

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Taṇhāya jāyatī soko,  
taṇhāya jāyatī bhayaṃ;  
taṇhāya vippamuttassa,  
natthi soko kuto bhayaṃ.*

From craving arises grief,  
From craving arises fear;  
For one who is free from craving,  
There is no grief, much less fear.

—Dhammapada 216

## True Devotion : The Importance of Meditation Practice

(The following is a discourse given by Goenkaji at the Sambodhi Viharaya, Colombo, Sri Lanka in the evening on Buddha Purnima, the full moon day of Vesaka, 12 May 2006. It has been adapted for the Newsletter.)

Most Venerable Bhikkhu Sangha and Dhamma friends:

Today, on this auspicious day, every devotee of the Buddha has to generate *mettā*, *karuṇā*, love, compassion, goodwill for everyone, for all beings. “May all beings be happy, be peaceful, be liberated from their miseries.”

This *mettā bhāvanā* should be very strong, very effective. It will be strong only when you purify your mind. “I must be happy and peaceful myself to express and wish happiness to others. How can I wish happiness for others if my mind is agitated, if I have no peace within me?”

The Buddha gave a wonderful path. He taught how to purify the mind, not just at the surface level but at the depth, at the root level. When you generate *mettā* and *karuṇā* with a pure mind, it is very effective.

The path of purification that the Buddha gave to the world, to humanity, is universal. It is not limited to a particular community. The Buddha’s teaching is not meant only for those who call themselves Buddhists; it is for one and all.

The teaching is not to convert people from one organized religion to another organized religion; it is to convert them from misery to happiness, from bondage to liberation.

I keep on remembering the Buddha’s words. To those who were not his followers, he says, “I am not interested to make you my disciples. I am not interested to snatch you from your teachers. I have discovered a path which will help you to come out of all your miseries. Come, give it a trial. Give it a trial just for seven days and see the results.”

I do the same. I tell people of the world, of different communities, “Come and give it a trial for ten days and see the result. If you find it is good for you and good for others, then only accept it. Give it a trial.”

This is what my teacher told me, “You are miserable, the people around you are miserable. Come, try this technique.” And I accepted and I tried the technique for ten days, and I got wonderful results.

The Buddha’s teaching gives results here and now, *akāliko*, wonderful results. When a few people from different communities give it a trial, the word starts spreading that it is so good.

The technique that the Buddha gave is totally non-sectarian. Anybody and everybody can practice and get the same result. One has to spare ten days and join a camp with a congenial atmosphere, with an experienced teacher and learn the technique.

You are asked to sit comfortably with eyes closed, back and neck straight and to just start observing the breath, nothing but breath. Pure breath, bare breath.

You are asked not to interfere with the natural flow of the breath. If it is deep, it is deep. If it is shallow, it is shallow. If it is passing through the left nostril, it is passing through the left nostril; if it is passing through the right nostril, it is passing through the right nostril. Just observe. Do nothing. Just observe the reality as it is —*yathā bhūta*.

Do not use any word or any mantra. No verbalization. When you observe breath, observe only breath, nothing but breath, which is the same for everybody. It is neither Hindu nor Muslim nor Buddhist nor Christian.

You should also not use any visualization or imagination. Observe the breath as it is.

The Buddha wants us to concentrate on a small area at the centre of the upper lip so that we will be successful. You are aware of the breath, you are aware of this area. Within three days, a student who comes to the course starts feeling some sensation or the other in this area.

From the fourth day onwards, one starts experiencing different types of sensations from the top of the head to the tips of the toes. Very soon, one starts realizing that these sensations are not merely related to the body, they are strongly related to the mind also.

## GOENKAJI'S DISCOURSES ON TELEVISION

**Aastha TV channel:** Goenkaji's Sri Lanka tour. Daily from 9:40 to 10 am (Subject to change.). **Hungama TV channel:** Hindi discourses telecast daily from 4.30 to 6.00 am (IST). **Zee TV: *Urja*,** daily, 4:30 am (IST). **USA: Aastha TV** will be telecasting Goenkaji's discourses at 6 pm EST (Monday to Friday) on the WORLDDIRECT platform of DIRECTV on channel no. 2005. (Please confirm exact telecast timings.)

