

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Māvoca pharusam kañci  
vuttā paṭivadeyyu taṃ  
dukkhā hi sārāmbhakathā  
patidaṇḍā phuseyyu taṃ.*

—Dhammapada 133

Never speak harsh words,  
Those thus spoken to will react;  
Angry speech causes hurt;  
And you may be hurt in retaliation.

## Building the Dwelling of the Dhamma

S. N. Goenka

The hour of Vipassana has struck at many places throughout the world. For many years, devoted students from many countries have worked diligently to make the Dhamma available to others. Now, with the establishing of many centres throughout the world, their efforts are coming to fruition.

The development of centres marks a new stage in the spread of Vipassana. It is important to understand its significance.

Centres of Vipassana meditation are not clubs designed for the enjoyment of their members. They are not temples in which to perform religious ceremonies. They are not places for socialising. They are not communes where members of a sect can live in isolation from the outside world, according to their own peculiar rules.

Centres are instead schools that teach one subject: Dhamma, the art of living. All who come to these centres, whether to meditate or to serve, come to receive this teaching. They must therefore be receptive in their attitude, trying not to impose their ideas, but rather to understand and apply the Dhamma that is offered.

To ensure that the Dhamma is offered in its strength and purity, strong discipline is observed at the centres. The more carefully this is maintained, the stronger the centres will be. Many ordinary activities are forbidden by this discipline, not because there is anything wrong with them, but because they are inappropriate at a centre for Vipassana meditation. Remember, these are the only places where one can learn this type of Vipassana. The discipline is a way of preserving the unique purpose of these centres; it should be guarded carefully.

The foundation of the edifice of Dhamma that is being constructed at these centres is *sīla* (moral

conduct). Undertaking *sīla* is the essential first step in a Vipassana course, since without it meditation will be weak. It is equally essential that all who serve at the centres keep the five precepts as carefully as possible. The rule of Dhamma has been established at these centres: there should be no killing on the Dhamma land, no stealing, no sexual activity, no wrong speech, no use of intoxicants. The careful upholding of the five precepts will create a calm and peaceful atmosphere conducive to the work of self-purification.

With the firm base of *sīla*, the practice of self-purification can proceed. Keep in mind that this is the most important task at the centres—first, last and always. All who come to serve at them, even for a few hours, must not neglect their duty to meditate there as well. By doing so, the Dhamma atmosphere is strengthened and support is given to the other meditators.

These centres are not, of course, the only places at which meditation and the teachings of the Buddha are practised; but they are the only places devoted to this particular transmission of the teachings, to this particular form of Vipassana. They must be kept specifically for this purpose at all times.

The final essential part of the technique is *mettā*, and this must be practised by all who come to the centres, whether to attend a course or to serve. For meditation and service to be beneficial, it must be performed joyfully, selflessly and lovingly. All tasks that are undertaken should be done with the volition: “May all beings be happy.” The centres must always radiate love and goodwill so that all who enter feel that they have entered a sanctuary of peace.

May every centre become a true dwelling of Dhamma! May Vipassana spread to every land around the world! May all beings be happy and liberated! ☸

## Gratitude Gathering on 17 January 2010 at the Global Vipassana Pagoda: Corrigendum

The Gratitude Gathering is meant for those who took part in one or more ten-day Vipassana courses with Goenkaji in his initial ten years, that is from 1969 to 1979, (even if he or she does not practice Vipassana now or has started practicing some other form of meditation or has started teaching Vipassana or some other technique).

Meditators who know anyone who has taken part in a ten-day Vipassana course with Goenkaji in his initial ten years from July 1969 to end of 1979 are requested to send details of his or her present full name, address, phone number, Email id, date of first course and venue so that they can be cordially invited to the Gratitude Gathering with their families. Please also encourage others to do the same.

There was an error in the past communications about the Gratitude Gathering in the Newsletter. Earlier newsletters wrongly indicated that all meditators, irrespective of whether they did their first course in initial ten years, were invited for this gathering.

Please note that other than people who took part in Vipassana courses in the first ten years (from 1969 to the end of 1979) only Vipassana teachers, SATs, ATs, CCTs, Dhamma servers giving service at centres and trustees are invited to attend the Gratitude Gathering.

However, registrations of all those who have already registered will not be cancelled and they may attend the Gathering.

**Contact:** Ms. Bhavana Gogari or Ms. Namita Bajaj,  
VIA, *Dhamma Giri*, Igatpuri 422 403  
Mobile: [91] 99678-71644, 98196-15426  
Tel: (02553) 244086, 244076 (10 am to 5 pm)  
Email: globalpagoda17jan@gmail.com

### Global Vipassana Pagoda Beautification Projects

Construction of the Global Vipassana Pagoda is now complete. It took 11 years to build, and apart from the cost of land, about Rs. 800 million (US \$16.8 million) have been spent in the construction of the Pagoda. Many Vipassana meditators from India and around the world have personally contributed to it and gained boundless merits.

