

Vipassana Newsletter

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

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WORDS OF DHAMMA

*Mātā yathā niyaṃ puttam,
āyusā eka-puttamanurakkhe;
evampi sabba bhūtesu,
mānasam bhāvaye aparimānam.*

Just as a mother would risk her life
to protect her only child;
Similarly, one should cultivate
boundless love towards all beings.

—Sutta Nipāta 149 (Metta-sutta)

Mettā-Bhāvanā—The Practice of Loving Kindness

Vipassana Research Institute

*Ahaṃ avero homi, abyāpajjho homi, anīgho homi,
sukhī attānaṃ pariharāmi.*

May I be free from affliction,
may I be free from hostility,
may I be free from ill will,
may I maintain well-being in myself.

*Mātā-pitu-ācariya-ñāti-samūhā,
Averā hontu, abyāpajjhā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.*

May mother, father, teachers, relatives and everyone
be free from affliction, be free from hostility,
be free from ill will.

may they maintain well-being in themselves.
*Ārakkhaddevatā, bhūmatthadevatā,
rukkehatthadevatā, ākāsatthadevatā,
averā hontu, abyāpajjhā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.*

May all protective *devas*, earth-bound *devas*,
tree-bound *devas*, sky-bound *devas*,
be free from affliction, be free from hostility,
be free from ill will.

may they maintain well-being in themselves.
*Purattimāya disāya, purattimāya anudisāya.
Dakkhiṇāya disāya, dakkhiṇāya anudisāya.
Pacchimāya disāya, pacchimāya anudisāya.
Uttarāya disāya, uttarāya anudisāya.
Uparimāya disāya, heṭṭhimāya disāya.*

In the direction of the east,
in the direction of the south-east,
in the direction of the south,
in the direction of the south-west,
in the direction of the west,

in the direction of the north-west,
in the direction of the north,
in the direction of the north-east,
in the direction above,
in the direction below.

*Sabbe sattā, sabbe pānā, sabbe bhūtā,
sabbe puggalā, sabbe attabhāvapariyāpannā,
sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā,
sabbe manussā, sabbe amanussā,
sabbe devā, sabbe vinipātikā—
averā hontu, avyāpajjhā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.*

All beings, all living ones, all creatures,
all individuals, all having any form of life,
all women, all men,
all who have attained purity of mind,
all who have not yet attained purity of mind,
all humans, all non-humans,
all those in celestial realms, all those in states of woe—
may they be free from affliction,
may they be free from hostility,
may they be free from ill will,
may they maintain well-being in themselves.
*Sabbe sattā sukhi hontu, sabbe hontu ca khemino,
sabbe bhadrāṇi passantu, mā kiñci pāpamāgamā,
mā kiñci sokamāgamā, mā kiñci dukkhamāgamā.*
May all beings be happy,
may they all find real security [*nibbāna*],
may all enjoy good fortune,
may they encounter no evil,
may they encounter no grief,
may they encounter no suffering. ☸

PRISON COURSES

Vipassana Returns to Donaldson Prison, Alabama, USA

The third Vipassana course to be held at Donaldson Maximum Security Prison, in Bessemer, Alabama, ended successfully on May 20, 2007. Twenty-three inmates completed the course, including six old students who sat their first course in 2002. There were two other old students serving inside the course site (cooking, cleanup and general chores) and a third who served as an outside runner, or contact. Altogether 26 inmates participated directly in the course, either sitting or serving.

This ten-day course represented a return to Donaldson and the Alabama prison system after a five year gap. There had been a three-day old-student course in January 2006, which helped to pave the way for resumption of the full 10-day courses.

In some ways this latest course was easier than the early ones. The course site has been used before; the materials needed to transform the site from a gymnasium to a meditation camp already exist and have been used several times previously; the administration and the corrections officers have some familiarity with Vipassana and the servers brought into the prison to conduct the course. For the first time the prison kitchen undertook to cook a vegetarian menu for the entire course. The existence of old students already in Donaldson did much to attract and increase the confidence of those who came to sign up for their first course.

The isolation of the gym facility is quite suitable for the Vipassana program. Though sounds penetrated from the general prison, distractions were minimal. What limits student numbers is the scarcity of toilet and bathing facilities. This course had five more inmates than the earlier courses, an increase of 25 percent. With careful planning, this number did not overburden the limited facilities.

The old students' presence and example helped to establish Noble Silence and serious, disciplined meditation early in the course. As the days proceeded and as the students began to go deeper, there were some difficulties. However all 23 students who began the course completed it.

