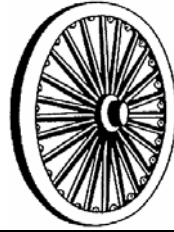


# Vipassana



# Newsletter

In the tradition of Sayagyi U Ba Khin, as

taught by S. N. Goenka

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## WORDS OF DHAMMA

Yass'indriyāni samathaṅgatāni,  
assā yathā sārathinā sudantā;  
Pahinamānassa anāsavassa,  
devā'pi tassa pihayanti tādino.

He whose senses are controlled like horses well trained by a charioteer, he who has abandoned his pride and is free from the taints; of such a steadfast person even the Gods are jealous. In other words even Gods want to become like him.

— Dhammapada 94, Arahantavaggo

## Message of Dhamma

My private secretary wrote the article entitled The 'Mahābhārata' that was published in August Newsletter. Because it was based on the researches done by the V.R. I. he did not see any impropriety in publishing it in my name. But it was indeed a mistake to publish it in the Vipashyana Newsletter.

**Accept good as good and see evil as evil and keep yourself away from it. This is the message of pure Dhamma.**

With love and blessings.  
Satyanarain Goenka

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## The Three Gems

### The Buddha

Itipi so bhagavā arahaṃ sammāsambuddho  
vijjācaraṇasampanno sugato lokavidū anuttaro  
purisadammasārathī satthā devamanussānaṃ  
buddho bhagavāti

*D N 1.44 Sāmaññaphalasuttaṃ*

'The Blessed One is accomplished, fully enlightened, perfect in true knowledge and conduct, sublime, knower of worlds, incomparable leader of persons to be tamed, teacher of Gods and humans, enlightened, blessed.'

### The Dhamma

Svākkhāto bhagavatā dhammo sandiṭṭhiko  
akāliko ehipassiko opaneyyiko paccattaṃ veditabbo  
viññūhīti

*D.N 2.73, Mahāparinibbānasuttaṃ*

'The Dhamma is well proclaimed by the Blessed One, visible here and now, immediately effective, inviting inspection, onward leading, to be experienced by the wise for themselves.'

## The Saṅgha or the Order

Suppaṭipanno bhagavato sāvakaṣaṅgho,  
ujuppaṭipanno bhagavato sāvakaṣaṅgho,  
ñāyappaṭipanno bhagavato sāvakaṣaṅgho,  
sāmicippaṭipanno bhagavato sāvakaṣaṅgho yadidaṃ  
cattāri purisayugāni aṭṭhapurisaṃpuggalā esa  
bhagavato sāvakaṣaṅgho, āhunneyyo pāhuneyyo,  
dakkhiṇeyyo añjalikaraṇiyo anuttaraṃ  
puññakkhettaṃ lokassāti

'The Saṅgha of the Blessed One's disciples is practicing the good way, practicing the straight way, practicing the true way, practicing the proper way, that is, the four pairs of persons, the eight types of individuals; this Saṅgha of the Blessed One's disciples is worthy of gifts, worthy of hospitality, worthy of offerings, worthy of reverential salutation, the unsurpassed field of merit for the world.'

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## Salutation

Ye ca buddhā atītā ca, ye ca buddhā anāgatā/  
Paccuppannā ca ye buddhā, ahaṃ vandāmi sabbadā//(1)

To the Buddhas of the past, to the Buddhas of the future, to the Buddhas of the present, I always pay respects.

Ye ca dhammā atītā ca, ye ca dhammā anāgatā/  
Paccuppannā ca ye dhammā, ahaṃ vandāmi sabbadā//(2)

To the Dhammas of the past, to the Dhammas of the future, to the Dhammas of the present, I always pay respects.

Ye ca saṅghā atītā ca, ye ca saṅghā anāgatā/  
Paccuppannā ca ye saṅghā, ahaṃ vandāmi sabbadā//(3)

To the Saṅghas of the past, to the Saṅghas of the future, to the Saṅghas of the present, I always pay respects.