The Global Vipassana Pagoda is unique among the historical monuments in the world. It is essential that the Pagoda's awesome size should be matched by its elegant beauty. Many beautification projects of the Pagoda are yet to be completed.

Therefore, all those who are a part of the worldwide Vipassana mission in their individual capacity as well as all Vipassana centres may avail themselves of the opportunity to earn merits by participating in the remaining beautification projects of the Pagoda.

#### 1. Beautification of the Global Vipassana Pagoda

Putting up ornamental designs on the Pagoda, decorating the canopy, canopy pillars, verses (*dohas*) on the Pagoda walls, and golden painting of the Pagoda. The *Parikrama* path will be laid with marble (to ease walking barefoot even on hot days). Estimated cost of completion of these projects is Rs. 20 million (US \$420,000).

#### 2. Landscaping around the Global Vipassana Pagoda

Landscaping the outer areas of the Pagoda, building parks and roads and bridge, laying water lines etc. will require about Rs. 25 million (US \$ 530,000).

#### 3. Art Gallery and Welcome Hall

An Art Gallery on the Buddha's life and a Welcome hall will be built at an estimated cost of Rs. 20 million (US \$420,000).

#### 4. Small Pagoda South of the Global Vipassana Pagoda

This small pagoda will be connected to the *Dhamma Pattana* Vipassana Centre with a cell complex spread over four stories. 108 cells have been planned. The construction of each cell in this air-conditioned Pagoda is estimated at Rs. 150,000 (US \$3,200).

#### 5. Construction of Guest Houses

The cost of each twin-sharing room in these guest houses has been estimated at Rs. 600,000 (US \$ 12,600).

All are welcome to share the merits of the above projects.

1. **Donations by cheque/draft** favoring 'Global Vipassana Foundation' payable at Mumbai can be sent to the following address: Kamlesh Vikamsey, Khimji Kunverji & Co., Sir P. M. Road, Fort, Mumbai 400 001. Tel: (022) 2266-2550.

2. **Donations through Core Banking** 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, Bank of India, Stock Exchange Branch, Fort, Mumbai 400023. S.B. A/c No. 008610100011244 MICR No. 400013051. IFSC Code: BKID0000086

#### 3. Donations from outside India through SWIFT transfer

Name of the Bank: Bank of India. S.B. A/c. No.: 008610100011250. Address: Stock Exchange Branch, Jejeebhoy Towers, Dalal Street, Fort, Mumbai 400 023. The Bank has instructed the following for remittance: From USA – Union Bank of California International - New York has account code BOFCUS33NYK for transferring the funds to Bank of India to Mumbai (Bombay) Treasury Branch – US # Account No. 912002201121 and further transferring this sum to Bank of India – Stock Exchange Branch. Their Swift Code Number is BKIDINBBABLD. Instruction may be given to transfer this sum to Global Vipassana Foundation S.B. A/c No. 008610100011250. Please send copy to kamlesh@kkc.in with name and contact details so that the receipt can be sent to you.

4. Online donation facility: Please visit:

[www.globalpagoda.org/Donation.aspx?parentid=6&levelid=](http://www.globalpagoda.org/Donation.aspx?parentid=6&levelid=)

### Subscription to GVF SMS Message Centre

Global Vipassana Foundation (GVF) has created a SMS Message Centre to send timely announcements about Vipassana to meditators via SMS. To receive these SMS announcements, meditators will have to subscribe by sending an SMS from his/her mobile phone to 575758. Type 'Vipassana' 'First Name' 'Last Name' 'City' 'Email id' 'Number of courses'.

An example of your SMS if you have an email id: *Vipassana Gautam, Parekh, Mumbai, gparekh@xyz.com, 14*, (NB Providing email will allow GVF to send Patrika/Newsletter via email in future.)

An example of your SMS if you don't have an email id: *Vipassana Gautam, Parekh, Mumbai, 14*,

1. GVF SMS Message Centre is for old students only and is only for sending SMS to meditators. The Message Center cannot receive SMS from meditators. The cost of subscribing to SMS Message Center is a one-time charge of Rs 3.

2. If you wish to unsubscribe from the GVF SMS Message Center, kindly send SMS to 575758 with the following message "Stop Vipassana" For unsubscribing there will be one-time charge of Rs 3.

