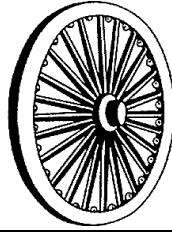


# Vipassana



# Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

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## WORDS OF DHAMMA

*Tasseva tena pāpiyo,  
yo kuddham paṭikujjhati;  
Kuddham appaṭikujjhanto,  
Saṅgāmaṃ jeti dujjayaṃ.*

The worse of the two is one,  
who, when abused, retaliates.  
One who does not retaliate,  
wins a battle hard to win.

—Saṅgīyutta Nikāya 1.188

## Sayagyi U Ba Khin (1899-1971)

*(This year marks the fortieth death anniversary of Sayagyi U Ba Khin. He passed away on 19 January 1971. The following article by Vipassana Research Institute was first published in the Sayagyi U Ba Khin Journal.)*

Sayagyi U Ba Khin was born in Rangoon, the capital of Burma, on 6 March 1899. He was the younger of two children in a family of modest means living in a working class district. Burma was ruled by Britain at the time, as it was until after the Second World War. Learning English was therefore very important; in fact, job advancement depended on having a good speaking knowledge of English.

Fortunately, an elderly man from a nearby factory assisted U Ba Khin in entering the Methodist Middle School at the age of eight. He proved a gifted student. He had the ability to commit his lessons to memory, learning his English grammar book by heart from cover to cover. He was first in every class and earned a middle school scholarship. A Burmese teacher helped him gain entrance to St. Paul's Institution, where every year he was again at the head of his high school class.

In March of 1917, he passed the final high school examination, winning a gold medal as well as a college scholarship. But family pressures forced him to discontinue his formal education to start earning money.

His first job was with a Burmese newspaper called The Sun, but after some time he began working as an accounts clerk in the office of the Accountant General of Burma. Few other Burmese were employed in this office since most of the civil servants in Burma at the time were British or Indian. In 1926 he passed the Accounts Service examination, given by the provincial government of India. In 1937, when Burma was separated from India, he was appointed the first Special Office Superintendent.

It was on 1 January 1937, that Sayagyi tried meditation for the first time. A student of Saya Thetgyi—a wealthy farmer and meditation teacher—was visiting U Ba Khin and explained Anapana meditation to him. When Sayagyi tried it, he experienced good concentration, which impressed him so much that he resolved to complete a full course. Accordingly, he applied for a ten-day leave of absence and set out for Saya Thetgyi's teaching centre.

It is a testament to U Ba Khin's determination to learn Vipassana that he left the headquarters on short notice. His desire to meditate was so strong that only one week after trying Anapana, he was on his way to Saya Thetgyi's centre at Pyawbwegyi.

The small village of Pyawbwegyi is due south of Rangoon, across the Rangoon River and miles of rice paddies. Although it is only eight miles from the city, the muddy fields before harvest time make it seem longer; travellers must cross the equivalent of a shallow sea.

When U Ba Khin crossed the Rangoon River, it was low tide, and the sampan boat he hired could only take him to Phyarsu village—about half the distance—along a tributary which connected to Pyawbwegyi. Sayagyi climbed the river bank, sinking in mud up to his knees. He covered the remaining distance on foot across the fields, arriving with his legs caked in mud.

That same night, U Ba Khin and another Burmese student, who was a disciple of Ledi Sayadaw, received Anapana instructions from Saya Thetgyi. The two students advanced rapidly, and were given Vipassana the next day. Sayagyi progressed well during this first ten-day course, and continued his work during frequent visits to his teacher's centre and meetings with Saya Thetgyi whenever he came to Rangoon.

When he returned to his office, Sayagyi found an envelope on his desk. He feared that it might be a dismissal note but found, to his surprise, that it was a promotion letter. He had been chosen for the post of Special Office Superintendent in the new office of the Auditor General of Burma.

In 1941, a seemingly happenstance incident occurred which was to be important in Sayagyi's life. While on government business in upper Burma, he met by chance Webu Sayadaw, a monk who had achieved high attainments in meditation. Webu Sayadaw was impressed with U Ba Khin's proficiency in meditation, and urged him to teach. He was the first person to exhort Sayagyi to start teaching.

U Ba Khin did not begin teaching in a formal way until about a decade after he first met Webu Sayadaw. Saya Thetgyi also encouraged him to teach Vipassana. Once during the Japanese occupation of Burma, Saya Thetgyi

came to Rangoon and stayed with one of his students who was a government official. When his host and other students expressed a wish to see Saya Thetgyi more often, he replied, "I am like the doctor who can only see you at certain times. But U Ba Khin is like the nurse who will see you any time."

