

Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin As taught by S.N. Goenka
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Words of Dhamma

*Na tāvatā dhammadharo, yāvatā bahu bhāsati;
Yo ca appampi sutvāna, dhammaṃ kāyena passati;
Sa ve dhammadharo hoti, yo dhammaṃ nappamajjati.*

Dhammapada-259, Dhammaṭṭhavaggo

One is not versed in Dhamma because one speaks much. Though one has heard only a little, if one is diligent and observes the Dhamma by means of one's own body, one is truly versed in Dhamma.

The Eightfold Noble path shown by the Buddha is an uju patha, a straight path, leading one to liberation from all sufferings.



You Can't Label Respiration

Interview with Satya Narayan Goenka

Interviewed by Nadeera Seneviratne—Colombo, Sri Lanka, 18th May, 2006

Interview Q — A

Q. For you, what is the significance of the 2550th Buddha Jayanthi?

It is very important. Because the first Buddha Sasana of 2500 years ended 50 years ago. And now the second

Buddha Sasana has started. This is the fiftieth year of the second Buddha Sasana. A very important period, where the Buddha's teaching will again arise and spread around the world.

Q. There are various beliefs as to how long the Buddha Sasana will last. In Sri Lanka it is believed that it will last

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for 5000 years, and others believe that it will last for 10,000 years. What is your opinion on this?

Well, so long as it is working now, why worry about the future? It gives results here and now and that is more important for us. It was lost, the real benefit of Buddha's teaching was lost. Now it has started again, giving results. And that is much more important.

Q. And that is Vipassana?

That is Vipassana. Certainly.



Sri Rajapaksa, President of Sri Lanka offering high title to Goenkaji

[As part of its celebration of the 2550th anniversary of Buddha Jayanti, The government of Sri Lanka invited Acharya S. N. Goenka as a state guest. The President Mr. Rajapaksa, on behalf of the Republic of Sri Lanka honoured Acharya S. N. Goenka with the title of Jina Sāsana Sobhana Patipatti Dhaja (literally the banner of the practice of Dhamma that adorns the teaching of the Buddha). Acharya S. N. Goenka was also felicitated by Mr. Ratnasiri Wickrem-anayake, the Prime Minister of Sri Lanka.]

Q. You have said that Vipassana is the practical quintessence of the Buddha's teaching, and also of all religions.

Yes it is for all religions. People from every religion can practice it and are practising it now; there is no religion in the world whose followers are not attending Vipassana Meditation courses. Because Buddha's teaching is so non-sectarian, it is so universal, so result-oriented. There is no blind faith involved, you practice, you experience the truth and then only you believe in it. This is the teaching of Buddha. It gives results, so people accept it easily.

Q. Have you been inspired by other religions in the teaching of Vipassana?

That's what I say, there is no religion in the world today whose followers are not accepting Vipassana. In Vipassana centres people come from different religions and they participate. Not only the followers of different religions, but also their teachers, their masters come to the courses. And they are so happy with it. Because the teaching is such. The teaching is morality. Now which religion in the world

is against morality? Every religion wants people to live a moral life. And I believe, for a moral life you must be master of your own mind, you must be able to control your own mind. And this is what the technique teaches, how to control the mind. And in a very scientific way, not a sectarian way, you observe your respiration. Respiration is respiration. You can't give any label to it. You can't say that this is Buddhist respiration or Hindu respiration or Christian respiration. Breath coming in, breath going out, you just observe it. No verbalisation, no visualisation. Just breath, mere breath; people accept it. And then you continue to observe yourself, the body and the sensations arising on the body which are related to the mind, the mental impurities. You start experiencing this, and you find you feel so miserable because of the impurity. And you start coming out of that impurity and start living a better life, happier life, peaceful life. The same result is there for everybody.

Q. My sister went for the ten-day course in Kandy. And she was saying that in the first few days there was so much pain in the body?

Naturally, naturally. As I say, the sensations that you experience are manifestations of the impurities that you have accumulated. So if the impurity is such that it starts manifesting itself as you feel it, you observe it- this is not permanent, it's not eternal and you keep on observing it with equanimity, with a balanced mind. And it becomes weaker, weaker, weaker, and it passes away. You are free from it. It is good that these come up the surface to pass away.