3. Meditators will not be charged for receiving SMS sent by GVF SMS Message Center.

4. Upon successfully subscription, you will receive the following message "Thank you for registering with Global Vipassana Foundation (GVF) SMS Message Centre. May All Be Happy"

### Pilgrimage to the Buddha Sacred Sites

IRCTC, the tourism arm of Indian Railways, has started a fully air-conditioned special train, the Mahaparinirvana Express, touring the Buddha Sacred Sites (Lumbini, Bodhgaya, Sarnath, Sravasti, Rajgir and Kushinagar). This is a good opportunity for Vipassana meditators to visit these sites without bothering about organizing multiple ticketing, local transport at different destinations and hotel stay.

**Global Vipassana Foundation (GVF) has negotiated a special discount of 21% with IRCTC for the benefit of Vipassana meditators.**

IRCTC and GVF have agreed to include two sessions of group meditation for meditators under the Bodhi tree in the Mahabodhi Temple at Bodhi Gaya and at Kushinagar, subject to the number of such meditators being not less than ten. The group sittings will be after visiting hours to the temple so as to provide a quiet environment for meditation.

**Schedule** (starts and ends at Delhi)

	Starting Date	Ending Date
Jan 2010	9, 18* and 30	16, 25 and 6 Feb
Feb 2010	13 and 22*	20 and 1 Mar
Mar 2010	6 and 20	13 and 27

\*These tour dates are available on demand for special groups.

**8-day tour full fare** (infants free, children 5-12 yrs 50%)

Class	Rack Rate		21% Discount	
	Rs	USD	Rs	USD
First AC Coupe	53270	1150	42083	908
First AC	48650	1050	38433	830
2 Tier AC	41650	875	32903	692
3 Tier AC	34650	735	27373	581

For registration, contact: Mr. Izhar Alam, Mobile: [91] 98913-73549 or Mr. Arun Srivastava, IRCTC, Ground Floor, STC Building, 1-Tolstoy Marg, New Delhi 110001.

Tel: [91] 2370-1100, 2370-1101, 97176-40452.

Email: arunsrivastava@irctc.com, buddhisttrain@irctc.com

Website: www.railtourismindia.com/buddha

### Expansion of Facilities at Dhamma Java, Indonesia

In mid-2009, construction was completed to improve and extend the facilities at *Dhamma Java*, near Jakarta. A new cell building was built with 34 cells and a mini-hall underneath. Another new building with dining halls, kitchen, office and accommodation for dhamma servers was also built. The accommodation was increased by adding 40 single rooms and extending the bathroom blocks. The centre can now accommodate 80 to 90 students.

During the construction period, non-centre courses continued and a workshop for children's courses was held. There are now five CCTs and a number of successful Indonesian language children's courses have been held in Jakarta and Jogjakarta.

### First 10-Day Course in Fiji

Six Vipassana meditators joined a one-day course in July 2009 at Fiji. Various sites have been inspected and the first ten-day course is scheduled to begin from 26 December 2009. It will be held at a government-owned facility, the Corpus Christie Teachers' College, and the hired facilities will cater for about 50 students. Enquiries can be sent to info@fj.dhamma.org.

### First 20-day course in Malaysia

An additional 30 rooms were completed at *Dhamma Malaya* in September 2009, bringing the total to 102 single rooms with attached baths. They were ready in time for the first 20-day course in September-October 2009, with some of the rooms being used as cells. The course was conducted in English, Mandarin and Indonesian. There were 39 students from Malaysia, Singapore, Taiwan, China, and Indonesia. At the end of the course a two-day workshop was held during which filming was done for a Dhamma server training video.

### 20-day course at Dhamma Pataka, South Africa

The first 20-day course in Africa was held in November-December 2009 with 11 students from various parts of Africa. Temporary cells were built behind the Dhamma Hall about one year earlier.

### 125% Income-Tax Exemption U/s 35 (1) (iii) of I.T. Act 1961, Granted for Donations made to Vipassana Research Institute

The Ministry of Finance, Government of India, has granted VRI the above mentioned income-tax exemption on a long-term (permanent) basis, valid from the Assessment Year 2006-07 onwards (till further action, if any), vide its Notification No. 71/2009 dated 25.09.2009 (F. No. 203/13/2008/ITA-II).

So meditators can now claim the income-tax exemptions due towards their donations made to VRI anytime during the period, from Financial Year 1991-92, when VRI was initially granted the said exemption, to date and beyond too.

**Pali-English / Pali-Hindi Classes at VRI, Dhamma Giri**  
Three-month Pali-English intensive course will be conducted from 18 May to 18 August 2010. (Western students are required to come on student visa only).

**One-month Pali-Hindi intensive course** will be conducted from 1 May to 30 May 2010. (Students are required to come to Dhamma Giri by 29 April 2010.)