Sayagyi's government service continued for another twenty-six years. He became Accountant General on 4 January 1948, the day Burma gained independence. For the next two decades, he was employed in various capacities in the government, most of the time holding two or more posts, each equivalent to the head of a department. At one time he served as head of three separate departments simultaneously for three years and, on another occasion, head of four departments for about one year.

When he was appointed as the chairman of the State Agricultural Marketing Board in 1956, the Burmese government conferred on him the title of "Thray Sithu," a high honorary title. Only the last four years of Sayagyi's life were devoted exclusively to teaching meditation. The rest of the time he combined his skill in meditation with his devotion to government service and his responsibilities to his family. Sayagyi was a married householder with five daughters and one son.

In 1950 he founded the Vipassana Association of the Accountant General's Office where lay people, mainly employees of that office, could learn Vipassana. In 1952, the International Meditation Centre (I.M.C.) was opened in Rangoon, two miles north of the famous Shwedagon pagoda. Here many Burmese and foreign students had the good fortune to receive instruction in the Dhamma from Sayagyi.

Sayagyi was active in the planning for the Sixth Buddhist Council known as *Chaṭṭha Saṅgāyana* (Sixth Recitation) which was held in 1954-56 in Rangoon. Sayagyi was a founding member in 1950 of two organizations which were later merged to become the Union of Burma Buddha Sāsana Council (U.B.S.C.), the main planning body for the Great Council. U Ba Khin served as an executive member of the U.B.S.C. and as chairman of the committee for *paṭipatti* (practice of meditation).

He also served as honorary auditor of the Council and was therefore responsible for maintaining the accounts for all *dāna* (donation) receipts and expenditures. There was an extensive building programme spread over 170 acres to provide housing, dining areas and kitchen, a hospital, library, museum, four hostels and administrative buildings. The focal point of the entire enterprise was the *Mahā Pāsānaguhā* (Great Cave), a massive hall where approximately five thousand monks from Burma, Sri Lanka, Thailand, India, Cambodia and Laos gathered to recite, purify, edit and publish the *Tipiṭaka* (Buddhist scriptures). The monks, working in groups, prepared the Pāli texts for publication, comparing the Burmese, Sri Lankan Thai, and Cambodian editions and the Roman-script edition of the Pāli Text Society in London. The corrected and approved texts were recited in the Great Cave. Ten to fifteen thousand lay men and women came to listen to the recitations of the monks.

To efficiently handle the millions in donations that came for this undertaking, U Ba Khin created a system of printing receipt books on different coloured paper for different amounts of *dāna*, ranging from the humblest donation up to very large amounts. Only selected people were allowed to handle the larger contributions, and every donation was scrupulously accounted for, avoiding any hint of misappropriation.

Sayagyi remained active with the U.B.S.C. in various capacities until 1967. In this way he combined his

responsibilities and talents as a layman and government official with his strong Dhamma volition to spread the teaching of Buddha. In addition to the prominent public service he gave to that cause, he continued to teach Vipassana regularly at his centre. Some of the Westerners who came to the Sixth Council were referred to Sayagyi for instruction in meditation since at that time there was no other teacher of Vipassana who was fluent in English.

Because of his highly demanding government duties, Sayagyi was only able to teach a small number of students. Many of his Burmese students were connected with his government work. Many Indian students were introduced by Goenkaji. Sayagyi's students from abroad were small in number but diverse, including leading Western Buddhists, academicians, and members of the diplomatic community in Rangoon.

From time to time, Sayagyi was invited to address foreign audiences in Burma on the subject of Dhamma. On one occasion, for example, he was asked to deliver a series of lectures at the Methodist Church in Rangoon. These lectures were published as a booklet titled "What Buddhism Is." Copies were distributed to Burmese embassies and various Buddhist organizations around the world. This booklet attracted a number of Westerners to attend courses with Sayagyi.

On another occasion he delivered a lecture to a group of press representatives from Israel, who were in Burma on the occasion of the visit of Israel's prime minister, David Ben Gurion. This lecture was later published under the title "The Real Values of True Buddhist Meditation."

Sayagyi finally retired from his outstanding career in government service in 1967. From that time, until his death in 1971, he stayed at I.M.C., teaching Vipassana. Shortly before his death he thought back to all those who had helped him—the old man who had helped him start school, the Burmese teacher who helped him join St. Paul's and, among many others, one friend whom he had lost sight of over forty years earlier and now found mentioned in the local newspaper. He dictated letters addressed to this old friend and to some foreign students and disciples, including Goenkaji. On the 18th of January, Sayagyi suddenly became ill. When his newly rediscovered friend received Sayagyi's letter on the 20th, he was shocked to read Sayagyi's death announcement in the same post.

