

Vipassana Newsletter

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

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Vipassana Research Institute
Dhamma Giri, Igatpuri-422 403, Maharashtra

WORDS OF DHAMMA

*Gāraṇo ca nivāto ca,
santutṭhi ca kataññutā;
kālena dhammassavaṇaṃ—
etaṃ maṅgalamuttamaṃ.*

Respectfulness and humility,
Contentment and gratitude,
Listening to the Dhamma at the proper time—
This is the highest blessing.

—*Khuddaka pāṭha 5.12, Maṅgala Sutta*

DEVELOP AWARENESS AND EQUANIMITY

S. N. Goenka

(The following questions were asked during the first course for adolescents at Dhamma Giri from 12 to 19 April, 2004. They have been translated and adapted for the Newsletter.)

Question: Many sensations are neither pleasant nor unpleasant and so one does not generate craving or aversion towards them. Why should we observe such sensations?

Goenkaji: Very good question! There are three kinds of sensations: pleasant, unpleasant and neutral. One usually generates craving towards the pleasant sensations and aversion towards the unpleasant sensations. Then what about the neutral sensations? You have to observe the neutral sensations attentively so that you can understand their impermanent nature, *anicca*. If you understand their nature of impermanence, you are with the truth. Your mind will become so sharp that you will not generate craving, aversion or ignorance. Therefore, make use of these neutral sensations also and understand that the nature of these sensations is also impermanent.

Question: While practising Vipassana, sometimes, my mind wanders a lot. Can I practise Anapana in this situation?

Goenkaji: Yes, you should practise Anapana. When the mind wanders a lot, it is difficult to practise Vipassana. Therefore, whenever your mind is very agitated or very sluggish and does not want to work at all, in all such situations, you must start practising Anapana. After practising Anapana for some time, when the mind becomes calm, you can start Vipassana again. If your mind is very restless, you may do Anapana for some time and then combine Vipassana with Anapana. With one breath, observe sensations on

one part of the body; with the next breath, observe sensations on the next part. Observe sensations along with respiration. Then the mind will wander less because you have given it two objects of meditation.

As far as possible, practise Vipassana to eradicate the mental defilements at the depth. But if the mind is so unstable that you cannot observe sensations, practise Anapana. We have to use Vipassana to fight our enemies. Anapana will help us to sharpen our weapons so that we can fight these enemies more effectively.

Question: Why do we get different sensations in different parts of the body?

Goenkaji: There are many causes for sensations, not just a single cause. Sensations may be caused by the climate, by any injury or disease, by sitting for a long time, by the food that we have eaten or by past *saṅkhāras*. It does not matter what the cause is. Whatever the type of sensation, we observe it and remain equanimous to it. Even if the sensation is caused by mental defilements, there are so many kinds of defilements that it is not possible to know which defilement has caused this sensation. So, you should not go into these details.

For example, if we have to clean a dirty cloth, we take soap and water and scrub the cloth with the soap. There is no need to know where, how and when the cloth became dirty. The cloth is dirty, we have the soap, and we have to clean the cloth. Similarly, we have learned the technique of Vipassana. Whatever the reason for the sensation and whatever the type of sensation, we have to observe it and understand its nature of impermanence. ☸

PILGRIMAGE TO MYANMAR - 2004

This pilgrimage is open only to Vipassana students in the tradition of Sayagyi U Ba Khin as taught by S. N. Goenka who have participated in at least one Vipassana course and are seriously committed to this technique. Booking for this tour is available on a first-come-first-serve basis.