**Eligibility:** three 10-day courses and one Satipatthana course; one year regular practice of two hours at home daily; observance of five precepts since last one year; and minimum 12th class pass. Recommendation by Area Teacher or Senior Assistant Teacher is necessary. Last date for submission of forms: 31 January 2010.

Contact VRI for admission forms or visit: <http://www.vridhamma.org/Pali-Study-Programme.aspx>

### Vipassana Websites

**Vipassana introduction:** [www.dhamma.org](http://www.dhamma.org)

Course schedules of Vipassana centres worldwide, application forms, etc.

**Dhamma Giri:** [www.vri.dhamma.org](http://www.vri.dhamma.org)

Indian Vipassana centres and schedule of courses, VRI Newsletters, research papers, publications, etc.

**Pali Tipitaka Website:** [www.tipitaka.org](http://www.tipitaka.org)

The *Chaṭṭha Saṅgāyana Tipitaka* with commentaries, subcommentaries and related Pali texts in Roman, Devanagari, Cyrillic, Gujarati, Kannada, Malayalam, Bengali, Telugu, Tamil, Myanmar, and Sinhala scripts. More scripts will be added soon.

**Prison Courses Website:** [www.prison.dhamma.org](http://www.prison.dhamma.org)

Information about Vipassana courses in prisons.

**Global Vipassana Pagoda:** [www.globalpagoda.org](http://www.globalpagoda.org)

Updated information about the Global Vipassana Pagoda.

**Children's Courses in Mumbai**

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

Date	Venue	Age	Language	Registration
3-1	S. Mumbai	9-16 yrs	Hindi	1 & 2-1
10-1	Ulhasnagar	9-16 yrs	Hindi	7 & 8-1
17-1	Ghatkopar	10-16 yrs	Hindi	14 & 15-1
7-2	S. Mumbai	9-16 yrs	English	4 & 5-2
21 -2	Ghatkopar	10-16 yrs	Hindi	18 & 19-2
7-3	S. Mumbai	13-16 yrs	Hindi	4 & 5-3
21-3	Ghatkopar	10-16 yrs	Hindi	18 & 19-3

**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. **Goregaon (W):** Siddharth Municipal Hospital, Opp. Motilal Nagar Post Office. Tel: 2308-1622. **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**

**Senior Assistant Teachers**

1. Mr. Shivaji Wankhede, *Shegaon: To serve Washim*
2. Mr. Sean Salkin, *Australia*
3. Mr. Manhar Sheladia, *Canada*

**NEW APPOINTMENTS**

**Assistant Teachers:**

Mr. Ganpatrao Dhumal, *Phaltan*

**Children's Course Teachers:**

1. Ms. Dhammika Bhalerao, *Jalgaon*
2. Mrs. Hemlata Shastri, *Jalgaon*
3. Mr. Dhananjay Jakatdar, *Jalgaon*
4. Mr. Uday Gawale, *Bhusawal*
5. Mrs. Anita Patil, *Chopda*
6. & 7. Dr. Rajendra & Dr. (Mrs.) Jyoti Gaikwad, *Nashik*
8. Mrs. Brooke Robinson, *Australia*

**Online Vipassana Newsletters and Archives**

For archives of the VRI Newsletter in English, Hindi, Telugu, Tamil, Gujarati and Malayalam, visit: [www.vridhamma.org/Newsletter\\_Home.aspx](http://www.vridhamma.org/Newsletter_Home.aspx)

Goenkaji's discourses are telecast daily on Bindass TV from 4.45 am to 6 am

**DHAMMA DOHAS**

*Kitane dina yoñ hī gae, karate vāda vivāda;  
 Avasara āyā dharama kā, cākha dharama kā svāda.  
 So many days have passed in discussions and debates;  
 The time has come for Dhamma;  
 taste the savor of Dhamma.*

*Duralabha jīvana manuja kā, duralabha dharama milāpa;  
 Dhanya bhāga! donoñ mile, dūra karen bhava tāpa.  
 Rare is human life, rare to encounter the Dhamma;  
 We are fortunate to have both;  
 let us banish the torment of becoming.*

*With much mettā,  
 A Vipassana meditator*

*Jīvana sārā kho diyā, grantha padhanta-padhanta;  
 Tote mainā kī taraba, nāma raṭanta-raṭanta.  
 All your life is wasted in reading book after book;  
 like a parrot or mynah that repeats names by rote.*

*Jīvana sārā kho diyā, karate buddhi-vilāsa;  
 Buddhi-vilāsoñ se bhalā kīsakī bujhatī pyāsa?  
 All of life is wasted in playing intellectual games;  
 By intellectual games whose thirst has been quenched?*

*With best compliments from*

**MOTILAL BANARSIDASS**

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 Patna, Tel: 2671442; Varanasi, Tel: 2412331

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