Goenkaji being honored by leading Bhikkhu Sangha of Sri Lanka

[During his visit to Sri Lanka, The Supreme Council of Kotte Sri Kalyāni Sāmagridharma Mahā Sangha Sabhā, the highest congregation of bhikkhus, awarded him the title of Pariyatti Visārada (Master of Doctrine) in deep appreciation of the immense and invaluable contribution made to disseminate the Dhamma through very lucid and clear exposition of the original teaching of the Buddha and to bring solace and peace to thousands through the practice of Vipassana meditation.]

Q. Yes, she said that at the end of the course she felt very good.

That is good. Because when the impurities leave you feel very good. When the impurities are coming out, naturally it is unpleasant. You cut open a wound, and the pus starts coming out. Only pus will come out of the wound. Not rose water. You have so much pus so it starts coming out. But it passes away, and you are free from it. Then you are a happy person.

Q. Is there any possibility of having the 60-day course here as well?

Well there’s a centre here and another centre is coming up and ten-day courses are being given there. There is no restriction, anyone can join in the ten-day course so long as accommodation is available. You can join. The one-day course that is being given is only for the older students. A new student cannot get anything in one day. Ten days is the minimum period required to work with and understand this technique. If people get established in ten days, then they can attend a 20-day course, a 30-day course, a 45-day course, and then they may take the 60-day course. People go deeper and deeper and deeper, to eradicate the impurity at the deepest level of the mind, at the root level of the mind. To purify the mind it is essential. And people are happy to do that. There are long queues for courses. We can’t accommodate everybody. In Kandy we have started the 30-day and 45-day courses, but not 60-days yet.

Q. You have spoken at the UN World Peace Summit. In your opinion, what is the best solution to the problems that we face in Sri Lanka in relation to establishing peace?

For everyone, Vipassana is the best solution and I would say the only solution. For everybody, in every situation. If your mind is agitated, if you are miserable yourself, how can you find a solution for a problem? However, if the mind becomes calm, tranquil, pure, then whatever decision you make will be a good decision, a healthy decision, right decision. But the mind must be calm and pure. This is what Vipassana teaches.

religions, different countries, they come and they all get a positive result. The Buddha’s teaching is so universal, so non-sectarian; people don’t feel that it is something foreign or something belonging to another religion. They say, ‘Oh, it is the same with our religion’. There was a very elderly mother superior in the first Christian missionaries group that came to us. At the end of the course she said, ‘Goenka, you are teaching Christianity in the name of Buddha!’. I am teaching Dhamma which is for all.

Q. Our bosses in Sri Lanka too should be encouraged to give paid leave to attend the courses.

Well, in time they will start realising that it gives good, tangible results, that administration work improves. Most of the offices in administration are full of tension as they have so much responsibility. When they get peace of mind they can work much better and then results will start coming. And a time will come when the government here will also give leave with pay for all employees to go and take a ten-day course. Large numbers of executives, not only government executives but business executives as well are coming. This is so in India, and in other places. There are executive courses in America. A number of executives of different companies have attended and they were happy.

Q. Before you took to Vipassana, it is said that you were short-tempered, egoistic and that you made yourself and others around you miserable.

Yes, a short-tempered person is always miserable. How can he be happy. So I was a very miserable person. Then I got Dhamma. Not that in ten days all my misery went away. But it started diminishing, diminishing, diminishing. The negativity became less, less, less. I am a happier person now.

Q. Then it wasn’t a difficult decision to leave that life?

I still carried on my responsibility as a householder. I looked after my family, I looked after my business, my industry. And yet I kept on progressing in Dhamma. A time came when my teacher found that I was fit to teach others and he appointed me a teacher. And so I came to India and started teaching. By then I was out of business. One hundred per cent of my time has been given only to the spread of Vipassana.

Q. How would you describe yourself now?

I describe myself as Goenka. A good human being, a good human being. I am happy and make others happy.

Q. What is your assessment of progress among “students” here in Sri Lanka?

Everywhere, the same result. Millions of people have taken Vipassana courses. Not a single person has come and reported to me or to anyone else that they wasted their ten days. Everyone gets benefits more or less according to the effort one makes. The technique is the same for everyone. Those who practice they get benefits out of it. Everybody’s happy.