Itinerary

- Dec 8: Departure from Mumbai at 2.15 am. Arrival in Yangon at 6.45 am. Check into respective hotels. Sightseeing in Yangon after rest and lunch. (Sightseeing in the morning also if hotel rooms not available before noon.)
- Dec 9: Fourth World Buddhist Council Opening at 8 am. Indian Embassy Exhibition Opening at 9.00 am. Sightseeing in Yangon and visit to Saya Thet Gyi meditation centre. Group Meditation at Shwe Dagon Pagoda at 7:30 pm
- Dec 10: Fourth World Buddhist Council: Goenkaji's Address at 8.00 am. Full day at Fourth World Buddhist Council. Group Meditation at Shwe Dagon Pagoda at 7.30 pm
- Dec 11: Yangon – Mount Kyaikhtiyo – Yangon Depart at 6.00 am and return to Yangon at 8.30 pm
- Dec 12: Function at *Dhamma Joti* (Commemoration of 50 years of Dhamma Service). Sightseeing in Yangon.
- Dec 13: Yangon to Mandalay by train (Departure from Yangon at 6.00 am and arrival at Mandalay at 8.00 pm).
- Dec 14: Mandalay to Bagan (Departure at 6.00 am and arrival at Bagan at 12 noon). Sightseeing in Bagan.
- Dec 15: Sightseeing in Bagan.
- Dec 16: Bagan – Mandalay (Departure at 6.00 am and arrival at Mandalay at 12 noon). Sightseeing in Mandalay. Group Meditation at Mahamuni Pagoda at 7.30 pm
- Dec 17: Mandalay Centre. Trip to Monywa (Ledi Sayadaw Centre) and return to Mandalay.
- Dec 18: Sightseeing in Mandalay. Group Meditation at Mahamuni Pagoda at 7.30 pm
- Dec 19: Mandalay to Yangon by Train (departure from Mandalay at 6.00 am and arrival in Yangon at 8.30 pm)
- Dec 20: Free day (for shopping and sight seeing) Departure from Yangon at 10.15 pm. Arrival in Mumbai at 1.15 am (Dec 21).

The organizers may have to make changes in the itinerary of the tour due to unforeseen circumstances.

NB Students must observe five precepts during the tour. The organizers will be compelled to expel any meditator who does not follow the five precepts during the pilgrimage and no refund will be given in such cases.

Charter Flight

A chartered airplane has been organized from Mumbai to Yangon on 8th December 2004 and Yangon to Mumbai on 20th December 2004, Myanmar International Airways. The rates are:

*Business Class – Indian Rupees 45,000. (US\$ 1035)

*Economy Class – Indian Rupees 25,000. (US\$ 535)

This fare includes

- Indian Airport Tax – Rs. 250.
- Insurance Surcharge – US\$ 20 per passenger (subject to change)
- Myanmar Airport Tax – US\$ 10 per passenger

NB Pilgrims making payment by credit card should add 3% for Master & Visa and 4% for American Express for all payments towards bank commission charges.

According to the rules of the Indian Charter, a passenger on a charter flight has to return on the same flight. Special permission is required to amend this rule as the flight manifest of the charter flight is retained by the Immigration authorities. Therefore, it will not be possible for a passenger to enroll for only one leg of the journey unless it is a very special case.

Non Charter Flights into Myanmar and back

Once the charter flight is full, we will try to help students to find places on non-charter flights but due to the Fourth Buddhist Council, all flights to Myanmar during this time are likely to be full. Therefore, students who miss the charter flight may have to book an earlier flight independently and opt only for the tour of Myanmar. Frequent flights with direct landing at Yangon are available from Bangkok, Chiang Mai, Singapore, Kuala Lumpur, Hong Kong, Taipei, Delhi, Calcutta, Dhaka, Taipei, Kunming, Vienna, Paro, etc.

Students who are not travelling on the charter flight but would like to be part of the tour in Myanmar should inform us well in advance and also make the payment in advance.

Indian Visa

Non-Indians should obtain a multiple-entry visa to re-enter India. Non-Indians should try to get their Myanmar visas from their respective countries. Those who want us to organize visas to Myanmar for them should inform us well in advance. Please do not try to obtain visa on arrival as it will delay the arrival formalities of fellow students. If you are joining a Vipassana course in Myanmar before the tour and require help to obtain a visa, please inform us well in advance.

