

Vipassana Newsletter

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

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WORDS OF DHAMMA

*Pamādamanuṅjanti,
bālā dummedhino janā;
appamādañca medhāvī,
dhanam setṭhamva rakkhati.*

The foolish and ignorant
sink into negligence;
but the wise one guards heedfulness
as the highest wealth.

—Dhammapada 26

MAṄGALA SUTTA—DISCOURSE ON WELFARE

Vipassana Research Institute

(Sometimes known as the ‘vinaya’ for householders, the *Maṅgala sutta* is very popular among the followers of the Buddha. Two traditional opening verses that give some background are often chanted, explaining that *devas* and men had been discussing for a long time what was a true *maṅgala*.

The canonical text begins with “*Evaṃ me sutam*” and tells us the immediate context for the *sutta*.

The *sutta* is found in *Khuddaka-nikāya, Sutta Nipāta*, II. 4.

Goenkaji’s morning chanting of this *sutta* on the ninth day of the ten-day Vipassana course begins with the Buddha’s answer to the question put to him.)

***Yaṃ maṅgalaṃ dvādasahi, cintayimsu sadevakā;
sothānaṃ nādhigacchanti, aṭṭhatimsaṅca maṅgalaṃ.***

For twelve years [men] along with *devas* pondered, “What is welfare?”
But they did not arrive at the thirty-eight welfares that bring happiness.

***Desitaṃ devadevena, sabbapāpavināsaṇaṃ;
sabbaloka-hitatthāya, maṅgalaṃ taṃ bhaṅāmahe.***

The Lord of the *devas* [the Buddha] taught [that which] destroys all evil,
for the benefit of the whole world: let us recite those welfares.

Evaṃ me sutam—
Thus have I heard—

***Ekam samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme. Atha kho aññatarā devatā
abhikkantāya rattiyā abhikkantavaṇṇā kevalakappaṃ jetavanaṃ obhāsetvā yena bhagavā tenupasaṅkami.***

At one time the Blessed One was dwelling in Sāvatti at Jeta’s grove, the monastery of Anāthapiṇḍika.
Then, indeed, when the night was well advanced, a certain female *deva* of surpassing beauty, illuminating
the whole of Jeta’s grove, approached where the Buddha was.

***Upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhāsi.
Ekamantaṃ thitā kho sā devatā bhagavantaṃ gāthāya ajjhabhāsi:***

Having arrived there and respectfully saluting the Blessed One, she stood to one side.
Standing to one side the *deva* addressed the Blessed One in verse:

***Bahū devā manussā ca, maṅgalāni acintayum;
ākaṅkhamānā sothānaṃ, brūhi maṅgalamuttamaṃ.***

Many *devas* and men have pondered on welfares, yearning for happiness.
Please explain what is the highest welfare.

Bhagavā etadavoca:

The Buddha replies:

*Asevanā ca bālānaṃ, paṇḍitānañca sevanā;
pūjā ca pūjanīyānaṃ, etaṃ maṅgalamuttamaṃ.*

Avoidance of fools, the company of the wise,
honour where honour is due—this is the highest welfare.

*Patirūpadesavāso ca, pubbe ca katapuññatā;
atta-sammāpaṇidhi ca, etaṃ maṅgalamuttamaṃ.*

A suitable place of abode, the merit of past good deeds,
right aspirations for oneself—this is the highest welfare.

*Bāhusaccañca sippaṇca, vinayo ca susikkhito;
subhāsītā ca yā vācā, etaṃ maṅgalamuttamaṃ.*

Great learning and skill, well-mastered discipline,
well-spoken words—this is the highest welfare.

*Mātā-pitu-upaṭṭhānaṃ, puttadārassa saṅgaho;
anākulā ca kammantā, etaṃ maṅgalamuttamaṃ.*

Serving one's parents, caring for spouse and children,
a peaceful occupation—this is the highest welfare.

*Dānañca dhammacariyā ca, nātakānañca saṅgaho;
anavajjāni kammāni, etaṃ maṅgalamuttamaṃ.*

Generosity, a life of Dhamma, caring for relatives,
blameless deeds—this is the highest welfare.

*Āratī viratī pāpā, majjapānā ca saṃyamo;
appamādo ca dhammesu, etaṃ maṅgalamuttamaṃ.*

Ceasing and shunning evil, refraining from intoxicants,
vigilance in the Dhamma—this is the highest welfare.

*Gāravo ca nivāto ca, santuṭṭhi ca kataññutā;
kālena dhammassavanaṃ, etaṃ maṅgalamuttamaṃ.*

Respectfulness, humility, contentment, gratitude,
listening to the Dhamma at the proper time
—this is the highest welfare.

