

Vipassana Newsletter

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

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WORDS OF DHAMMA

*Sārañca sārato ñatvā
asārañca asārato
te saram adhigacchanti
sammāsankappagocarā.*

They who regard the essential as essential,
The nonessential as nonessential;
Such persons realize the essence,
For they contemplate right thoughts.

—Dhammapada 12

Realizing the Dream of Dhamma

S. N. Goenka

(The following is a translation of Goenkaji's remarks to about 5000 Vipassana meditators attending the first one-day course under the main dome of the Global Pagoda in Gorai, Mumbai, on March 19, 2006. It has been adapted for the Newsletter.)

My mind is filled with joy at seeing this large gathering of the Vipassana family. In future, within this great dome, thousands of people will sit together and meditate. A small glimpse of that scene is before my eyes. The Buddha said, *Samaggānaṃ tapo sukho*—“To gather together and meditate brings joy.” A very fruitful joy.

This is a land for meditation. Whenever I come here, my mind feels delight. At the time when a Dhamma son donated this priceless land, I did not fully understand. But afterwards, each time I came here, strong faith developed in my mind that this land is very pure, it is a land for meditation. Many saints have meditated in this vicinity. Therefore this land has drawn all of us to come here. Tremendous is the attraction of this land!

In the time of the Buddha, an ascetic named Dāruciriya was meditating in this area when he heard that someone in the world had become a *sammāsambuddha*. He resolved to meet the Enlightened One in order to learn the path of liberation. Dāruciriya walked from here to Sāvattī, encountered the Buddha, reached liberation, and became an arahant.

Another incident that happened here comes before my eyes: A man from this region named Puṇṇa went to Sāvattī for his business, and there he met the Buddha. He was fortunate, he learned Vipassana. He

was even more fortunate; he progressed rapidly on the path of Vipassana. His business remained important to him. However, he could not help thinking, “This is such a wonderful teaching, but the region where I live knows nothing of it. Nobody even knows that there is such a technique that offers liberation from the cycle of life and death. If people there learn and practice it, they will get the same benefit.”

With deep enthusiasm he went to the Enlightened One and said, “Sir, I request your permission to go back to my home and proclaim there the doctrine taught by the Buddha. Allow me to make Vipassana known to the people.”

The Buddha smiled and asked, “Are you aware that in your region, people will strongly oppose you. They will heap abuse on you. What will you do then?”

“Lord, with folded hands I shall humbly say, ‘You are so kind, so good! You have only heaped abuse on me, you have only used a few harsh words. Someone else might have pelted me with stones. You did not throw stones at me. You are so kind!’”

“And if they start throwing stones at you, what will you say then?”

“With folded hands I shall say, ‘You are so kind! Someone else who had become angry might have beaten me with sticks. You only threw stones at me. You are truly kind.’”

“And if they started beating you with sticks, what will you say then?”

“With folded hands I shall say, ‘You are so kind! You have only beaten me with sticks. Someone else would have attacked me with a sword. You did not attack me with a sword. You are indeed kind.’”

“And if some of them attack you with swords, what

will you say then?”

“With folded hands I shall say, ‘You are so kind, so good! So many people in this world are miserable. In their great misery, they commit suicide. You are saving me from that evil act. You are truly merciful!’”

The Buddha said, “Good! You have ripened in Dhamma. Now, you are fit to preach the doctrine.”

This is the region in which the ascetic Punṇa spread the Buddha’s teachings. And the archeological remains in this region, the nearby caves and statues, show that people gladly accepted the Buddha’s teachings.

In our own time, when the foundation stone of this pagoda was being laid, someone asked me, “Sir, why did you choose this place?”

I replied, “I did not choose the place. The place chose me.”

The entire picture is revealing itself. The greatness of this land! The purity of this land! Somewhere nearby there used to be a large port known as Suppārakapattana. It was a huge centre of business activity in ancient India, as Mumbai is today. And near this place many ascetics used to perform penances. When Vipassana started spreading, people started practicing it in large numbers.

The same is happening today. Not only in India but around the world, people are accepting Vipassana, they are accepting the words of the Buddha. In doing so, they have not joined a sect. What matters is not to call oneself a Buddhist but to practice Vipassana, to practice the Noble Eightfold Path taught by the Enlightened One, to practice *sīla*, *samādhi*, *paññā*, and to really benefit from the teaching of the Buddha.

The teaching of the Enlightened One does not belong to any particular caste, creed, race or sect; it is universal. And everyone accepts it. Today, there is not a single religious group whose followers do not come to join Vipassana courses. And not only that, their leaders and their teachers come to learn Vipassana.

