

# Vipassana Newsletter

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

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## WORDS OF DHAMMA

*Sambādhe vāpi vindanti,  
dhammam nibbānapattiyā;  
ye satim paccalattamsu,  
sammā te susamāhitā.*

Even when obstacles crowd in,  
the path to enlightenment can be won,  
by those who establish mindfulness,  
and bring equanimity to perfection.

—*Saṃyutta Nikāya 1.88*

## Does a Doctor Promote Disease?

S. N. Goenka

(The following is an extract from “Was the Buddha a Pessimist?” which is the translation and adaptation of the VRI Hindi publication “*Kyā Buddha Dukkhavādī The?*” written by Goenkaji.)

An expert doctor comes to examine a sick person. He explains to the sick person: “This is your disease; this is the cause of your disease; and here—I have a medicine for your disease. The medicine will remove the cause of the disease and thus cure the disease.” The sick person takes the medicine and becomes healthy. Now, would we say that this doctor is promoting disease or promoting health?

In exactly the same manner, the Buddha explains to the suffering people what their misery is; what the root cause of their misery is; then he gives the solution to eradicate all misery. He clearly explains to them that if they practise the solution, they will come out of their misery. People suffer from impurities of the mind. When they follow this wise man’s advice, they come out of misery because mental impurities are removed. Is it then logical to say that the Buddha is promoting misery?

### Patanjali on misery

King Pushymitra Shung ruled about four hundred years after the Buddha. His royal priest, Patanjali, wrote the Yoga Sutra based on Vipassana. He used synonyms of the words used by the Buddha for the four Noble Truths: *heya*, *hetu*, *hāna* and *upāya*. These are equivalent to the four Noble Truths of the Buddha. Would one call Patanjali a pessimist because of this? Patanjali even said,

“*Dukkhameva sarvaṃ vivekinah.*”

(*Yoga Sutra 2.15*)

Every serious meditator experiences that the entire field of the cycle of birth and death is misery.

However, most importantly, one also knows that there is a way out of this misery. How wrong it is to call the Buddha a preacher of misery when he has actually given us a way out of all misery!

### Direct experience of the Noble Truths is beneficial here and now

It is said of those who directly experienced the Noble Truths:

*...catubbhi vātehi asampakampiyo...*

*...yo ariyasaccāni avecca passati.*

The ones with direct experience of the Noble Truths remain unshaken by the wind coming from four directions, similar to a properly established protective pillar at the entrance of a town.

It was also said:

*Ye ariyasaccāni vibhāvayanti,*

*na te bhavaṃ atthamādiyanti.*

Those who have inculcated the Noble Truths, such (stream-enterers) will not take the eighth birth.

In other words, they will attain the state of full liberation of an *arahant* within seven lives at most.

The teaching to realize the Noble Truths is not only for monks and nuns. In the *Maṅgala-sutta*, the Buddha instructed the householders in detail about their true welfare:

*Tapo ca brahmacariyaṃ ca,*

*ariyasaccāna dassanaṃ;*

*nibbānasaccchikiriyā ca,*

*etaṃ maṅgalamuttamaṃ.*

Ardent practice, a life of purity,

witnessing the Noble Truths,

experiencing enlightenment—

This is the highest welfare.

Clearly, his teaching is not only for monks but also for householders. ☸

### **First Ten-Day Course at Dhamma Pattana**

The first ten-day course at *Dhamma Pattana*, the new centre at the Global Pagoda, was organized from 25 October to 5 November 2007. 94 students participated in this course. Goenkaji was present during the course and conducted the Anapana, Vipassana and *mettā* sessions.

The second ten-day course at *Dhamma Pattana* will be conducted from 5 to 16 December 2007. Goenkaji may be present during the course. This course is only for serious old students. Only those with valid admission letters will be admitted to the course. For registration, please send application forms to: Green House, 2nd Floor, Green Street, Fort, Mumbai 400 023. Tel: Mrs. Amita Parekh, (022) 2612-2226 (11 am to 6 pm).

Meditators wishing to share in the merits of the construction of *Dhamma Pattana* may contact: The Treasurer, Global Vipassana Foundation, C/o Khimji Kunverji & Co., 52 Bombay Mutual Building, Sir P. M. Road, Mumbai 400 001, India. Tel: [91] (22) 2266-2550; Fax: 2266-4045; Email: kamlesh@khimjikunverji.com Website: www.globalpagoda.org (online donation facility available.)

Cheques or bank drafts should be payable at Mumbai and drawn in favour of Global Vipassana Foundation, A/c No. 11244, Bank of India, Stock Exchange Branch, Mumbai.

### **One-Day Courses at Global Pagoda**

One-day courses are being organized every Sunday at the Global Pagoda (from 11 am to 5 pm). Henceforth, the one-day course on the **third** Sunday of every month will be conducted in the meditation hall under the main dome of the Global Pagoda. Goenkaji will be present during these courses. Registration for these courses is compulsory.

For registration, contact Mr. Derek Pegado,

Tel: (022) 2845-1206; 2845-1204, 2845-2261.