On *mettā* day we once again saw the value of the old students' influence. Normally in prison courses, and especially at Donaldson in the past, the students who are completing the course begin to have anxiety about returning to the population as a whole after the course ends. This course was no different; on Days 8 and 9, several students expressed their fears to the teacher and managers about this. Once the silence broke on Day 10, the old students were observed circulating through the dorm and dining areas, talking to each of the new students, greeting them as Dhamma brothers, reassuring them that they would have their support and the help of the group sitting to carry them through the post-course adjustment.

In the afternoon of *mettā* day, after the afternoon sitting and *mettā* practice, meditators saw a 16-minute film of Goenkaji's address to the students who had completed the second Donaldson course, almost exactly five years previously in that very gym-Dhamma hall. It was quite powerful and very well-received. Many of the new students remarked afterwards that they would never have believed Goenkaji himself had been in Donaldson if they hadn't seen it for themselves.

A story from a Dhamma Server at the Donaldson course:

One student, a 30-year-old double murderer, gathered up his clothes and bedding immediately after the Vipassana instructions and headed for the door.

A Dhamma server intercepted him halfway there and stopped him. He told him, 'No, no, you can't leave now. This is just a storm that's come up. Take your things back to your bed and come and have some tea. You'll see this will change.'

To the Dhamma server's surprise, the student did just as he was told: he turned around, put his stuff down, had a cup of tea and returned to the hall for the 6 pm group sitting.

After the course, the student said to a server, 'I thought I was a pretty tough guy, but this Vipassana really humbled me.'

First Course at the Hamilton Correctional Facility

The Hamilton Aged and Infirm Correctional Facility, a Level 4 medium-security medical prison in northwest Alabama held its first ten-day course with ten students starting and 8 completing the course on June 2, 2007. The course was held inside two chapel buildings that were separated from the main facility and included a small yard.

The warden and psychologist seemed satisfied overall with the results and hope to continue with the plan for a second course in October or November, provided that the inmates demonstrate changes in the intervening months and that staff are better oriented to the needs of the course next time. The course site can probably hold a maximum of 15 students comfortably. Even the two students who left the course hope to return to complete the course next time. The psychologist, an old student, will be holding five morning group sittings with the inmate old students every week as follow-up support.

The Dhamma Brothers

The Dhamma Brothers is a feature-length documentary film about the first Vipassana courses held inside the maximum-security state prison in Alabama. It is debuting at the Woods Hole Film Festival, Massachusetts, on Friday August 3, 2007, at 7:00 p.m. For more information, visit: http://woodshole.bside.com/?_view=_filmdetails&filmId=27542403

Trailer: <http://dhammabrothers.com/trailer.html>

The Dhamma Brothers

East meets West in the Deep South. Behind high security towers and a double row of barbed wire and electrical fence dwells a host of convicts who will never see the light of day. But for some of these men, a spark was ignited, and an overcrowded maximum-security prison is forever changed by the influence of an ancient meditation program.

The Dhamma Brothers tells a dramatic tale of human potential and transformation as it closely documents the stories of 36 prison inmates who enter into an arduous and intensive Vipassana meditation program. It challenges assumptions about the nature of prisons as places of punishment rather than rehabilitation and raises the question: Is it possible for these men, some of whom have committed horrendous crimes, to change?

NB For online editions of VRI Newsletter in English, Hindi, Telugu, Tamil and Gujarati, visit: www.vri.dhamma.org/newsletters. Archives of earlier editions are also available at this website.

One-Day Course in the Global Pagoda

One-day courses are organized every Sunday from 11 am to 5 pm at the Global Pagoda. Henceforth, the one-day course on the **third** Sunday of every month will be conducted in the main meditation hall under the main dome of the Global Pagoda. Meditators can gain the benefit of meditating in the presence of the sacred relics of the Buddha. Goenkaji will be present during these courses.

Registration for the course is compulsory.

For registration, gate pass and information about reaching the Global Pagoda site, please contact: Mr. Derek Pegado, Tel: (022) 2845-1206; 2845-1204, 2845-2261, 2845-2111; Fax: 2845-2112. Website: www.globalpagoda.org
Email: globalpagoda@hotmail.com

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

Meditators wishing to serve these courses may contact Mr. Derek Pegado.

New Vipassana Center in Peru

The new Vipassana center in Cusco, Peru is about 40 minutes from the city of Cusco in the foothills of the mountain Pachatusan overlooking a river in a beautiful valley running through the Andes. The famous Machu Picchu is only about 70 miles from the new center.