I am dreaming of a day when as many as ten thousand people will gather here in this dome to meditate. Some will call themselves Hindus, some Buddhists, some Jains, some Muslims, but all will practice Vipassana. All will practise *sīla*, *samādhi*, *paññā*. This is the greatness of the Buddha’s teaching. It is universal, for one and all.

This magnificent pagoda is a symbol of the deep gratitude we feel, a symbol stretching toward the sky. My mind feels infinite devotion, infinite gratitude toward those who preserved the words of the Buddha in their pure form, as well as the practice in its pristine purity.

This pagoda is not intended for prayers or rites and rituals; it is meant for meditation. This is a land for meditation. Even in the past, how many saints have meditated on this land! Again people will meditate, for centuries they will meditate. And all humanity will

benefit.

Meditators of this generation carry a great responsibility. Practice Dhamma not just for your own benefit, your own liberation, but for the benefit of suffering people around the world—for their liberation. Ripen yourselves to help others ripen. When Dhamma arises, it brings great benefit to one and all.

The Enlightened One explained that when one helps others with proper volition, no other wish arises but the urge to help, to serve. One thinks, “How can others be helped? How can others get this teaching? How can others receive benefit? How can they become liberated from misery?”

Every meditator must realize, “The way to serve is without expecting anything in return. How can I help for the benefit of many? How can I serve? What can I do so that more and more people benefit?” That is the proper volition for serving.

And along with the wish to help others is a feeling of gratitude.

Gratitude to Gotama the Buddha, who rediscovered the teaching and used it not simply for his own benefit but for the liberation of so many other people.

Gratitude to Emperor Asoka, who preserved the teaching by sending it to neighboring lands, so that it stayed alive after it was lost in India.

Gratitude toward those neighboring countries, which carefully kept the teaching in its pristine purity.

Gratitude to the saints of those countries, the chain of teachers, who kept the living practice of the Buddha’s teaching down to the present day.

Because of them, the Dhamma has returned to India and has started spreading around the world for the benefit of many.

To those who came before, let us feel gratitude. And to those still waiting for the Dhamma, let us develop *mettā*, the wish to serve without expecting anything in return.

May all beings be happy! ☺

PUBLIC TALK BY GOENKAJI IN MUMBAI

A public talk by Goenkaji has been arranged at Khar Gymkhana, Khar (W), Mumbai 52 on 14 April 2006 from 7 pm onwards followed by a question-answer session.

GOENKAJI’S DISCOURSES ON TELEVISION

Hungama TV channel: [Hindi discourses telecast daily from 4.30 to 6.00 am \(IST\)](#). **Aastha TV channel:** Daily at about 9:40 am. **Zee TV:** Daily, 4:30 am (IST). **USA:** Aastha TV will be telecasting Goenkaji’s discourses at 6 pm EST (Monday to Friday) on the WORLDIRECT platform of DIRECTV on channel no. 2005.

VIPASSANA WEBSITES

General information: www.dhamma.org

Dhamma Giri: www.vri.dhamma.org

For old students only: www.dhamma.org/os
(username: oldstudent; password: behappy)

Pali Tipiṭaka: www.tipitaka.org

GOENKAJI'S VISIT TO SRI LANKA

As part of the celebration of the 2550th anniversary of Buddha Jayanti, the Government of Sri Lanka is organizing an International Buddhist Conference from 15 May to 19 May 2006. The President of Sri Lanka, Mr. Mahinda Rajapaksa, has invited Goenkaji to the conference as a special guest. The Government of Sri Lanka has decided to confer an honorary title on Goenkaji at the inaugural session of the conference on 15 May 2006 at Colombo.

Goenkaji's itinerary in Sri Lanka is as follows:

- 11 May 2006:** 7 pm: Discourse in English.
Host: Sambodhi Vihara, Supreme Court Chief Justice
12 May 2006: 4.45 to 5.30 pm: Discourse to people who have gathered for Poya at Sambodhi Vihara (English-Sinhalese), which will be telecast live on TV.
13 May 2006: Meeting with ATs and trustees in Sri Lanka
14 May 2006: Vipassana to one-day course students at *Dhamma Sobhā*
15 May 2006: 4 to 7 pm: Inaugural session of the International Buddhist Conference at the Khetarama International Cricket Stadium, Colombo.
16 May 2006: 10.30 am: Conference at Bandarnayake Hall.
17 May 2006: Discourse at the Conference at Bandarnayake hall in the morning
18 May 2006: Visit to Anuradhpura (if health permits).
19 May 2006: Private meetings in Colombo.
20 May 2006: Talk at Ramkrishna Mission, Colombo
21 May 2006: Return to India

PILGRIMAGE TO SRI LANKA

A pilgrimage to Sri Lanka for Vipassana meditators has been organized from 10 to 21 May 2006.