Yo sannisinno varaṃ bodhimūle,  
Māraṃ sasenaṃ mahatiṃ vijetvā/  
Sambodhimadhigacchi anantañño,  
lokottamo taṃ paṇamāmi buddhaṃ//(4)

To one who meditated under the auspicious Bodhi tree and attained Enlightenment by defeating Māra with his large army, to one who had infinite wisdom and was the best in all the worlds I salute him, pay respects to him.

**Aṭṭhaṅgiko ariyapatho janānaṃ,  
mokkhappaveso ujukova maggo/  
Dhammo ayaṃ santikaro paṇīto,  
niyyāniko taṃ paṇamāmi dhammaṃ//**(5)

I pay respects to the Noble Eight fold path which takes people straight to liberation. I also pay respects to the Dhamma, which is excellent and peace-giving, and which takes people to Nibbāna.

**Saṅgho visuddho varadakkhiṇeyyo,  
santindriyo sabbamalappahīno/  
Guṇehi -nekehi samiddhippatto,  
anāsavo taṃ paṇamāmi saṅghaṃ//**(6)

*Śrāmaṇera vinaya*

I pay respects to the Saṅgha consisting of bhikkhus who are pure and excellent, whose sense organs are controlled, who are worthy recipient of gifts, who have abandoned all impurities, who are richly endowed with many qualities and are free from all āsavas (taints).

**Āraddhaviriye pahitatte, niccaṃ dalhaparakkame/  
Samagge sāvake passa, etaṃ buddhānavandanam//**(7)

*S.N. A 2.2.45 Dasabalasuttavaṇṇanā*

See all these disciples (of the Buddha) who have assembled together and are determinedly making efforts to attain nibbāna. This is the real worship of the Buddhas.

**Imāya dhammānudhammapaṭipattiyā buddhaṃ pūjemi/  
Imāya dhammānudhammapaṭipattiyā dhammaṃ pūjemi/  
Imāya dhammānudhammapaṭipattiyā saṅghaṃ pūjemi//**(8)

By walking on the path of Dhamma from the first step to the final goal. I pay respects to the Buddha, I pay respects to the Dhamma, and I pay respects to the Saṅgha.

**Addhā imāya paṭipattiyā jāti-jarā maraṇamhā  
parimuccissāmi.**(9)

*Śrāmaṇera vinaya*

If I walk on this path surely I am going to be free from birth, old age and death.

### Invocation to gods

**Samantā cakkavālesu, atrāgacchantu devatā/  
Saddhammaṃ munirājassa, suṇantu sagga-mokkhadam//**

From throughout the world systems, assemble here O Devas, to listen to the pure Dhamma of the king of sages, the Dhamma leading to heaven and liberation.

**Dhammasavaṇakālo, ayaṃ bhadantā!  
Dhammasavaṇakālo, ayaṃ bhadantā!  
Dhammasavaṇakālo, ayaṃ bhadantā!**

It is now time for listening to the Dhamma, O Venerable Ones.  
It is now time for listening to the Dhamma, O Venerable Ones.  
It is now time for listening to the Dhamma, O Venerable Ones.

**Ye santā santacittā, tisaraṇasaraṇā,  
ettha lokantare vā/  
Bhumābhummā ca devā, guṇagaṇagahaṇā,  
byāvaṭā sabbakālam//**

Those peaceful ones, of peaceful mind, whose refuge is the triple gem in this world or beyond. **Devas** dwelling on the earth or elsewhere who are always adorned with numerous merits.

**Ete āyantu devā, varakanakamaye,  
merurāje vasanto/  
Santo santosahetuṃ munivaravacanam,  
sotumaggaṃ samaggā//**

*Śrāmaṇera vinaya*

May those devas who dwell on the royal Meru, the glorious golden mountain come! May they come for peace and contentment and may they together listen to the excellent words of the Buddha!

