

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Vivādaṃ bhayato disvā,  
avivādaṃ ca khemato;  
Samaggā sakkilā botha,  
esā buddhānusāsani.*

Seeing danger in dispute,  
security in concord,  
dwell together in amity:  
this is the teaching of the Buddhas.

—*Khuddaka-nikāya, Apadāna 1.79*

## The Sweetness of Dhamma

S. N. Goenka

If there is Dhamma, there is bound to be sweetness. This is the yardstick: sweetness must come in life. If you are attached to your views and argue that whatever you say is correct, you will lose all the sweetness.

The Enlightened One's words should keep ringing in your ears: be like milk and water mixed together, inseparable, full of sweetness. The whole Dhamma field must always be full of sweetness.

By mistake you might use certain harsh words to justify your view. If you know that you have hurt somebody but think, "What else could I do? I was correct and that fellow couldn't understand it," then your thoughts are still full of aversion. Don't try to justify your mistakes, accept them: "I made a mistake, either from ignorance or my weakness which allowed negativity to overpower me. I will be careful not to do this in future." Give the balm of *mettā* now.

How quickly do you realize your mistake and start generating *mettā*? How long do you work with *mettā* and how deeply? That is the yardstick of your progress. Understand this and see that the atmosphere always remains full of Dhamma, full of sweetness.

You all want Dhamma to spread. Why do you want Dhamma to spread? Not to establish a sect. If a sect is established and more people start calling themselves Buddhists, what would anyone gain by that? Let people keep calling themselves Hindu, Muslim, Christian, Buddhist or Jewish, what difference will it make?

The human mind keeps generating impurity, negativity and misery. Whether one calls oneself by this name or that, does the mind change? No, the mind remains the same with the same habit pattern. Names won't help. Change the habit pattern of the mind, and here is a wonderful technique which will do this. By practising Vipassana one realizes: "Yes, it works! It has purified my mind, if only a little, and whatever impurities have gone, that much misery has gone. Oh, this is such a wonderful technique! Everyone, all around the world is miserable. May more and more people get this wonderful technique and come out of their misery!"

When you see others really enjoying happiness, peace and harmony, then sympathetic joy (*muditā*) arises. Seeing others joyful makes you feel joyful, and this joy multiplies. You smile seeing so many people smiling. You are serving others for this purpose, not to develop ego. There should be no status, no power, no position. You serve whether you have this or that responsibility. You are serving to make yourself happy and to make others happy. This is Dhamma.

Keep this in mind and work. Distribute this wonderful Dhamma for your good and for the good of so many suffering people around the world. May pure Dhamma spread! May more and more people start practising Dhamma to enjoy real peace, harmony, happiness!

*Bhavatu sabba maṅgalaṃ—May all beings be happy!*

## Dhamma in Poland

In 2002 the first ten-day Vipassana course was held in Poland. It was conducted in English only and was attended by 25 students. There have now been a total of 17 courses, including five in 2008 with a total of 250 students. In 2006, the Polish Vipassana Meditation Association was established to share responsibilities more widely, collect donations, achieve tax-exempt status and search for a permanent course location. Last year, an old student donated money to purchase some land.

In 2008, the Association bought an undeveloped parcel surrounded by forest for the planned Vipassana Center. The site is in Dziadowice village in central Poland (located almost exactly in the middle of the country), 220 km to the west of Warsaw, 70 km from Lodz and about 160 km from Poznan. Old students have been meditating and working on site regularly each month. But the site has not been usable in winter weather and did not provide protection from insects.

The Association is still waiting for zoning approval before it can begin construction work. Meanwhile, it has decided to purchase a yurt for the site. This will provide immediate facilities for using the site and will ultimately provide Dhamma server accommodation. The Association is now developing its plans for the center in addition to regular group sittings, and non-center courses. For more information, email [info@pl.dhamma.org](mailto:info@pl.dhamma.org).

## Dhamma in Israel

After more than ten years of efforts, the Israel Vipassana Trust has signed a preliminary contract that, if all conditions are met, will at last provide a permanent centre for Vipassana courses. The contract is for a 10-acre property located at Degania Bet, one of the country's first kibbutzim (communal farms). It is within sight of the channel of the Jordan River where it flows out of the Sea of Galilee, and is less than two hours from Tel Aviv. The land is covered by date palms and surrounded by agricultural fields. There are opportunities for meditators to live and work close to the site.

As is common in Israel, the land is actually owned by the government. The contract with the kibbutz would allow the Israel Vipassana Trust to lease the property on a long-term basis. Before the contract can take effect, a number of conditions must be met:

Under the contract, the Trust will take over some of the kibbutz's bank loans. The banks themselves must give their approval. The government land authority must approve the leasing arrangement. This could take a few months or more than a year. The government land authority must set a fee for leasing the property. If the fee is higher than expected, the Trust will not be bound by the contract.

The estimated cost of the land is \$1.6 million. Construction of facilities for 60 to 80 students is estimated to cost another \$1.5 million. The Trust has started developing a master plan that would eventually allow the center to accommodate over 150 students, including in long courses.