Itinerary:

- Day 1, May 10: Arrival in Colombo and departure to Kandy
Day 2, May 11: Kandy Tooth temple and lake area.
Group meditation in the pavilion outside Tooth temple.
Day 3, May 12: Temples and monasteries in Kandy area
Day 4, May 13: Aluvihara and back to Colombo.
Kelaniya Raj Maha Vihar in the evening.
Day 5, May 14: One-day course at *Dhamma Sobhā*.
Day 6, May 15: Dambulla caves, onward to Polonnaruwa
Day 7, May 16: Polonnaruwa
Day 8, May 17: Medirigiriya and onward to Anuradhpura
Day 9, May 18: Early morning meditation at Bodhi Tree. Visit to ancient city of Anuradhpura
Day 10, May 19: Minintale and back to Anuradhpura
Day 11, May 20: Leave for Colombo early morning and try to reach Aukana statue at sunrise. Evening at Colombo beach and shopping etc
Day 12, May 21: Return to India.

Cost per person: Airfare: Rs. 16,500/- (inclusive of taxes) + Sri Lanka tour: US\$390 (about Rs. 17,940/-)

Services include: Accommodation on full board, airfare and airport taxes, return airport transfers, sightseeing as per itinerary, VAT and TDL.

Services do not include: Personal expenses such as laundry, telephone calls, mineral water, entrance fees etc.

Contact: (for registration and more details): Mrs. Amita Parikh, E-1, *Ashmit*, Bajaj Road, Opp. National Decorators, Behind Sonal Apts, Near MacDonalds, Vile Parle Mumbai. Tel: (022) 2612 2226, 2611 8258 (10 am to 4 pm). Email: a_p_4dhamma@yahoo.co.in

NEW VIPASSANA CENTRE IN BHOPAL

Five acres of land have been acquired for a new Vipassana centre near Bhopal, the capital of Madhya Pradesh. The site is about 42 kms from the Sanchi Stupa, which is the world heritage site. Goenkaji has named the centre *Dhamma Pāla* (Protector of Dhamma).

Construction of the first phase has started and includes Dhamma hall, dining hall and kitchen, administrative block and accommodation for about 65 meditators. Donations For more information, contact: Madhya Pradesh Vipassana Samiti, E-1/82, Arera Colony, Bhopal-462016. Tel: (0755) 246-3113, 246-4520, Fax: 246-8197, Email: mpvener@sancharnet.in

NEW VIPASSANA CENTER IN SOUTHEAST USA

The *Southeast Vipassana Association* has purchased a parcel of 40-acres (16 hectares) in Jesup, Georgia in South-eastern United States. Goenkaji has named it *Dhamma Patāpa* (Majesty of Dhamma).

Dhamma Patāpa will provide an opportunity for generations of students to practice Dhamma in an ideal meditative environment. It is located in Jesup, a small town located one hour south from the historical and beautiful city of Savannah, Georgia and two hours north from Jacksonville, Florida. It is within four and half hours from major cities, such as Atlanta, Georgia and Orlando, Florida. A Center Development Committee has been formed to oversee the development of the emerging center. Initial site and floor plans are being drawn up and finances are being closely scrutinized with the intention of having a fully functioning center as soon as possible. For more information, contact: Mr. Daniel Dodd, Tel: 912-352-9613; Email: danieldodd@yahoo.com Website: www.se.us.dhamma.org/os/os.html (username: oldstudent password: behappy)

FIRST VIPASSANA COURSE IN NEW CALEDONIA

The first ten-day course was held in New Caledonia, a country in the South Pacific, from 18 to 29 January 2006. Seven old students organized and served the course. 41 registered and 38 new students (29 women and 9 men) successfully completed the course. All the students were new and French-speaking. The course was held in a school located 20 minutes drive from Nouméa, the island's main city. The local meditators are very enthusiastic and plan to organize a ten-day course every year in addition to weekly group sittings and monthly one-day courses. There were 20 meditators at the first group sitting after the course.

FIRST VIPASSANA COURSE IN ANGOLA

Seven students (two women and five men) participated in the first ten-day Vipassana course in Angola, from 23 November to 4 December 2005. Angola is a country in SW Africa. The course was held in the city of Benguela, which is an important agricultural region. The Angolan students were in their twenties and thirties. They have expressed the wish to serve the next course in Angola, which will be held in early April or December 2006.

IN MEMORIAM

Mr. Bharat Shah, Senior Assistant teacher of Vipassana from Pune, India passed away on 7 March 2006. He played an important role in the spread of Dhamma in Pune. May he be happy, peaceful and liberated!

CHILDREN'S COURSES IN MUMBAI

Residential Children's Course: 5 to 7 May 2006 at JNPT.

Age group: (13-16 years). Registration: on 27 & 28 April.