Email: globalpagoda@hotmail.com

Website: www.globalpagoda.org;

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

(There are no facilities for overnight stay at the Global Pagoda for one-day course students.)

### **First Ten-Day Course at Dhamma Kittī**

The first ten day course at *Dhamma Kittī* was successfully organized in October 2007. 41 students (20 men and 21 women) participated in the course. The centre management plan to organize a ten-day course and two one-day courses every month.

For more details, contact: Mr. Ramsurbir Maharjan, Samal Tole, Ward No. 6, Kirtipur, Nepal.

### **New Vipassana Center in Canada**

The Vancouver Island Vipassana Association (VIVA) is happy to announce that rezoning has been granted for the property it purchased on southern Vancouver Island, off the west coast of Canada. This will become the site of a new Vipassana center named *Dhamma Modana* (Joy of Dhamma).

The site consists of 137 acres of gently sloping forested land with two streams and a wetland. It has a mild climate year-round. Nearby are the attractive town of Lake Cowichan and the city of Duncan. The site is under two hours by car from the larger cities of Victoria and Nanaimo. During the seven-month-long rezoning process, the project received strong support from local residents and the regional government.

Work is now starting on the design and development of *Dhamma Modana*. Old students are invited to participate in many different ways. For more information, visit [www.modana.dhamma.org](http://www.modana.dhamma.org).

### **New Vipassana Centre in Thailand**

A 20-acre gently sloping property, about 45 minutes south of the International Airport at Chiangmai, has been donated for a Vipassana centre in Northern Thailand. Chiangmai is Thailand's second largest city. The land is slightly elevated in a secluded yet accessible area surrounded by farms and National Forest. Goenkaji has named Thailand's sixth centre *Dhamma Sīmanta* (Boundary of Dhamma). For more information, contact: Mr. Vitcha Klinpratoom, Email: [vitchcha@yahoo.com](mailto:vitchcha@yahoo.com).

### **First Ten-Day Course in Zimbabwe**

Thirteen students recently completed the first ten-day Vipassana course in Zimbabwe. The course took place successfully despite difficult conditions in the country. The commitment of the students was truly inspiring and they are now discussing how to arrange future courses and translation of the course material into the local language.

### **First Course Scheduled in Ethiopia**

The first ten-day Vipassana course will take place in Ethiopia from January 30 to February 10, 2008. The location is the town of Debra Zyet, about 45 kilometres from the capital city of Addis Ababa.

Several Ethiopian old students who live abroad have been contacted and have offered their help. This course will provide a fruitful start to the spread of Dhamma in Ethiopia.

The recording of the ten-day course discourses and instructions in Amharic (main Ethiopian language) has been completed and will be used in the first course. Email: [dravenstein@gmail.com](mailto:dravenstein@gmail.com) or [dhammaethiopia@gmail.com](mailto:dhammaethiopia@gmail.com).

### Basic Pali-English Course at VRI

VRI will be conducting an eight-month basic Pali-English residential course from February 2008 to 31 October 2008. Vipassana meditators who have completed five ten-day courses and one *Satipatthana* course, are observing five precepts and maintaining two hours of daily practice for the last two years and are fully committed to this tradition are eligible for admission. Local area Teacher's recommendation is essential for admission to the course.

### Advanced Pali-English Course at VRI

The first Advanced Pali-English residential course will be conducted from Feb. to 31 October 2008. Eligibility criteria: same as in the Basic Pali course plus completion of the Basic course or equivalent. Area teacher's recommendation is essential.

Last date for application is 31 December 2007. Application forms are available at VRI, *Dhamma Giri*, Igatpuri. Website: [www.vri.dhamma.org](http://www.vri.dhamma.org)  
Email: [admin@vri.dhamma.org](mailto:admin@vri.dhamma.org)

### Anapana Courses at BMC Schools in Mumbai

The Municipal Corporation of Greater Mumbai (BMC) has invited VRI to conduct Anapana courses for BMC school children. Initially, about 6000 students appearing in the S.S.C. examination next year will be taught Anapana in three phases:

**Phase 1** - from 31 Oct to 8 Nov 2007. This phase has been completed and covered about 1700 children.

**Phase 2** - from 15 Nov to 25 Nov 2007 (about 2034 children).

**Phase 3** - from 27 Nov to 10 Dec 2007 (about 2400 children).

Once this is complete, Anapana courses will be organized for the students of other classes (approximately about 79000 children). The courses are being held twice a day at about 48 BMC schools all over Mumbai and this activity will continue until end of February 2008.

Goenkaji is very pleased to know that so many children will get the seed of Dhamma at such a young age and has given his blessings for this immense task.

There is a great need for Dhamma servers to work in these courses. Meditators who have completed at least three ten-day courses and are under the age of 50 are welcome to serve in these courses. Training will be provided for the same. Knowledge of Hindi or Marathi is essential as most of these schools are Hindi or Marathi medium.

The timings of these courses are 7 am to 12.30 pm for the morning courses and 12.30 pm to 6 pm for the afternoon courses.

