers

1. Sri Ketanbhai Patel, Ahmedabad.
2. Basudeo Sah, Muzafferpur
3. Mr Jorge Ricardo, Malaysia

Children course teachers

1. Mrs. Priyanka Jain, Hyderabad
2. Mrs. Mulagolla Jansirani, Hyderabad
3. Mr. B. Suresh Kumar, Telangana
4. Mrs. Rajini Govardha, Secunderabad
5. Mr. B. Shiva Reddy, Telangana
6. Mr. Arun Billa, Hyderabad
7. MRs. Putta Sidamma, Hyderabad
8. Mr Kanchan A. Gajeshwar, Pune
9. Mr. Devesh C. Gupta, Mumbai
10. Mr. Akash Gautam Barathe, Pune
11. Mr. Koushal Kiran Dolas, Pune
12. Mr. Kiran Ashok Kulte, Ahmednagar
13. Mr. Sagar Ravindra Kasar, Pune
14. Dr. Neha Gautam Bhawe, Nanded
15. Mr. Anand V. Rugale, Parbhani
16. Mr. Bhimrao M. Kavale, Nanded
17. Dr. Santosh Dange, Parbhani
18. Mr. Ramrao B. Rampure, Parbhani
19. Miss Pratima B. Khandare, Nanded
20. Mr. Bhaurao C. Kamble, Hingoli
21. Mrs. Sunita P. Kamble Nanded
22. Mr. Zhi Feng LUO, China
23. Mrs. Xue Jun DUAN, China
- 24-25. Mr. Cristian Latorre Carro & Ms. Neige Famery-Brillet, Candeleda, Spain
26. Mrs. Priya Koel, United Kingdom
- 27-28. Mr. Wen Shao Qi Jacky & Mrs. Serena Teo Wei Wei, Singapore

One-day Mega courses at Global Vipassana Pagoda for 2019

Sunday 19th May, Buddha Purnima; Sunday 14th July, Ashadha-Purnima (Dhammachakka Pravartan day); Sunday 29th September On the occasion of 5th death Anniversary of Rev. Goenkaji & Sharad Purnima. One-day mega course at GVP onwards till 4 pm. Non-meditators may participate in the 3 pm discourse. Please come only with prior registration. **Samaggānaṃ tapo sukho:** Avail of the immense benefit of meditating in large group. For registration Contact: 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register>

DHAMMA DOHA

Hatyā, cori jhūṭha se, virata naṣe se hoṃya.

Virata hoṃya vyabhicāra se, buddha vandanā soya.

To abstain from killing, stealing, telling lies and committing sexual misconduct constitutes veneration of the Buddha.

Ho samyaka ājivikā, samyaka cintana hoyā.

Rahen saṃjaga nija sānsa para, buddha vandanā soya.

Veneration of the Buddha also consists in right livelihood and right thought. It also consists in remaining mindful of the breath that comes in and goes out.

Kāyā citta prapañca se, vividha vedanā hoyā.

Nirvikāra nirakhata raheṃ, buddha vandanā soya.

When body and mind interact, many types of sensations arise. If one observes them without reaction, that is real veneration of the Buddha.

Dekha sukhada saṃvedanā, āsvādana nā hoyā.

Bhaya dekhen sukha svāda men, buddha vandanā soya.

One who does not relish pleasant sensations and sees fear in the relishing of them, this is real veneration of the Buddha.

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Edited and published by R. P. Yadav for VRI, Igatpuri-422 403 and printed at Apollo Printing Press, 259, SICOF Ltd., 69 MIDC, Satpur, Nashik-422 007
18 May, 2019 Posted at Igatpuri, Dist. Nashik, Posting Day: Purnima of every month Vip. NL Regd. No. 49916/90; P. Regn No. NSK/RNP-232/2018-2020

DATE OF PRINTING: 1 May, 2019, DATE OF PUBLICATION: 18 May, 2019

If undelivered, please return to:
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