*Khantī ca sovacassatā, samañānañca dassanaṃ;
kālena dhammasākacchā, etaṃ maṅgalamuttamaṃ.*

Forbearance, accepting guidance, beholding saintly people,
discussion of the Dhamma at the proper time—
this is the highest welfare.

*Tapo ca brahmacariyañca, ariyasaccāna-dassanaṃ;
nibbānasacchikiriyā ca, etaṃ maṅgalamuttamaṃ.*

Ardent practice, a life of purity, witnessing the Noble Truths,
experiencing *nibbāna*—this is the highest welfare.

*Phuṭṭhassa lokadhammehi cittaṃ yassa na kampati;
asokaṃ virajaṃ khemaṃ, etaṃ maṅgalamuttamaṃ.*

When faced with the vicissitudes of life¹, one's mind is unshaken,
sorrowless, stainless, secure—this is the highest welfare.

*Etādisāni katvāna, sabbatthamaparājitā;
sabbatthasotthiṃ gacchanti, taṃ tesam maṅgalamuttamaṃ.*

Having acted in this way, everywhere invincible,
they go everywhere safely—that is the highest welfare.

The Highest Welfare

The Buddha's teaching was not merely for monks and nuns, but also for householders, many of whom used to come to him to learn Dhamma. One group came and said: "Sir, we are not prepared to become monks or nuns; we have to live as householders. Will the technique work for us? Can we also get liberated?"

He replied, "Certainly, it is a technique for all."

Monks and nuns do not have any worldly responsibilities. So they can give their whole life to this purpose, and the results come sooner. Householders cannot avoid their multifarious responsibilities towards their family members, relatives, and society but the teaching also works for them.

The Buddha gave a discourse to this group, explaining how to live a wholesome life. He listed thirty-eight welfares to be acquired by a family man or woman, each higher than the last. When he came to the highest, he said:

*Facing the vicissitudes of life
the mind is not shaken;
it is without grief, without impurity,
without insecurity:
this is the highest welfare.*

Everyone has to meet vicissitudes in life but the mind should not get agitated; it should remain stable and balanced. Then there is no crying, no unhappiness, no impurity nor any feeling of insecurity in your mind. One always feels secure because one is on the path of Dhamma; nothing can go wrong. This is the highest welfare: equanimity with all the vicissitudes of life.

S. N. Goenka

(adapted from the Day 8 discourse.)

1. The eight worldly vicissitudes (*lokadhammā*) are:

lābha (profit) and *alābha* (loss),
yaso (fame) and *ayaso* (ill repute),
pasamsā (praise) and *nindā* (criticism),
sukha (pleasure) and *dukkha* (pain).

ONE-DAY COURSE AT GLOBAL PAGODA

The Global Vipassana Foundation has organized a one-day course on 2 May 2007 (*Buddha Purnima*) from 11 am to 5 pm at Global Pagoda, *Dhamma Pattana*, Gorai, Mumbai. The course will be conducted in the meditation hall under the main dome of the Global Pagoda and is only for those who have already completed at least one ten-day course.

For registration and information about reaching the Global Pagoda site, please contact:

Mr. Derek Pegado,

Tel: (022) 2845 2261, 2845 2111, 2845 21206;

Tel/Fax: 2845 2112. Email: globalpagoda@hotmail.com

Website: www.globalpagoda.org

There are no facilities for overnight stay at the Global Pagoda. Those coming a day early will have to make their own arrangements. **Please bring your own cushions.**

Meditators wishing to serve this course may contact above.

(One-day courses are also organized every Sunday at the Global Pagoda from 11 am to 5 pm. Contact the above for gate pass.)

IMPORTANT PROGRAMMES AT DHAMMA GIRI AT Workshop (only for Vipassana Teachers, Senior Assistant Teachers and trainee Assistant Teachers):

3 to 6 May 2007 at *Dhamma Tapovana*.

Teachers' Self-Course (15-day): 16 November to 1 December 2007 in *Dhamma Giri* and *Dhamma Tapovana*.

Criteria for admission to TSC: Minimum one *Satipatthana* course. Significant contribution to spread of Dhamma (Local Vipassana teacher's recommendation required.) Priority will be given to those who have not sat TSC before. (*Dhamma Giri* and *Dhamma Tapovana* will be closed to visitors during this period.)

Workshop for Dhamma servers and Trustees: 1 to 2 December 2007 in *Dhamma Giri* and *Dhamma Tapovana*

VRI Research Council Meeting: 2 December 2007 (Sunday) from 9.30 to 11 am

60-day course: 7 December 2007 to 6 February 2008 at *Dhamma Tapovana*.