Myanmar Visa

Visa fees: Rs. 900 + courier charges from Mumbai to Delhi and back, about Rs. 600. Total amount: about Rs. 1500.

Visa requirements: 3 copies of Passport size photo and Visa form filled up in duplicate.

Those who want to apply for Myanmar visa online should visit www.visa.gov.mm

Passport assistance

Indians requiring assistance for the issue of passports may get in touch with the organizers. An independent agency will handle this work. Service charges: Rs 500 or more, depending on the work to be done.

Foreign Exchange

Students can obtain foreign currency from any bank.

The Tour in Myanmar

For the tour within Myanmar, Ms. Anna (English name) or Daw Ma Nga (Myanmar name), a hotelier in the city of Yangon, has offered her services to help in the arrangement and organization of the tour. The charges for the tour are US\$ 265.

The above program has been carefully designed by her with the help of her staff and Vipassana students from Myanmar. Students who are not traveling on the charter flight and would like to participate only in the Myanmar tour may contact Ms. Anna (Daw Ma Nga) at:

City Star Hotel, No. 171, Mahabandoola Garden Street, Kyauktada Township, Yangon, Myanmar.

Phones: + 95-1-370922, 370923, 370924, 250291, 245365

Fax: + 95-1-381128

Email: citystar@cityhotel.com.mm or info@citystarhotel.com
Website: www.citystarhotel.com

The tour will start on 8th December 2004 afternoon. The participants should report at the above address on 8th December. If participants have any questions pertaining to the tour within Myanmar, they may contact Ms. Anna directly on the email ids given above.

Participants who reach Myanmar early because of flight connections or staying back after 20 December may contact Ms. Anna for help with hotel booking etc. They will have to pay extra for the additional stay; these expenses are not included in the Myanmar tour charges. Please inform us well in advance if you are arriving early or leaving late.

Climate

The climate at this time of the year in Myanmar will be about 20 to 28 degree Celsius. Participants are advised to carry woollens and light clothing.

Hotels

Yangon: City Star Hotel, Yuzana Hotel, Crystal Palace Hotel, Eastern Hotel
Mandalay: Sunrise Hotel, Nadi Myanmar Hotel, Universe Hotel, Pacific Hotel, Myit Phyar Ayer Hotel, Hongtha Hotel, Unity Hotel
Bagan: Blue Bird, Arthawka Hotel, Kaythumadi Hotel, Kumudra Hotel, Power Hotel

Coaches

45-seater air-conditioned coaches with air-bag suspension have been reserved for the pilgrims during this tour.

Food

Wholesome vegetarian food will be served during this tour. A trustee of Global Pagoda trust is helping to make travel arrangements from Mumbai to Yangon and back, for both Indians and non-Indians and Myanmar visa arrangements (for Indians only).

For more details, contact: Ms. Sejal or Mr. Samrat,

Tel: [91] (22) 5632-4664, 2283-6330;

Fax: [91] (22) 2202-5878; Email: yatra@globalpagoda.org

For online booking: www.globalpagoda.org

ONE-DAY CHILDREN'S COURSES IN MUMBAI

Every **second** Sunday at **Ulhasnagar**: Contact: (0251) 252-2693

Every **third** Sunday at **Ghatkopar**: Contact: Tel 2510-1096, 2516-2505

Date	Venue	Age	Registration
07.11.2004	Matunga	10-12 years	4 & 5.11.2004
07.11.2004	Mulund	13-16 years	4 & 5.11.2004

Course Timing: 8:30 a.m. to 2:30 p.m. **Registration Timings:** 11 a.m. to 1 p.m. **Course Venues:** **Matunga:** Amulakh Amirchand High School, Rafi Ahmed Kidwai Road, New SNTD College, King's Circle, Matunga (CR), Tel: 2510-1096. **Mulund:** Mulund College of Commerce, Sarojini Road, Near Mulund Court, Mulund West Registration Tel: 55983338

[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.]