Goenkaji was in India conducting a course when news of his teacher's death reached him. He sent a telegram back to I.M.C. which contained the famous Pali verse:

*Aniccā vata saṅkhārā,  
uppādavaya-dhammino.  
Uppajjitvā nirujjhanti,  
tesaṃ vūpasamo sukho.*

Impermanent truly are compounded things,  
by nature arising and passing away.  
If they arise and are extinguished,  
their eradication brings happiness.

One year later, in a tribute to his teacher, Goenkaji wrote: "Even after his passing away one year ago, observing the continued success of the courses, I get more and more convinced that it is his *mettā* (loving-kindness) force which is giving me all the inspiration and strength to serve so many people... Obviously the force of Dhamma is immeasurable."

Sayagyi U Ba Khin's aspirations are being accomplished. The Buddha's teachings, carefully preserved all these centuries, are still being practised, and are still bringing results here and now.

### Pali Classes at VRI, Dhamma Giri, Igatpuri

**Three-month Pali-English intensive course** will be conducted from 15 May to 15 August 2011.

(Western students are required to come to *Dhamma Giri* on/before 14 May 2011 on student visa only).

**One-month Pali-Hindi intensive course** will be conducted from 13 April to 13 May 2011.

(Students are required to come to *Dhamma Giri* on 11 April 2011.)

**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: 15 March 2011 for one-month Pali-Hindi Course and 31 January 2011 for three-month Pali-English Course.

### Global Vipassana Pagoda Projects

The Global Vipassana Pagoda requires the service of committed Vipassana meditators for various infrastructure and beautification projects.

**Mechanical, Electrician & Plumbing Manager** – 8 to 10 years experience in Project Management Plant / Site Management having deal with Mechanical Electrical & Plumbing requirements on large site.

**Project Manager** – Graduate in Civil Engineering with 10 to 15 years of experience in projects & building construction.

**Housekeeping & Security Supervisor** – 6 to 8 years experience in housekeeping and security management. Ex. Servicemen with security management experience will be an added advantage.

**Fitters** – ITI Fitter with 10 to 15 years of experience in civil construction equipment maintenance, fabrication and other assembly work.

**Plumbing and AC Mechanic** – ITI Plumber with 10 to 15 years experience in large, multipurpose complexes and in repairing servicing & installing AC units.

**Tourist Guide** – 3 to 5 years of experience as guide with any national monument or tourist group.

**Junior Architect** – GDARCH / BARCH, min 5 years experience, capable of handling independently on site, experience in trouble shooting at site projects, coordinating with consultant and Government Bodies.

**Liaison & PR Officer** – A Graduate / Post Graduate with 10 years experience in Liaison field with various Government Agencies with additional experience in PR activities.

**Benefits** - Opportunity to contribute to this unique project, regular meditation practice, right livelihood, good remuneration package, food for all, and accommodation for deserving candidates.

**Contact:** General Manager, GVF, Global Vipassana Pagoda, Next to Esselworld, Gorai Village, Borivali (West) Mumbai 400 091

Tel: (022), 28451181, 28451204

Email: gvf.hrdept@gmail.com

Website: www.globalpagoda.org

### Mobile Version of International Vipassana Website

Now there are more ways to explore the www.dhamma.org website. Use your smartphone to visit [www.mobile.dhamma.org](http://www.mobile.dhamma.org).

There is a wealth of information about Vipassana, including the worldwide schedule of courses. A Hindi-language version of the website has also been added at [www.hindi.dhamma.org](http://www.hindi.dhamma.org).

### Weekend Service Needed as Guides at Global Pagoda

The Global Vipassana Pagoda attracts many visitors, particularly on weekends. There is a need for Dhamma servers with good communications skills in English and Hindi who can spare time on weekends to guide the visitors. Full orientation will be provided to them on the importance of the Pagoda, the Art Gallery, etc.

Servers who are selected will be provided conveyance and food allowance if needed. To register, email: [pr@globalpagoda.org](mailto:pr@globalpagoda.org) or contact: Mrs. Rupal Solanki, (022) 33747502 or Mr. Vishal Tambe, (022) 3374-7503, 99300-33485.

### Annual Pilgrimage to the Buddha Sacred Sites

Starting with the winter of 2010-2011, IRCTC, (Indian Railways), will run one of the trips of the **Mahaparinirvan Express, Vipassana Special**, especially for Vipassana meditators:

#### Schedule: Starts and ends at Delhi

Winter of	Starting Date	Ending Date
2010-11	12 Feb 2011	19 Feb 2011
2011-12 (tentative)	25 Feb 2012	4 Mar 2012

#### Tariff: Full Tour of 8 days / Full Fare (infants free, children 5-12 yrs 50%)

Class	Rack Rate		Discounted Rate for Vipassana Special	
	Rs	USD	Rs	USD
1st AC Coupe	55272	1176	43665	930
First AC	48650	1050	38433	830
2 Tier AC	41650	875	32900	690
3 Tier AC	34650	735	27375	580

**For information & registration**, please visit [www.railtourismindia.com/buddha](http://www.railtourismindia.com/buddha) or contact: Mr. Hemant Sharma, Mobile: [91] 97176-44798, Mr. Izhar Alam, Mobile 97176-35912, IRCTC, Ground Floor, STC Building, 1-Tolstoy Marg, New Delhi 110 001, India.