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### Verses announcing the Buddha's victory and Māra's defeat

**Jayo hi buddhassa sirīmato ayaṃ,  
mārassa ca pāpimato parājayo/  
Ugghosayam bodhimaṇḍe pamoditā,  
jayaṃ tadā nāgagaṇā mahesino//**(1)

When the great sage, the glorious Buddha was victorious after defeating the wicked Māra, the **Nāgas** living there on the ground under the Bodhi tree announced the victory of the Buddha and the defeat of Māra.

**Jayo hi buddhassa sirīmato ayaṃ,  
mārassa ca pāpimato parājayo/  
Ugghosayam bodhimaṇḍe pamoditā,  
jayaṃ tadā supaṇṇagaṇā mahesino//**(2)

When the great sage, the glorious Buddha was victorious after defeating the wicked Māra, the **Garuḍas** living there on the ground under the Bodhi tree announced the victory of the Buddha and the defeat of Māra.

**Jayo hi buddhassa sirīmato ayaṃ,  
mārassa ca pāpimato parājayo/  
Ugghosayam bodhimaṇḍe pamoditā,  
jayaṃ tadā devagaṇā mahesino//**(3)

When the great sage, the glorious Buddha was victorious after defeating the wicked Māra, the **Devas** living there on the ground under the Bodhi tree announced the victory of the Buddha and the defeat of Māra.

**Jayo hi buddhassa sirīmato ayaṃ,  
mārassa ca pāpimato parājayo/  
Ugghosayam bodhimaṇḍe pamoditā,  
jayaṃ tadā brahmaṇā mahesino//**(4)

When the great sage, the glorious Buddha was victorious after defeating the wicked Māra, the **Brahmās** living there on the ground under the Bodhi tree announced the victory of the Buddha and the defeat of Māra.

*Ap.A. 1.87-88, Avidūrenidānakathā*

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## Inspired verses

**Yadā have pātubhavanti dhammā,  
ātāpino jhāyato brāhmaṇassa/  
Athassa kaṅkhā vapayanti sabbā,  
yato pajānāti sahetudhammaṃ//**(1)

When indeed the four Noble truths become manifest, to one of pure life, meditating ardently, then all his doubts disappear, he knows how each factor arising has its cause. Then all his doubts vanish.

**Yadā have pātubhavanti dhammā,  
ātāpino jhāyato brāhmaṇassa/  
Athassa kaṅkhā vapayanti sabbā,  
yato khayamaṃ paccayānaṃ avedī//**(2)

When indeed the four Noble truths become manifest, to one of pure life, meditating ardently, then all his doubts disappear, he knows how each factor arising has its cause. Then all his doubts disappear as he has experienced the destruction of the condition of arising.

**Yadā have pātubhavanti dhammā,  
ātāpino jhāyato brāhmaṇassa/  
Vidhūpayamaṃ tiṭṭhati mārasenaṃ,  
suriyova obhāsayaṃantalikkhamaṃ//**(3)

When indeed the four Noble truths become manifest, to one of pure life, meditating ardently, then all his doubts disappear. Having routed the army of Māra he shines like the sun in the sky.

**Anekajātisansāraṃ, sandhāvissaṃ anibbisaṃ/  
Gahakāraṃ gavesanto, dukkhā jāti punappunamaṃ//**(4)

Through many births I wandered in sansāra, seeking but not finding the builder of the house. Full of sorrow is it to be born again and again.

**Gahakāraka diṭṭhosi, puna gehamaṃ na kāhasi/  
Sabbā te phāsukā bhaggā, gahakūṭamaṃ visaṅkhitamaṃ/  
Visaṅkhāragatamaṃ cittaṃ, taṇhānaṃ khayamaṃjjhagā//**(5)

O housebuilder. You are now seen. You will not build a house again for me. All your rafters are broken. The ridge-pole is shattered. My mind is free from all saṅkhāras. I have attained that state where all cravings are annihilated.