PALI WORKSHOPS

The following Pali workshops have been organised for Vipassana meditators at a venue near Jaipur:

1. For non-Indian meditators: 3 to 14 Jan. 2005

2. For students from India and Nepal: 16 to 27 Jan. 2005

Those who wish to attend the workshop may send their applications to Vipassana Centre, Post Box 208, GPO, Jaipur 302 001 Email: dhammjr@datainfosys.net

Last date for receiving applications: 30th Nov. 2004.

Admission is restricted only to registered candidates.

NEW VIPASSANA CENTRE

Eighteen centuries ago in Sriparvata hills, beside the Krishna River, a famous scholar, Archarya Nagarjuna established a University and meditation centre. Many monks, nuns and lay people from far and near came to learn the Dhamma and helped in spreading it all over South-East Asia.

Now the Andhra Pradesh Tourism Development Corporation, on behalf of the Central Government, is developing a Buddha Park on 285 acres of land in Nagarjuna Sagar. The project is called Sriparvatha Arama and 35 acres of land has been allotted for the development of a new Vipassana centre. It is hoped that many people from India and abroad will come here to practice Vipassana meditation and spread the gift of Dhamma. Goenkaji has named the centre *Dhamma Nāgajjuna*.

Dhamma Nāgajjuna will comprise three independent meditation centres for 100 meditators each—one for ten-day courses, another for long courses and the third for special courses and workshops—with centralized administration and kitchen.

The meditation centre for ten-day courses will be constructed first. It will consist of one big and two small Dhamma Halls, Pagoda with 100 cells, self-contained accommodation units for 100 students, AT residences, dining hall and required infrastructure. The total cost is estimated at Rs. 30 million (3 crores). Vipassana meditators may avail themselves the opportunity to earn merits by participating in this noble project. All donations are exempt under section 80G of the Income Tax Act. Cheques or DD's may be made in favour of VIMC, *Dhamma Nāgajjuna*.

Contact: VIMC, 'Gandhi Darshan' Building,

Inside Exhibition Ground, Hyderabad 500 001

Tel: (040) 24723569; Email: dhammanagajjuna@yahoo.com

VIPASSANA CENTER IN MEXICO: UPDATE

Since its inauguration in October 2003, *Dhamma Makaranda*, the only Vipassana center in Mexico, has offered seven courses, including courses for old students and children. The center is under construction, and although there is basic accommodation for 40 students, the windows are plastic instead of glass, with curtains for doors.

A big tent donated by the Washington Center is being used as a Dhamma Hall. With heavy rains, there is a need for a proper Dhamma Hall. A few weeks ago, construction of a Dhamma hall with a capacity for 120 students has begun. Old students are invited to support the growth of Dhamma in Mexico. For more information contact:

Mirna Méndez, Email: info@mx.dhamma.org

VIPASSANA NEWSLETTER ON THE WEBSITE

Current and past issues of the Hindi Vipassana Patrika and English Newsletter can be downloaded from the VRI website:

<http://www.vri.dhamma.org/NewslettersHindi/index.html>

<http://www.vri.dhamma.org/newsletters/index.html>

GOENKAJI'S INTERVIEW ON ZEE TV

Zee TV is telecasting a program called *Urja* featuring Goenkaji every Friday at 12:30 pm. In this program, Goenkaji answers questions about different aspects of Dhamma (Dharma). Meditators may inform their family and friends about the opportunity to hear Goenkaji expound on the universal Dhamma.

DHAMMA SERVICE AT DHAMMA GIRI

It has been decided to constitute a panel of professionally qualified Dhamma servers to serve as consultants at *Dhamma Giri*. Old students who have done at least one ten-day course and who are qualified professionals with special expertise in the following and other fields are invited to apply for empanelment: Landscape architecture; Horticulture; Architecture; Civil Engineering; Security; Interior Design; Water Sanitation; Structural Engineering; House keeping; Computer Hardware and Software; Medicine; Preventive and Social Medicine; Quality System Development etc.