Date	Venue	Age	Registration
9 April	Ulhasnagar	13-16 years	6 & 7 April
16 April	Ghatkopar	10-12 years	May be cancelled
30 April	Matunga	13-16 years	27 & 28 April
7 May	South Mumbai	13-16 years	4 & 5 May
14 May	Ulhasnagar	10-12 years	11 & 12 May
21 May	Ghatkopar	13-16 years	18 & 19 May

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

Course Venues: **Andheri:** Dada Saheb Gaikwad Sansthan, Babasaheb Ambedkar Marg, RTO Corner, Four Bungalows, Andheri (W), 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. **Ulhasnagar:** Guru Nanak High School, Kurla Camp, Ulhasnagar-4. Tel: (0251) 252-2693. **JNPT Vipassana Center:** JNPT Township, Trainee Hostel Bldg, Sector 3, Sheva Taluka, Uran, Navi Mumbai. 98923-87145, 98218-08488, 2747-2554. **South Mumbai:** Times of India Bldg., Opp CST Station. For registration and information call Tel 23081622 **Ghatkopar:** SNTD School, New Building, Cama Lane, Ghatkopar West, opp Vidyut Society, Mumbai 400086, Tel: 25101096, 25162505 **Dhamma Saritā:** Jivan Sandhya Mangal Sansthan, near Khadavli station -Tel: 25101096, 25162505 NB *Please bring cushion. *Please register on the specified phone numbers. If you are unable to attend after registration, please inform in advance. *Please arrive on time for the course. To serve children's courses in Mumbai, call 98200-22990.

CHILDREN COURSES IN GOREGAON

Date	Age	Registration	Course Timing
30-4	10-12 yrs	24 to 29-4	8:30 am to 2:30 pm.
14-5	13-16 yrs	8 to 13-5	(To report by 8:15 am)

Venue: Vipassana Counselling and Research Centre, Siddharth Municipal General Hospital, Shastri Nagar, Goregaon (W), Mumbai-400104. Tel: 2876-6886, Extn. 230. Time: 11 am to 1 pm.

NB: You need not get anything with you. If unable to attend after registration, please inform.

NEW RESPONSIBILITIES

Bhikkhu Ācaryas:

Ven. Bhikkhu Uduwana Ratanapala

To serve Colombo area including Dhamma Sobhā

Senior Assistant Teachers:

U Myat Kyaw, Myanmar

NEW APPOINTMENTS

Children's Course Teachers:

- Ms. Mangala Babar, Baroda
- Mr. Anil Kumar, Delhi
- Mr. Ashkan Sarabi, Iran
- Mr. Raviv Sela, Israel
- Ms. Swarna Mahanama, Sri Lanka
- Mrs. Tilaka Kusumlatha Narangoda, Sri Lanka
- Mrs. Senavirathna Mudiyansele Senavirathne, Sri Lanka
- Mrs. Indra Srimathie Wasantha De Silva, Sri Lanka
- Mr. Sarnath Somachandra, Sri Lanka
- Mr. Lee, Chong, Jheng, Taiwan
- Mr. Lin, Shuei-Mu, Taiwan
- Ms. Lv Su-Zu, Taiwan
- Ms. Liu, Mei-Hua, Taiwan
- Ven. Bhikkuni Hio Shueo Sik, Taiwan
- Ven. Bhikkuni Yin Tau Sik (alias Kit Lin Chan), Taiwan
- Ms. Melusina Martin, France
- Ms. Maria Jose Gallart, Spain

DHAMMA DOHAS

*Pratikṣaṇa antara tapa cale, pratikṣaṇa rahe niṣpāpa;
Pratikṣaṇa bandhanamukta hoṇi, dūra karen bhava tāpa.*

Every moment purify (the mind) within,
Every moment keep away from evil;
Every moment free yourself of bonds,
To vanquish the torments of existence.

*Tapa re, tapa re mānavī, tape hī nirmala hoyā;
Subaraṇa bhatṭhī meṇi tape, tapa tapa kundana hoyā.*

Strive ardently, oh human being!
Purity comes from burning away the dross;
Gold must pass through a crucible to become refined.

*With much metta,
A Vipassana meditator*

*Naye karama bāndhe nahīni, keṣiṇa purātana hoyā;
Kṣaṇa kṣaṇa jāgrata hī rahe, sabaja mukta hai soya.*

Do not generate new *kamma*, let the old be extinguished;
Every moment remain vigilant, to easily become liberated.

*Dekha dekha kara citta kī, granthi sulajhatī jāya;
Jāge vimala Vipāśyanā, citta mukta ho jāya.*

Observe the mind steadfastly, to disentangle its knots.
May stainless Vipassana arise and liberate the mind.

With best compliments from

MOTILAL BANARSIDASS

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