While there have been generous offers of support, these still do not cover the expected cost of the project. For more information, contact: [info@il.dhamma.org](mailto:info@il.dhamma.org)

## Mahaparinirvana Express Yatra for Meditators

Indian Railways started the Mahaparinirvana Express last year for pilgrimage to the Buddhist holy sites ([www.railtourismindia.com](http://www.railtourismindia.com)).

Indian Railways have offered a special discount of 21% to Global Vipassana Foundation (GVF) on all ticket prices. This special discount is on the condition that the discount amount will be donated to GVF on behalf of the Vipassana meditators travelling to the Buddhist holy sites.

Vipassana meditators may avail this opportunity of going on pilgrimage as well as giving dana towards the construction of Global Vipassana Pagoda.

The Rail Tourism department is also trying to organize group meditation for meditators under the Bodhi tree in the Mahabodhi Temple at Bodh Gaya after the temple is closed for the day, so there will be no disturbances from the sightseeing tourists. Similar group meditation shall be arranged in Kushinagar. The group sittings will be arranged only if there are at least 8-10 Vipassana meditators on the same train and there is no other engagement on that particular day in the temple premises.

Meditators wishing to participate may visit: [www.railtourismindia.com](http://www.railtourismindia.com). For further information, contact Mr. Arun Shirivastava, [91] 99714-96669; Email: [arunshirivastava@irctc.com](mailto:arunshirivastava@irctc.com) or Mr. Manish Shinde, [91] 93235-26462; Email: [manish@globalpagoda.org](mailto:manish@globalpagoda.org)

### Donations through Core Banking and SWIFT Transfer

Donations to Sayagi U Ba Khin Memorial Trust (VIA, *Dhamma Giri*, Igatpuri) and VRI can now be remitted from anywhere in India through any branch of the State Bank of India (SBI) under core banking system.

Account Numbers of State Bank of India, Igatpuri branch:

- 1 Sayagi U Ba Khin Memorial Trust: 11542160342
- 2 VRI: 11542165646. (Igatpuri Branch Code: 0386)

Donations from outside India can be remitted through SWIFT transfer to State Bank of India, Igatpuri Branch, Maharashtra, India. SWIFT Transfer details are as follows:

1. **Sayagi U Ba Khin Memorial trust:** SBININ BB 528 Branch code 01247 beneficiary Sayagi U Ba Khin Memorial Trust Account No. 11542160342, Igatpuri branch code: 0386
2. **Vipassana Research Institute (VRI):** SBININ BB 528 Branch code 01247 beneficiary Vipassana Research Institute Account No. 11542165646, Igatpuri branch code: 0386

NB Please inform Accounts Department, *Dhamma Giri*, Igatpuri 422 403, Email: [info@giri.dhamma.org](mailto:info@giri.dhamma.org) about your donation with all relevant details so that the receipt of your donation can be sent to you.

### Pali Workshop

A seven-day Pali workshop has been organized at Jaipur for English-speaking non-Indian Vipassana meditators from 1 to 9 December 2008 (11 am), at Kothari Farms (Marugandha), Bhankrota-Jaisinghpura Road, two kms off Jaipur-Ajmer Express Highway, Bhankrota, Jaipur. For registration, contact Mr. Anil Mehta, Email: [anilmehta02@yahoo.com](mailto:anilmehta02@yahoo.com)

### IN MEMORIAM

Ven. Siddhartha Ratwate, Bhikkhu teacher in our tradition passed away on 9 September 2008 after a long illness. Before he took robes, he (Mr. Brindley Ratwate) was a Vipassana teacher in this tradition.

Mr. Brindley Ratwate along with his wife Mrs. Damayanthi Ratwate and daughter sat their first course in Bodh Gaya at the Burmese Vihar many years ago. They were highly impressed and organized the first Vipassana courses in Sri Lanka, which were attended by revered bhikkhus as well as lay people. Mr. Brindley and Mrs. Damayanthi were also instrumental in the establishment of *Dhamma Kuta*, the first and biggest Vipassana centre in Sri Lanka on a scenic hill-top in Kandy.

His wife, Mrs Damayanthi Ratwate, is currently Vipassana teacher-in-charge of *Dhamma Kuta*.

May he be happy, peaceful and liberated.



Picture taken on 12th August 2008

### Dear Vipassana Meditator,

It is with immense joy, the Global Vipassana Foundation invites all Vipassana meditators for the one-day course on Sunday, 21st December, 2008 in the presence of our beloved teacher, Acharya Shri S.N. Goenkaji.

The Dome of the Global Vipassana Pagoda is designed to accommodate 8,000 meditators and it is the endeavor of all the workers and servers of the Foundation to have a few courses organized to its full capacity.

When large number of Dhamma brothers and sisters meditate together in the presence of "The Sacred Relics of The Buddha" they generate a very pure atmosphere and charge the environment.

**Date** : Sunday, 21st December, 2008

**Time** : 11:00 am to 4:00 pm

**Venue** : Main Dome,  
Global Vipassana Pagoda,  
Gorai, Mumbai



"A View of the Crystal to be placed on top of the Pagoda, a rare single piece, donated by a grateful meditator."