**ONLINE PALI TIPITAKA WITH UNICODE FONT**  
The entire Chatṭha Saṅgāyana Pali Tipitaka with its commentaries and sub-commentaries, along with other Pali texts in Roman Pali are now available at [www.tipitaka.org](http://www.tipitaka.org) with Unicode font.

A new online search engine has been launched to enable a search for specific words in the Tipitaka. It is a database search facility and is in addition to the existing Google based search facility on the Tipitaka website. The direct link for the same is <http://www.tipitaka.org/search.html>. Users are requested to send their suggestions and request for additional features to [vriindia@gmail.com](mailto:vriindia@gmail.com).

## VIPASSANA IN HAWAII

Hawaii has been enjoying a strong increase in Dhamma activities recently. Over the past few years there have been four non-center courses with another one currently planned for this December. A new site was recently made available for non-center courses on the Big Island of Hawaii. However, the organizing committee is looking at options for a permanent center for the coming years. Demand for the courses has been high, with most courses filled to capacity. Organizers plan to hold 3-5 non-center courses per year over the next several years. For more information, please see [www.hi.us.dhamma.org](http://www.hi.us.dhamma.org) or contact [info@hi.us.dhamma.org](mailto:info@hi.us.dhamma.org).

## NEW VIPASSANA CENTRE IN USA

The Southeast Vipassana Trust has purchased a forty-acre lot in Jesup, Georgia (one hour south of Savannah), USA in December 2006 for the Southeast Vipassana Meditation Center, *Dhamma Patāpa* (Majesty of Dhamma).

This long-awaited day was marked by heavy equipment (operated by old students) rolling unceremoniously onto the 40 acres of land to start the work of leveling roads and foundations for the first two building sites.

The initial phase of construction will consist of two buildings to accommodate 24 students. With tents and trailers, the center will be able to accommodate up to 40 students during this first phase of construction. A meditation hall, kitchen, dining area, AT residences, and an office are also included in this initial phase.

Additional buildings have already been designed and will be built in subsequent phases as demand and finances dictate. The construction drawings have been furnished by Myanmar architects; subsequently the buildings have Myanmar architectural design elements.

When you generate anger, there are bound to be sensations of heat, palpitation, tension etc. which make you miserable. Similarly, whatever impurity arises in the mind, it arises with a sensation in the body.

These are not mere sermons. One starts experiencing the truth, "I am making myself miserable by generating some defilement or the other in the mind." This becomes so clear at the experiential level.

Whether one is a Hindu or a Muslim or a Christian or a Buddhist, everyone wants to come out of misery. Nobody wants to live a miserable life. The Buddha gave us a way to come out of misery by eradicating the defilements of the mind.

People from different communities keep coming to the courses because the teaching is so rational, so scientific and so non-sectarian and result-oriented.

When one generates anger, you cannot label it as Hindu anger or Muslim anger or Christian anger. Anger is anger and the misery that you experience because of this negativity cannot be labelled as Hindu misery or Muslim misery or Christian misery. Misery is misery. The way that is given to come out of misery also cannot be given any label; it is universal. Anybody who practices it comes out of misery because one comes out of negativity.

The happiness that one experiences, the peace that one experiences, the harmony that one experiences cannot be labelled as Buddhist peace or Buddhist harmony. This peace, this harmony is universal. Anybody who practices the Buddha's teaching will experience the same peace and harmony.

The Buddha's teaching is so wonderful, so non-sectarian that people from all the religions of the world are attending Vipassana courses. The result that they get makes a big change in their outlook.

Hundreds of thousands of people around the world have taken Vipassana. They practice *sīla*, they practice *samadhi*, they practice *paññā*. Let them call themselves by any name, I don't care. They are the real followers of the Buddha. They are practicing the Noble Eightfold Path.

Sri Lanka is the land of Buddha Dhamma. I know all of you are devotees of the Buddha. Many of you must have been practicing Vipassana. Those who have not practiced, I invite you, come, *ehi-passiko*. Give me ten days of your life and get the good results of what the Buddha taught.

Everyone gets benefit, little or more, according to the effort one makes.

So on this auspicious day, I would like you to make a decision that you will practice Vipassana. This is the practical teaching of the Buddha. It is good to have devotion towards the Buddha; it is good to understand the Buddha at the intellectual level; but only the understanding at the experiential level will give the real benefit.

So practice the Buddha's teaching of Vipassana and be happy, be peaceful, be liberated.