WORKSHOPS AT DHAMMA PUNNA, PUNE

AT Workshop: 23 June (10 am) to 24 June (5 pm). The meeting will be conducted in Marathi and will discuss issues involved in serving on courses in Marathi-speaking areas.

Contact: Bhanudas Rasal, Mobile: 94220-00908,

Email r_bhanudas@rediffmail.com

'Value Inculcation through Vipassana' workshop: 17 to 31 May 2007, only for male and female school teachers.

Contact: Pune Vipassana Samiti, Dadawadi, Opp. Nehru stadium, Pune 411 002. Tel: (020) 2446-8903, 2446-4243. Email: info@ananda.dhamma.org

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.)

CHILDREN'S COURSES IN MUMBAI

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

Date	Venue	Age	Registration
8 April	Ulhasnagar	13-16 yrs	5 & 6 April
27 - 29 April	Residential course - boys	13-16 yrs	15 to 20 Apr
6 May	South Mumbai	14-18 yrs	4 & 5 May
13 May	Ulhasnagar	10-12 yrs	10 & 11 May
20 May	Ghatkopar	13-16 yrs	18 & 19 May
25 - 27 May	Residential course - girls	13-16 yrs	13 to 18 May
3 June	South Mumbai	9-13 yrs	31-5 & 1-6
10 June	Ulhasnagar	13-16 yrs	7 & 8 June
10 June	Andheri	10-12 yrs	7 & 8 June
17 June	Ghatkopar	10-12 yrs	14 & 15 June
24 June	Matunga	13-16 yrs	22 & 23 June
24 June	JNPT	10-12 yrs	22 & 23 June

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 BOOKS, CASSETTES, CDs AND DVDs

1. **Mr. Dipchand Shah**, B-35 Dalas Bldg, Gyanmandir Road, Dadar (W) Mumbai 28. Tel: (022) 2422-8134
2. **Vipassana Information Centre**, Mrs. Smita Kamdar, 7C, Suresh Colony, S. V. Road, Near Nanavati Hospital, Vile Parle (W), Mumbai 56. Tel: (022) 5581-2672, 3092-8266.
3. **Mrs. Amita Parikh**, E-1 Asmit, Opp. National Decorators, Bajaj Road, Near Rly. Station, Vile Parle (W) Mumbai 56. Tel: 2612-2226, 2611-8258 (2:30 to 5 p.m.)
4. **Vipassana for Better Education office**, Lord Harris Municipal Marathi School, L. Tilak Marg, Dhobi Talao, Near G. T. Hospital, Mumbai-400-001 (Monday to Friday, 2 to 7 p.m.). **Contact:** Sunil Ghadge, Tel: (022) 2270-3601.
5. **Mr. S. Bhalerao**, Dadasaheb Gaikwad Hall, Andheri (W), Mumbai. Tel: (022) 24163288
6. **Mrs. Sujata R. Khanna**, Prasad Shopping Centre, Room No. 3, First floor, Opp. Railway Station, Goregaon (W), Mumbai 62. Mon. to Fri.: 3 to 8 pm; Mobile: 93204-92269.
7. **Ratansagar Books**, Mr. Suhas Kamble, 125/1A, Raj Society, Kothrud, Pune-38. Tel: (020) 2541-0796.
8. **Mr. Rathi**, Shivkrishna Medical Store, 206, Agra Road, Igatpuri 422403. Tel. (02553) 244-036.
9. **Arti General Store**, Near Ram Mandir, Agra Road, Igatpuri 422403, Tel: (02553) 244-790.
10. **Mr Sumantlal Shah**, 13/386-C, Civil Lines, 2nd Floor, Kanpur-208001, U.P. Tel: Res. (0512) 294-222, 293-565.
11. **Vipassana Sadhana Samiti**, Mohta Bhavan, 533-A, 8 B Road, Sardarpura, Jodhpur-342003. Tel: (0291) 232-048.

NEW RESPONSIBILITIES

Ācaryas:

1. Mr. Raghunath Kurup, Kerala
To serve Dhamma Ketana, Kerala
2. Mr. Ramswarup Brahmchari, Hyderabad
To serve Dhamma Vijaya, Vijayarayai, Andhra Pradesh
3. Mr. Mohan Raj Adla, Hyderabad
To serve Dhamma Nāgajjuna, Nalgonda, Andhra Pradesh
4. Mrs. Sabrina Katakam, Hyderabad
To serve AT training in South India
5. Mrs. Sushila Goenka, Myanmar
To spread Dhamma among Expatriate Indians
6. Mr. Parsu Ram Gotama, Myanmar
To serve Dhamma Makuta and Dhamma Ratana
7. Daw Win Kyi, Myanmar
To serve Dhamma Mandala, Dhamma Mandapa and Dhamma Mahimā
8. U Tin Maung Shwe, Myanmar
To serve Dhamma Mandala, Dhamma Mandapa
9. & 10. U Kyaw Khin & Dr. Daw Mya Mya, Myanmar
To organize AT meetings and workshops for trustees and Dhamma servers