Such Dhamma servers should be willing to serve at *Dhamma Giri*, upon convenient notice, for days which sometimes could be as little as one or two days every month. **Contact:** Mr. Kishore Natu, VIA, Dhamma Giri, Igatpuri. Tel: (02553) 244076, 244086; Email: info@giri.dhamma.org

NEW RESPONSIBILITIES

Acaryas: Mr. Praveen Bhalla, *Delhi*

To serve Punjab including Dhamma Dhaja, (in addition to Dhamma Tihar and Dhamma Rakkhaka)

Senior Assistant Teachers

1. Mr. Ram Sahai Nim, *Delhi*

To assist the Area Teacher in serving Dhamma Dhaja

2. Mr. Mohan Raj Adla, *Hyderabad* 3. Mr. Ramswarup Brahmachari, *Hyderabad* 4. Mr. Steven Roesler, *Germany*

NEW APPOINTMENTS

Assistant Teachers: Mr. Sham & Mrs. Sarla Bhatia, *Nashik*

Children Course Teachers:

1. Ms. Marsha Dewar, *Canada* 2. Ms. Anna Schlink, *Australia*

APOLOGY FROM DHAMMA GIRI

On 2nd October, the *metta* day of a ten-day course in *Dhamma Giri*, there was an outbreak of gastro-enteritis, which affected students, Dhamma servers, staff and teachers. The most probable cause was infection of the fruit-salad by pathogenic E. coli bacteria, which was served during lunch on 2nd October.

The formal reports from the concerned agencies are awaited. All those who were admitted in the hospitals have been discharged. There were no fatalities.

We deeply regret and seek pardon from all those who suffered due to this unfortunate and unprecedented incident. We are deeply grateful to all those meditators and non-meditators who dropped all their mundane responsibilities and rushed to serve and stand by us during the crisis.

A meeting was organized at *Dhamma Giri* on 9 and 10 October in which the teachers, management, trustees and Dhamma servers discussed the corrective steps that need to be taken at all levels to ensure that such an unfortunate incident does not happen again.

Dhamma Giri Management and Trustees

Important Notice: The label on the previous issue of the Newsletter and Patrika of Vipassana meditators who have paid life subscription had "Expires" printed on it due to computer error. VRI deeply regrets this mistake. Life subscribers are requested to ignore this error. They will continue to receive the Newsletter and/or Patrika regularly as before.

DHAMMA DOHAS

*Dharama na Hindū Baudhha hai, Sikkha na Musalima Jaina;
Dharama citta kī śuddhatā, Dharama śānti sukha caina.*

Dhamma is not Hindu or Buddhist, Sikh, Muslim nor Jain;
Dhamma is purity of heart, peace, happiness, serenity.

*Sampradāya nā Dharama hai, Dharama na bane divāra.
Dharama sikhāye ekatā, Dharama sikhāye pyāra.*

Sectarianism is not Dhamma, Dhamma raises no walls;
Dhamma teaches oneness; Dhamma teaches love.

With warm regards and metta,

MUDITA TRADERS

'Sharda' Plot 61, Survey 99, Yashwant Nagar, Pimpri, Pune 18
Mobile: 94220-00174

*Mānava mānava meṅ jābān, bhedabhāva nā hoyā;
Nijahita parahita sarvahita, satya Dharama hai soya.*

Between one person and another, making no distinction;
Beneficial to oneself, others, to all—this is true Dhamma.

*Main bhī dukhiyā nā rahūn, jagata dukhī nā hoyā;
Jīvana jīne kī kalā, satya Dharama hai soya.*

May I and may the world be without suffering;
This is the art of living; this is true Dhamma.

With warm regards and metta,

A VIPASSANA MEDITATOR

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