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

Currently there is a 27-foot travel trailer and a 60-foot construction trailer being used for accommodation, kitchen and office. There is additional land next to the center which will be offered to old students wishing to build and live next to the center.

The SE Trust has worked hard at forming a Dhamma Worker Construction Crew consisting of old students who have the volition to serve in this noble endeavor. Besides the construction crew, there is a Project Supervisor and a Construction Manager overseeing the project.

Presently, the trust is looking for a lead carpenter, carpenters and helpers to join this crew. It is hoped that framing will begin in mid to late December 2006. The trust is also looking for any Dhamma servers who would like to live on property and cook for the workers. For skilled construction workers, stipends will be considered on an as needed basis.

If you have interest in helping, please contact Jo'son Bell, Email: [seamansails@aol.com](mailto:seamansails@aol.com); Tel: 912-576-4435 (weekdays), 912-552-5045 (weekends); For comprehensive information about *Dhamma Patāpa*, visit: [www.patapa.dhamma.org/os](http://www.patapa.dhamma.org/os)

**NOTE:** Vipassana Newsletter subscribers whose mailing address has changed should send both their old and new addresses. Please mention the computer code number printed above the subscriber name in the address label in all correspondence about non-receipt of Newsletters, change in address, receipt of extra copies, change in language etc. to the Patrika Section, VRI, Dhamma Giri 422 403, Tel: (02553) 244086; Email: [admin@vri.dhamma.org](mailto:admin@vri.dhamma.org).

#### CHILDREN'S COURSES IN MUMBAI

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

Date	Venue	Age	Registration
7 Jan	South Mumbai	13-16 years	4 & 5 Jan
14 Jan	Ulhasnagar	10-12 years	11 & 12 Jan
21 Jan	Ghatkopar	13-16 years	18 & 21 Jan
21 Jan	JNPT	10-12 years	18 & 21 Jan
28 Jan	Matunga	10-12 years	26 & 27 Jan
4 Feb	South Mumbai	10-12 years	1 & 2 Feb
11 Feb	Matunga	13-16 years	8 & 9 Feb

Date	Venue	Age	Registration
11 Feb	Ulhasnagar	13-16 years	8 & 9 Feb
18 Feb	Ghatkopar	10-12 years	15 & 16 Feb
4 March	South Mumbai	13-16 years	1 & 2 March
11 March	Andheri	10-12 years	8 & 9 March
11 March	Ulhasnagar	10-12 years	8 & 9 March
18 March	Ghatkopar	13-16 years	16 & 17 Mar

**Course Timing:** 8:30 am to 2:30 pm. **Registration:** 11 am to 1 pm.

**Course Venues:** **Andheri (W):** Dada Saheb Gaikwad Sansthan, Babasaheb Ambedkar Marg, RTO Corner, Four Bungalows. Tel: 2510-1096, 2516-2505. **Ghatkopar (W):** SNTD School, New Building, Cama Lane, Opp Vidyut Society. Tel: 2510-1096, 2516-2505. **JNPT:** Trainee Hostel Bldg, Sector 3, Sheva Taluka, Uran, Navi Mumbai. 98923-87145, 98218-08488, 2747-2554. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Tel: 2510-1096, 2516-2505. **South Mumbai:** Times of India Bldg., Opp CST station. Tel: 2308-1622. **Ulhasnagar:** Guru Nanak High School, Kurla Camp, Ulhasnagar-4. Tel: (0251) 252-2693.

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

#### VIPASSANA WEBSITES

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

Contains information about Goenkaji, Vipassana centres worldwide, Code of Discipline, Application Form for ten-day courses, etc.

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

Contains information about Vipassana Research Institute, Vipassana Newsletter and Patrika, Indian Vipassana centres, schedule of courses, etc.

**Vipassana (old students only):** [www.dhamma.org/os](http://www.dhamma.org/os) - Contains information for old students of Vipassana.

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

Contains the *Chaṭṭha Saṅgāyana Tipiṭaka* with commentaries in Unicode Roman script.

**Global Pagoda website:** [www.globalpagoda.org](http://www.globalpagoda.org) – Contains updated information including facility for online donation.