11. Daw Sein Sein, Myanmar
To help in spread of Dhamma
12. & 13. Mr. Parker & Mrs. Laura Mills, USA
To serve Dhamma Maṇḍa, Mendocino, USA

Senior Assistant Teachers:

1. & 2. Mr. Sushil Kumar and Mrs. Beena Mehrotra, Varanasi
To assist the area teacher in serving Dhamma Cakka, Sarnath
3. Mrs. Manisha Mehta, Rajkot
4. Mr. Harshad and Mrs. Hansa Patel, Ahmedabad
5. Ms. Meena Tank, Ahmedabad

ADDITIONAL RESPONSIBILITIES

Ācaryas: 1. & 2. Mr. John & Mrs. Joanna Luxford, U.K.

- To serve Europe including AT Training in Europe and European Long Course Centre*
- Senior Assistant Teachers:**
1. Mr. K. Ravi Kumar Reddy, Eluru
To assist Mr. Bal Krishna Goenka in serving Dhamma Khetta
 2. Mr. Van Shafer, USA
To assist Barry & Kate Lapping in serving Dhamma Pakāsa, Illinois

NEW APPOINTMENTS

Assistant Teachers

1. Mrs. Nirmala Dutt, Hyderabad
2. Mr. K. Narotham Reddy, Hyderabad
3. & 4. Mr. Anand Kulkarni & Mrs. Kerrin O'Brien Kulkarni, Dharamshala
5. Mrs. Kusum Soni, Bhopal
6. Mrs. Simin Sarmadi-Zokaie, Iran
7. Mr. Robert Wagester, Canada
8. Mr. Jack Siu, Hong Kong
9. Mr. Itai Brauer, Israel

Children's Course Teachers

1. Mr. Manoj Bengrut, Pune
2. Mrs. Sangeeta Shinde, Pune
3. Mr. Ashok Chitrakar, Nepal
4. Mrs. Surya Maya Kansakar, Nepal
5. Mr. Swohit Kansakar, Nepal
6. Mr. Moti Lal Khanal, Nepal
7. Mr. Narayan Krishna Kharel, Nepal
8. Mr. Thakur Byas Khatri, Nepal
9. Mr. Ram Prashad Koirala, Nepal
10. Mr. Shiwa Kuwar, Nepal
11. Ms. Rosee Maharjan, Nepal
12. Ms. Maiya Pradhan, Nepal
13. Mr. Krishna Das Rajkarnikar, Nepal
14. Mrs. Binu Shakya, Nepal
15. Mr. Rup Kumar Shakya, Nepal
16. Ms. Sasu Mayin Shakya, Nepal
17. Mrs. Vidhya Shakya, Nepal
18. Anagarika Shanti, Nepal
19. Ms. Shova Silpaka, Nepal
20. Mr. Kamlesh Pipalia, Dubai, UAE
21. Mrs. Emily Lo, Hong Kong
22. Mr. Farhad Radpour, Iran
23. Mrs. Chuluuntsetseo Bataa, Mongolia
24. Mr. Udo Marquardt, UK
25. Mr. Greg Lundh, Canada
26. & 27. Mr. Jeff Miller & Mrs. Rita Miller, USA.

DHAMMA DOHAS

*Āte jāte sāṅsa para, rabe nirantara dhyāna;
karmon ke bandhana katen, boye parama kalyāna.*
In-breath, out-breath—maintain unbroken awareness;
the knots of *kamma* will be sundered,
leading to the highest welfare.

*Sāṅsa dekhate dekhate, satya pragatātā jāya;
satya dekhate dekhate, parama satya dikha jāya.*
As you observe breath after breath,
the truth reveals itself;
observing truth after truth,
you come to the ultimate truth.

*With much metta,
A Vipassana meditator*

*Dharama na mithyā mānyatā, dharama na mithyācāra;
dharama na mithyā kalpanā, dharama satya kā sāra.*
Dhamma is not blind belief, Dhamma is not wrong action,
Dhamma is not false imaginings; Dhamma is the essence of truth.

*Kṣaṇa kṣaṇa kṣaṇa kṣaṇa bitatān, jīvana bītyo jāya;
kṣaṇa kṣaṇa ko upayoga kara, bītyo kṣaṇa nabhiṅ āya.*
Moment after moment after moment, life keeps slipping by;
make use of every moment; the past moment will never come again.

With best compliments from

MOTILAL BANARSIDASS

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