Tel: (91) (011) 23701100, 23701101,

Email: [arunsrivastava@irctc.com](mailto:arunsrivastava@irctc.com), [buddhisttrain@irctc.com](mailto:buddhisttrain@irctc.com)

### New Website on Children's Courses

A new international website has been launched about Anapana meditation courses for children and teens. The site contains information for potential participants, as well as parents and teachers. Also posted are video clips and course dates. Please visit: [www.children.dhamma.org](http://www.children.dhamma.org).

### Vipassana Websites

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

Course schedules of Vipassana centres worldwide, application form for ten-day courses, etc.

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

Indian Vipassana centres and schedule of courses, etc.

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

The *Chaṭṭha Saṅgāyana Tipiṭaka* 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 in future.

**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 2500-8868 or 2500-6043.

Date	Venue	Age	Registration
20-3	Ghatkopar	10-16 years	18 and 19 -3

**Course Venues: Ghatkopar (W):** SNDT School, New Bldg., Cama Lane, Opp. Vidyut Soc. Tel: 2510-1096, 2516-2505.

**Course Timings:** 8:30 am to 2:30 pm.

**Registration:** 11 am to 1 pm

Courses are also held every month at the following venues.

Venue	Day	Registration
Dombivili	1st Sunday	98202-71594
Santacruz	2nd Sunday	97570-19946
Chembur	4th Sunday	99690-16885
Airoli	4th Sunday	98923-29410

Courses will be conducted in Hindi.

To register, please call respective numbers.

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

**In Memoriam**

Mrs. Manorama Tiwari, Senior Assistant. Teacher, passed away peacefully on 18 January 2011 at Lucknow, India. She served many courses in India. Her husband, Mr. Rudra Datt Tiwari, is also an assistant teacher.

May she be happy, peaceful and liberated.

**ADDITIONAL RESPONSIBILITIES**

**Ācaryas:**

Mr. Mohan Raj Adla, *Hyderabad*

*To assist the area teacher in serving Andhra Pradesh,*

*to serve Dhamma Khetta and*

*to assist in AT training in South India*

**NEW APPOINTMENTS**

**Assistant Teachers**

1. Mr. Gautam Bhawe, *Nanded*

2. Dr. Ram Krishna Pandey, *Gorakhpur*

3. Mr. Robert Jo'son Bell, *USA*

4. Mr. Dean Taylor, *USA*

**Children's Course Teachers**

1. Mrs Rekha Bhaskar, *Port Blair*

2. Mr. Abhay Kumar Jain, *Shivpuri, M.P.*

3. Ms. Priyakamol Danchitrong, *Thailand*

4. U Mg Mg Aye, *Myanmar*

5. Daw Ma Ma Lay, *Myanmar*

6. Daw Khin Nwe Nwe Thant, *Myanmar*

7. Daw Aie Thiri Zaw, *Myanmar*

8. Daw Swet Khaing, *Myanmar*

9. & 10. U Kyi Lin (a) U Htun Htun Min &

Daw Khin Sabai Win, *Myanmar*

**Goenkaji's Discourses on Television**

UTV Action TV channel is telecasting Goenkaji's discourses every Monday to Saturday, from 4.45 am to 5.45 am.

**DHAMMA DOHAS**

*Mere sukha mein, śānti mein, bhāga sabhī kā hoyā;  
Isa maṅgalamaya dharma kā, lābha sabhī ko hoyā!  
May my happiness and peace be shared by everyone;  
May this benevolent Dhamma benefit one and all!*

*Vyāpe vishva Vipashyanā, bahujana hitasukha hoyā;  
Jana-jana kā kalyāna ho, jana-jana mangala hoyā.  
May Vipassana spread for the happiness of many!  
May all beings be happy and peaceful!*

*With much mettā,  
A Vipassana meditator*

*Dūra rahe durbhavanā, dvesha hoyā saba dūra;  
Nirmala nirmala citta se, pyaar bhare bharapūra.  
May all animosity and aversion be dispelled;  
May the purified heart overflow with love for all.*

*Mana-mānasa mein pyaar hī, tarala tarangita hoyā;  
Roma-roma se dvani ute, sabakā mangala hoyā.  
May the mind be filled with the rapture of love;  
May every fibre vibrate with feelings of goodwill.*

*With best compliments from*

**MOTILAL BANARSIDASS**

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