**Prison course website:** [www.prison.dhamma.org](http://www.prison.dhamma.org)

**Executive course website:** [www.executive.dhamma.org](http://www.executive.dhamma.org)

#### WEB VERSIONS OF THE VIPASSANA NEWSLETTER

Vipassana Newsletter and Patrika can be downloaded from:  
<http://www.vri.dhamma.org/newsletters/>

#### IN MEMORIAM

**Mrs. Krishna Kumari Kurup**, Assistant Teacher, met with a motor vehicle accident on 4 December 2006 while returning from *Dhamma Ketana*, the new centre under construction in Kerala, with her husband Mr. Raghunath Kurup (SAT). She passed away on 7 December 2006. She gave a lot of service at *Dhamma Setu*, Chennai Vipassana centre. In the past few months, she was actively involved in developing *Dhamma Ketana*, where the first ten-day course is starting on 21 December 2006. May she be happy, peaceful and liberated.

**Mrs. Teri Kerr**, Senior Assistant Teacher, peacefully passed away at her home in Charlemont, MA on 15 December 2006 following a courageous sixteen-year battle against breast cancer. She gave many years of service to the growth of Dhamma in North America. She will be missed by all. May she be happy, peaceful and liberated.

**Mr. Ram Niwas Sharma**, Vipassana Teacher in Jaipur, passed away on 16 December 2006 in Jaipur following a road accident. He was a humble, kind and enthusiastic Vipassana Teacher. His exemplary service will be fondly remembered in Rajasthan and elsewhere. May he be happy, peaceful and liberated.

## NEW RESPONSIBILITIES

### Senior Assistant Teachers:

1. Mr. Ananta Jena, *Howrah*
  2. Mr. Lionel Pilimatalawe, *Sri Lanka*
  3. & 4. Mr. Ziv Emet & Mrs. Ayelet Mehahemi, *Israel*
  5. Ms. Evie Chauncey, *Canada*
- To assist the area teachers to serve Vancouver Island, Canada*

## NEW APPOINTMENTS

### Assistant Teachers:

1. Mr. Abhijit Bhabhe, *Navi Mumbai*
2. Ms. Indu Bilaney, *Mumbai*
3. & 4. Mr. Sudarshan & Mrs. Sudha Grover, *Thane*
5. Mr. Bharat Grover, *Thane*

### Children's Course Teachers:

1. Mr. Ganpatrao Dhumal, *Phaltan*
2. Mr. Rohidas Vyavahare, *Bhusaval*
3. Mr. Gautam Goswami, *Kutch*
4. Mrs. Pragnaben Goswami, *Kutch*
5. Ms. Khushubu Bhatt, *Kutch*
6. Mrs. Shivganga Ratnakar Gaikwad, *Pune*
7. Mr. Gulab Dyandeo Bansode, *Raigad*
8. Ms. Swati Jadhav, *Mumbai*
9. Ms. Nisha Shenoy, *Mumbai*
10. Mr. Rajesh Sharma, *Chattisgarh*
11. Ma Kam Moe Moe, *Myanmar*
12. Daw Myint Myint San, *Myanmar*
13. Ma Hla Myint, *Myanmar*
14. Ma Khin Khin Aye, *Myanmar*
15. U Tun Myint, *Myanmar*
16. U Thein Htay, *Myanmar*
17. Daw Tin Tin Htay, *Myanmar*
18. Daw Nway Nway, *Myanmar*
19. & 20. Mr. Ford James & Mrs. Caroline Dezan, *USA*

## DHAMMA DOHAS

*Dukhī dekha karuṇā jage, sukhī dekha mana moda;  
Maṅgala mairī se bhare, antasa otaaparota.*

Seeing the wretched, may compassion arise;  
seeing the happy, joy;  
May the depths of the mind be filled and permeated  
with infinite love and good will.

*Dṛṣya aura adṛṣya saba, prāṇī sukhiyā hoṇya;  
Niramala ho, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

Visible or invisible, may all beings be happy;  
Pure-minded, without enmity; may all be freed of ills.

*Dasoṇ diṣāoṇ ke sabhī, prāṇī sukhiyā hoṇya;  
Nirabhaya hoṇ, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

In the ten directions, may beings be happy;  
Without fear or enmity, may all be freed of ills.

*Jala ke, thala ke, gagana ke, prāṇī sukhiyā hoṇya;  
Nirabhaya hoṇ, nirabaira hoṇ, sabhī nirāmaya hoṇya.*

Whether of water, earth or sky, may beings be happy;  
Without fear or enmity, may all be freed of ills.