Goenkaji has named the new center *Dhamma Suriya* (Dhamma Sun or Sun of Dhamma). This is very appropriate since the sun plays such an important role in this area.

There is plenty of drinkable spring water on the property. The center is being planned for 60 students plus servers. Since large numbers of tourists from all around the world come to visit this area, there will be many foreign students coming to the courses

The first Vipassana course in Peru was organized in 1998 and by the end of this year, 35 ten-day courses plus three children's courses have been held here. These courses have been principally held in two areas of the country, in Lima, the capital and largest city and in Cusco, a very famous tourist area located in Andes Mountains. Students have been looking for a property in both these areas but finally decided to have the first center in the Cusco area with the idea of having a second center in Lima sometime in the future.

The plan is to start construction before the end of 2007 and to start courses before the end of 2008.

For more information about the new center or information about dāna and service for courses or construction, please contact: *Dhamma Suriya*, Centro de Meditación Vipassana Cusco, Peru. Email: info@suriya.dhamma.org

Notification for admission to Pali courses at VRI, Igatpuri
One-Month Crash Course in Pali-Hindi – Basic: from 4 Dec. 2007 to 1 Jan. 2008. Last date for application: 15 October 2007.
One-Month Crash Course in Pali-Hindi – Advanced: from 2 Jan 2008 to 30 Jan 2008. Last date for application is 15 October 2007.
Contact: VRI, *Dhamma Giri*, Igatpuri 422 403. Tel: [91] (02553) 244076; Fax: 244176. Email: admin@vri.dhamma.org

Dhamma Padhāna—European Long-Course Centre

2007 has brought some important developments for the European Long-Course Centre (ELCC). Its future home is now secure, on the land adjacent to *Dhamma Dīpa* in the UK, and Goenkaji has named the centre *Dhamma Padhāna*, (Foremost in Dhamma).

In June 2007, the first joint meeting between the ELCC Trust and the UK Vipassana Trust was held at *Dhamma Dīpa*, with about 50 participants, demonstrating harmonious and efficient collaboration on this Europe-wide project.

The ELCC Trust has now agreed the building priorities for the first phase of development. This will include rooms for about 50 students and a one-storey pagoda. Phase 1 will not include kitchen facilities and the cooking will be done in the newly constructed and well-equipped kitchen at *Dhamma Dīpa*. When completed, the centre will include accommodation for 100 students, a meditation hall and a two-storey pagoda. The proposed plans can be found on the ELCC website.

Outline planning permission has already been granted for an ELCC at *Dhamma Dīpa* and detailed planning permission for the complete centre is now being applied for. Building could start as early as July 2008. The cost of development of the total centre is estimated at £4.25 million and of Phase 1 buildings at £1.75 million. Further funds are needed before construction can begin.

A large **Satipatthana Sutta course** is now planned at *Dhamma Dīpa* and *Dhamma Padhāna* from 12 to 21 September 2008. Goenkaji will give some of the instructions for this course live by video-uplink. Large screens will be placed in the Dhamma hall so the students can see Goenkaji, providing a rare opportunity for European students to meditate under his guidance. If you would like to help, email elcc-info@eu.region.dhamma.org

Second Prison Course for Women in Mongolia

The second prison course for women in Mongolia was held from 14 to 25 May 2007 in Prison #407, the only women's prison in Mongolia. There were 25 students who completed the course; seven of them were old students who had taken their first course at the prison two years ago. At the end of the course, many students expressed responsibility and regrets for crimes committed, mistakes made, and anger and resentment that they had suffered with, some for many years. They also expressed gratitude and hope for their future. The Superintendent promised that they would be given an opportunity to meditate at least once a day. The Department of Justice has sent representatives from four Mongolian men's prisons to ten-day Vipassana courses, and has requested for courses to be held in each of these facilities as soon as possible.

The conducting Vipassana teacher returned to the prison for a follow-up group sitting two weeks later, which was attended by 23 students. They had been meditating regularly, were enthusiastic about the benefits, and asked for another course as soon as possible.