Be happy



## Corpus Fund for the Global Vipassana Pagoda

A Corpus Fund is being established for uninterrupted management of the Global Pagoda to ensure that it is maintained successfully in future without any outside pressure. This wonderful holy monument should remain intact for thousands of years as a token of gratitude towards Sayagyi U Ba Khin and Myanmar for maintaining the Dhamma in its pristine purity and sending this valuable gift back to India.

This Corpus Fund cannot be utilized by any individual for personal gain. The interest earned from this Fund, deposited in a Government Bank, will be utilized, as per the rules, for maintenance of the Pagoda and meeting the daily expenditure of the Pagoda.

Details for sending your donations are given below:

### Donations through Core Banking (within India)

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

Axis Bank India, A/C. NO: 911010032397802

SWIFT CODE: AXISINBB062, IFSC CODE: UTIB0000062

MICR CODE: 400211011, BRANCH: Malad west branch, Mumbai-400064.

### Donations from outside India can be remitted through

### SWIFT transfer to Bank of India

SWIFT Transfer details are as follows:

"Global Vipassana Foundation"

Name of the Bank: J P Morgan Chase Bank

Address: New York, US,

A/c. No.: 0011407376, Swift: CHASUS33.

### Cheque/Draft may be sent to the following address:-

Global Vipassana Foundation, Regd. Office – Green House, 2nd Floor, Green Street, Fort, Mumbai – 400023

Phone – 022-22665926



## Opportunity to serve for a long time at the Dhammabodhi.

Dhamma sevakas willing to serve for at least one year at **Dhammabodhi**, International Vipassana Centre, Bodhgaya are wanted for the following posts

1. To oversee the activities related to construction work
2. For maintenance--- Electrician, plumber, painter, gardener and housekeeper
3. Accountant
4. For purchasing various requirements
5. Supervisor for godown
6. Manager, course office

Whoever considers himself fit can take the golden advantage of serving in the premise where the Buddha got enlightenment. **Contact** SMS---+91 9828195950 or Email bikram.dandiya@gmail.com for more information and doing service.



### NEW APPOINTMENTS

#### Assistant Teachers

1. Mr. Baburao Magdum, Shirol
2. Mr. P. A. Neelakantan, Chennai
3. Mrs Poy-Twee Leow, Malaysia
4. Ms. Christine Herz, Germany
5. Mr. Greg & Mrs. Elyena Lundh, Canada
6. Ms. Beth Wycoff, USA
7. Ms. Judy Kendall, UK

#### Children's Course Teachers

- 1&2 Mr Mahesh and Mrs Manisha Lade, Jalgaon

- 3&4 Mr Sangram and Mrs Noopur Patil, Jalgaon
5. Mrs. Lalita Choudhari, Jalgaon
6. Mrs. Shailaja Bhirud, Jalgaon
7. Mr Mansaram Morane, Jalgaon
8. Mr Roopesh More, Jalgaon
9. Mr Prakash Gedam, Bhopal
10. Mrs Alka Jhavar, Gwalior
11. Mr. Zuo Zhao Wu, China
12. Ms. Yu Mei Sun, China
13. Mrs. Ikewati Scewarno, Indonesia

**Children's Meditation Courses in Mumbai**

Date	Course site	Age (years)	Registration
27-10	Goregaon	10-16	24 & 25-10-2013
17-11	Goregaon	10-16	14 & 15-11-2013
15-12	Goregaon	10-16	12 & 13-12-2013

**Course Timing:** 8:30 am to 2:30 pm. **Registration Timings:** 11 am to 1 pm on the specified numbers and dates for each location.