Please inform in advance if you wish to serve in any of these courses. **Contact:** Aditya Sejal, 98200-22990 or Ramnath Shenoy, 98203-74006 or email [childrencourse@vsnl.com](mailto:childrencourse@vsnl.com)

### Goenkaji Answers Questions from Children

**Question:** The mind remains full of thoughts and is unable to keep focussed at one place.

**Goenkaji:** It is an old habit of the mind to wander. Let it wander. The moment you realize that the mind has wandered, bring it back to the breath. The mind is distracted because of these innumerable thoughts. The nature of the thoughts varies from time to time, but the important thing is how soon you become aware that the mind has wandered.

**Question:** How can Anapana help to reform the mind? How can Anapana lead to purity of mind?

**Goenkaji:** As long as the mind is engaged in doing Anapana, that is, in the observation of the flow of respiration, it is without any thoughts, and as a result of this, it is without any defilements. It is our thoughts which defile the mind. Mostly while we are thinking, there is craving or aversion. Pleasant thoughts generate craving and unpleasant thoughts generate aversion. But when we are observing the incoming and outgoing breath, there is no reason for us to generate either of these emotions and so these are moments of purity in the mind. More and more of these moments of purity will reverse the habit pattern of the mind. The mind that was previously generating impurities will now become pure. This transformation, which initially takes place at the surface level of the mind, will gradually take deep roots as you progress on the path of Vipassana.

**Question:** How do we know that we are progressing on the path of Dhamma?

**Goenkaji:** We know this by seeing whether a transformation is coming in our life or not. If our mind is still generating as much negativity as before, then there is no progress at all. The only criterion is to observe if there is a gradual decrease in our stock of defilements, and if we are developing the virtues that were missing before. If we continue to measure our success by this yardstick, then we will overcome the habit of committing wrong deeds. On the contrary, we will act virtuously. Others will also acknowledge us to be Dhamma people, for Dhamma will become an integral part of our lives.

### Goenkaji's Discourses on Television

**Aastha:** Daily, 9:40 to 10 am.

**Hungama:** Daily, 4.30 to 6.00 am.

**Bindass:** Daily, 4.30 to 6.00 am.

**Zee: Urja,** daily, 4:30 am.

**USA: Aastha TV** at 6 pm EST (Monday to Friday) 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
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 Nov
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
6 Jan	South Mumbai	13-16 yrs	4 & 5 Jan
13 Jan	Ulhasnagar	10-12 yrs	11 & 12 Jan
21 Jan	Ghatkopar	13-16 yrs	18 & 21 Jan

**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.

## NEW RESPONSIBILITIES

Bhikkhu Ācaryas:

1. Ven. Bhikkhu Vinayarakkhita, *Hyderabad*
2. Ven. Bhikkhu Bambarapane Assaji Thero, *Sri Lanka*

Senior Assistant Teachers:

1. Mr. Chhaganbhai Parmar, *Surat*
2. Dr. Jay Sanghvi, *Bhuj*

## ADDITIONAL RESPONSIBILITIES

Ācaryas:

Mr. Jayesh Soni, *Modasa*

Regional Teacher for Gujarat, to serve Vadodara and to assist Prof. P. L. Dhar in AT training

## NEW APPOINTMENTS

Assistant Teachers:

1. Brigadier Ashok Kumar Nagpal, *NOIDA*
2. Mr. Pidugu Ravindra Reddy, *Talamadugu (A.P.)*
3. Ms. Pawinee Boonkasemsanti, *Thailand*
4. Ms. Marsha Dewar, *Canada*
5. Mr. Leon & Mrs. Yonit Yogeve, *USA*

Children's Course Teachers:

Mrs. Laura Spranger, *USA*

Love, which alone is a means for the unity of mankind, must be supreme, and cannot be so unless the mind is transcendently pure. —Sayagyi U Ba Khin

## DHAMMA DOHAS

Āo prāṇī viśva ke, suno Dharma kā gyāna;  
 Isa meṅ sukha hai śānti hai, mukti, mokṣa, nirvāna.  
 Come, beings of the universe!  
 Listen to the wisdom of the Dhamma.  
 In it, lies happiness and peace, liberation,  
 deliverance, nibbāna.

Mīṭhī vāṇī Dharama kī, misarī ke se bola;  
 Kalyāṇī maṅgalamayī, bharā amritarasa ghola.  
 Sweet are the words of Dhamma,  
 each phrase like sugar;  
 yielding welfare and happiness,  
 suffused with the taste of the deathless.

With much metta,  
 A Vipassana meditator

Jāgo logon jagata ke, bitī kālī rāta;  
 Huā ujālā Dharma kā, maṅgala huā prabhāta.  
 People of the world, awake! The dark night is over.  
 The light has come of Dhamma, the dawn of happiness.  
 Yaha to vāṇī Dharama kī, bodhi gyāna kī jyota.  
 Akṣara akṣara meṅ bharā, maṅgala otaprotā.  
 These are the words of Dhamma, the radiance of enlightenment,  
 each syllable of them filled and permeated with happiness.

With best compliments from

MOTILAL BANARSIDASS

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