Goenkaji's Discourses on Television

Aastha: Daily, 9:40 to 10 am. **Hungama and Bindass:** Daily, 4.30 to 6.00 am. **Zee: *Urja*,** daily, 4:30 am. **USA: Aastha TV** at 6 pm EST (Mon to Fri) on 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
9 Sept	Matunga	10-12 yrs	6 & 7 Sept
9 Sept	Ulhasnagar	10-12 yrs	6 & 7 Sept
16 Sept	Ghatkopar	13-16 yrs	13 & 14 Sept
7 Oct	South Mumbai	10-12 yrs	4 & 5 Oct
14 Oct	Ulhasnagar	13-16 yrs	12 & 13 Oct
21st Oct	Ghatkopar	10-12 yrs	18 & 19 Oct
4 Nov	South Mumbai	13-16 yrs	2 & 3 Nov
11 Nov	Ulhasnagar	10-12 yrs	8 & 9 Nov
18 Nov	Ghatkopar	13-16 yrs	15 & 16 Aug
2 Dec	South Mumbai	10-12 yrs	29 & 30 Nov
2 Dec	Matunga	13-16 yrs	29 & 30 Nov
9 Dec	Andheri	10-12 yrs	6 & 7 Dec
9 Dec	Ulhasnagar	13-16 yrs	6 & 7 Dec
16 Dec	Ghatkopar	10-12 yrs	13 & 14 Dec

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. **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Tel: 2510-1096, 2516-2505. **South Mumbai:** 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.

3-day Residential Children's Courses: For girls (12 to 16 years): 11 to 13 Nov. For boys (12 to 16 years): 14 to 16 Nov. **Contact:** *Dhamma Saritā*, Khadavli Vipassana centre, Matoshri Vriddhashram, Sorgaon, Padgha, Tal. Bhivandi, Dist. Thane 421101 Tel: 2510-1096, 2516-2505.

NEW RESPONSIBILITIES:

Senior Assistant Teachers:

1. Mrs. Sulochana Agarwal, *Nashik*
2. & 3. Mr. Ashok & Mrs. Pushpa Pawar, *Nashik*
4. Mr. Robert Cannon, *USA*
5. Ms. Leslie Jennings, *USA*

NEW APPOINTMENTS

Assistant Teachers:

1. Mr. Satya Pal Sharma, *Jaipur*
2. Mr. Ali Vosough Grayeli, *Iran*
3. Mr. Suk Jin Choi, *Korea*
4. & 5. Mr. Sin-Fatt Yeo & Mrs. Pek-Hia Khow, *Malaysia*
6. Mrs. Pornphen Leenutapong, *Thailand*
7. Mrs. Patra Patrabutra, *Thailand*
8. & 9. Mr. Samarn & Mrs. Sermsong Sirisaeng, *Thailand*
10. Mr. Stephane Barbier, *France*
11. Mr. Piers Ruston Messum, *UK*
12. Ms. Hema Shivji, *UK*

Children's Course Teachers

1. Mr. Anuj Kumar, *Delhi*
2. Mr. Anurag Mittal, *Uttar Pradesh*
3. Mrs. Mridul, *Uttaranchal*
4. Dr. (Mrs.) Nina Lakhani, *Delhi*
5. Mrs. Chandrakanta Law, *Pune*
6. Mrs. Raj Mohini, *Haryana*
7. Mr. Eric Garcia, *Spain*
8. Ms. Hsu, Wan-Lin, *Taiwan*

DHAMMA DOHAS

*Mata kara mata kara bāvale! Mata kara buddhi-vilāsa;
Buddhi-vilāsoṇ se bhalā, kisakī bujhatī pyāsa?*

Don't do it, fool, don't do it!

Don't play intellectual games;

By intellectual games whose thirst has been quenched?

Caracā hī caracā kare, dhāraṇa kare na koya;

Dharma bicāra kyā kare? Dhāre hī sukha hoyā.

They only talk and talk of it, but nobody applies it.

Poor Dhamma! What can it do?

Its practice alone brings happiness.

*With much metta,
A Vipassana meditator*

Dhāraṇa kare to Dharma hai, varanā korī bāta;

Sūraja uge prabhāta hai, varanā kālī rāta.

If you apply it, it is Dhamma; otherwise it is empty talk;

When the sun rises, dawn comes; otherwise, blackest night.

Āte jāte sāṅsa para, rabe nirantara dhyāna;

Karmon ke bandhana kaṭeṇ, hoyā parama kalyāṇa.

In-breath, out-breath—if you keep unbroken awareness;

The knots of *kamma* are sundered, leading to the highest welfare.

With best compliments from

MOTILAL BANARSIDASS

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Kolkata, Tel: 22824872, Patna, Tel: 2671442; Varanasi, Tel: 2412331.

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