**Course Venues: Ghatkopar:** SNTD School, New Building, Cama Lane, Ghatkopar (W), Opp Vidyut Society, Mumbai 400086. Tel: 25011096, 25162505. **Goregaon:** Vipassana Counselling & Research Centre, Siddharth Municipal General Hospital, Goregaon (W), Tel: 2624-2025 & 98690-23884. **Airoli:** Saraswati School, Sector 5, Airoli, Mob. 9892565765. **Sanpada:** Navi Mumbai Mahanagar Palika School, Sector 5, Sanpada. Tel: 9869405600. **Dombivili:** K B Vira High School, Near Municipal Office, Dombivili (E) Mob. 9930301594. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Mob. 98201-50336. **Ulhasnagar:** 703-A Block /1405, Gokul Nagar, Behind Netaji School, Near Mahesh Granite, Tel. 9970755130, **Andeheri:** Mayfair Meridian Meditation Hall, Ceaser Road, Off S.V. Road, Amboli, Near St. Blaise Church Andeheri, Mob. 9820459449. 9664782244, 9699668642.

Ulhasnagar	Second Sundays	94225-50489
Dombivili	First Sunday	9930301594

Please call two days in advance for registration.

NB \*Please bring 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.

☸

**One-day course in presence of respected Goenkaji and Mataji (if health permits) at the Global Pagoda on the auspicious occasion of the Sharada Purnima**

The course will be conducted in the main Dome of the Global Vipassana Pagoda from 11 am to 4 pm on Oct 20, 2013, Sunday. Pujya Guruji will give discourse at 3 pm; non-meditators are welcome to attend the discourse. Dhamma Sevaks are needed for the course. Registration is compulsory for sitting as well as for giving Dhamma Seva. Register online at [www.oneday.globalpagoda.org](http://www.oneday.globalpagoda.org) Registration on Phone [between 11am and 5pm]: (022)33747501– ext: 9; (022)28451170 –ext: 9; (022)33747543; (022)33747544. Email registration: [oneday@globalpagoda.org](mailto:oneday@globalpagoda.org).

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**Recognition by Mumbai University:**

The Mumbai University has recognized Vipassana Research Institute as a centre for guiding students for doing M.A. and Ph.D. in Pali. Eligible students may send in their applications to VRI, Global Vipassana Pagoda, Mumbai. Contact email: [s\\_sanghvi@hotmail.com](mailto:s_sanghvi@hotmail.com)

☸

**Discourses of Rev. Gurudeva on the following T.V. Channels**

1. **UTV World Movies**-- 3:40 am to 4:38 am (English)
2. **UTV Stars** -- 3:30 am to 5:30 am
3. **UTV Bindass** -- 3:00 am to 3:30 am
4. **UTV Action** -- 4:11 am to 5:30 am

**DHAMMA DOHAS**

*Namaskāra arahant ko, namaskāra saba santa,  
Namaskāra janani janaka, hai upakāra ananta;*

I respectfully salute the Arahant and all the saints, I respectfully salute my parents whose favours are infinite.

*Namaskāra isa viśva ke, deva brahma bhagavāna,  
dharmaniṣṭha hon jo sadā, Karen jagata kalyāna;*

I respectfully salute devas, brahmas and the blessed ones of this universe. Who are righteous and who always do good to the world.

*Isa śraddhāyuta namana se, citta vimala ho jāya,  
Ahaṃ bhāva saba dūra hon, vinaya bhāva bhara jāya;*

Let my mind be pure by this reverential salutation. Let me be free from my ego and let me be filled with politeness.

*Apani rakṣā āpa kara, choṛa parāyī āsa,  
Jo tū nija rakṣā kare, deva brahma saba pāsa;*

You protect yourself. Understand that others cannot protect you. When you begin to protect yourself, you find all Gods and brahmas will be with you.

*Dharatī aura ākāśa ke, āo samyaka deva,  
Jana jana men bānṭe dharama, sukha phaila svayameva;*

Come, O gods of the earth and the sky. Let Dhamma spread to all, So that happiness may spread of its own.

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