Students/groups coming from outside Mumbai are kindly requested to inform the organizers in advance so that arrangements for bath and breakfast can be made.

Telephone: +91 22 28452261  
Telefax: +91 22 28452111  
Email: [globalpagoda@hotmail.com](mailto:globalpagoda@hotmail.com)  
Attn : Mr. Shekhar or Mr. Derick

**Children's Courses in Mumbai**

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

Date	Venue	Age	Registration
5-10	South Mumbai	9– 15 yrs	3 & 4-10
12-10	Ulhasnagar	13-16 yrs	10 & 11-10
19-10	Ghatkopar	10-12 yrs	17 & 18-10
2-11	South Mumbai	9– 15 yrs	1 & 2-11
9-11	Ulhasnagar	10-12 yrs	7 & 8-11
16-11	Ghatkopar	13-16 yrs	14 & 15-11
23-11	Matunga	13-16 yrs	21 & 22-11
7-12	South Mumbai	9– 15 yrs	29 & 30-11
7-12	Matunga	13-16 yrs	29 & 30-11
21-12	Ulhasnagar	13-16 yrs	6 & 7-12
21-12	Ghatkopar	10-12 yrs	6 & 7-12

**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. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Rd, New SNTD College, King's Circle, Matunga, Tel: 2510-1096, 2516-2505. **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.

**Goregaon:** 16-11-2008 and 18-1-2009 (10 to 14 years) at Vipassana Counselling & Research Centre, Siddharth Municipal Gen. Hospital, Goregaon (W), Mumbai. **Contact:** Vijay Bhatia, 2308-1622.

**ADDITIONAL RESPONSIBILITIES****Ācaryas:** Don & Sally McDonald, Australia

To serve Fiji in addition to Malaysia, Indonesia, Singapore, and Worldwide Course Statistics

**Senior Assistant Teachers:** 1. & 2. Edward & Junko Giorgilli, Italy

To assist the area teachers to serve Sumatra, Indonesia

3. Geoffrey White, Australia: To assist the area teachers in serving Northern New South Wales, Australia

**NEW RESPONSIBILITIES****Senior Assistant Teachers:**

1. &amp; 2. Mr. Sham &amp; Mrs. Sarla Bhatia, Nashik 3. Mr. Mohan Dewan,

Tripura 4. Ms. Macarena Infante, Chile 5. Mr. Francois Kuocho,

France: To assist the area teacher in serving Cambodia

**NEW APPOINTMENTS****Assistant Teachers:**

1. Mr. Prahlad Chaudhary, Dhule 2. Mr. Avadhut Gokhale, Indore

3. Daw Myat Lay Khaines, Myanmar 4. Daw Hla Hla Myint,

Myanmar 5. Mr. Jason Heng-Moh Lim, Singapore 6. Mrs. Kate

Howard, Australia 7. &amp; 8. Mr. Stefan &amp; Mrs. Naomi Told, Spain

**Children's Course Teachers:**

1. &amp; 2. Mr. Anil &amp; Mrs. Indu Matkar, Indore 3. Mrs. Sonal

Choudhary, Indore 4. &amp; 5. Mr. Chana &amp; Mrs. Amporn

Jirachotiwanit, Thailand 6. &amp; 7. Mr. Surapan Poommaneeorn &amp;

Mrs. Kanhokwan Pholsomboon, Thailand 8. Ms. Kannika

Kanjanakot, Thailand 9. Ms. Aurranas Kleaw-Akkadej, Thailand

10. Ms. Anna Barbena, Spain 11. Ms. Spomenka Mujovic, Serbia

12. Ms. Vera Pilipovic, Serbia

**Goenkaji's Discourses on Television****Aastha:** Daily, 9:40 to 10 am **Zee: Urja,** Daily, 4:30 am**Hungama:** and **Bindass:** Daily, 4.30 to 6.00 am**USA:** Aastha 6 pm EST (Mon to Fri) on Worlddirect platform of Directv on channel no. 2005. (Please confirm exact timings.)**DHAMMA DOHAS**

*Sukha dukha mein ulajhā rahā, sadā rahā santapta;  
Sukha dukha lāge eka sā, hoyā nahin uttapta.*

Entangled in joy and sorrow, one is always in torment;  
When joy and sorrow seem alike, one is free from torment.

*Jo upaje so bhanga ho, Vipasyanā se dekha;  
kaisā mangala shuddhi patha, rabe na dukha kī rekha.*

Whatever arises passes away,  
observe this through Vipassana;  
What a pure path of happiness,  
not a trace of suffering remains.

*With much mettā,  
A Vipassana meditator*

*Sukha dukha āte hī rahen, jyon āve dina raina.  
Tū kyūn khove bāvalā, apāne mana kī caina?*

In life, there is joy and sorrow—like day and night;  
Why do you foolishly cast away your peace of mind?

*Anacāhī hove kabhī, manacāhī bhī hoyā;  
Dhūpa chāba kī zindagī, kyā nāce kyā roya?*

Undesirable things may happen as much as desirable;  
Life contains light and shade, so why dance or weep?

*With best compliments from  
MOTILAL BANARSIDASS*

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