Q. And people who follow it invariably ask for a longer course.

Yes, but we don’t give a longer course to everybody who asks for it. We first assess if someone is ready to take a longer course. One must have taken a number of courses, ten-day courses, and practised everyday morning and evening. There must be some change in life for the better. And only then one can go deeper, make further changes in life. So not everybody is given long courses. We evaluate

Respiration is respiration. You can’t give any label to it.

— S. N. Goenka



[This video is available: <https://youtu.be/-4p0FbKfeB0>]

Q. So, our leaders should follow a course?

Well, of course we cannot force leaders to come. But they are welcome, and a number of leaders have attended courses in India and in other countries. And they are happy with the course. From different communities, different

them, if we find that they are suitable then we give them a long course.

Q. Isn't there a tendency for people to "run away" when it gets too difficult?

Well, we can't help that. If someone wants to go then we let them. But there are very few, very few. Take a ten-day course. You have taken so much of my time. So you must give some time to me! (laughing)

Satya Narayan Goenka, known to Vipassana meditators who have learnt the technique from him as Guruji, is in Sri Lanka on the invitation of the government to celebrate the 2550th Buddha Jayanthi.

Goenka is a teacher of Vipassana meditation in the tradition of the late Sayagyi U Ba Khin of Burma. After 14 years of training under the Master, he began teaching Vipassana in India in 1969. Goenka himself has taught the meditation technique to thousands, appointing assistant teachers starting in 1982. Now there are more than a hundred centres around the world.

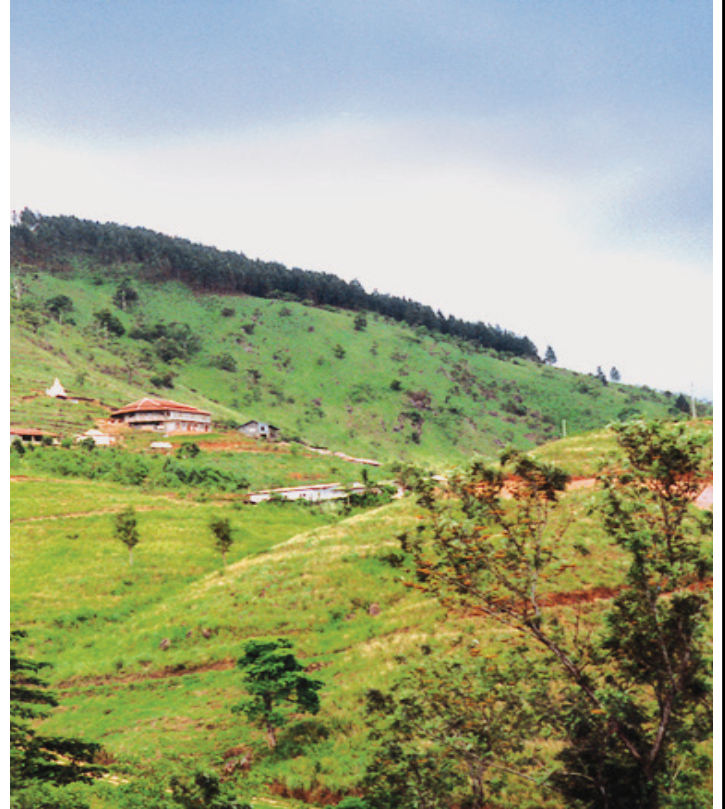


The first ever Goenka Centre for Vipassana meditation in Sri Lanka was set up in 1994 in Mobray Estate, Hindagala where the "Dhamma Kuta Centre" is now situated. "Dhamma Sobha" in Kosgama, inaugurated by Goenka last Sunday, will be the second of its kind in Sri Lanka.

All centres are maintained through contributions and voluntary work carried out by the teachers and trustees. Courses are offered free of charge.



[*lower two photos are 'Dhamma Kūṭa' Vipassana centre and bottom one is the Dhamma Hall of 'Dhamma Sobhā'.*]



A letter from Goenkaji to his elder brother, Babu bhaiya

(This letter is a reminder of the inspiring zeal and effort with which Goenkaji worked for the spread of Dhamma. — Editor.)

Calcutta, 18 October 1969

Babu bhaiya (brother), My respectful salutations!

Before writing the description of the camp at Sarnath, in this letter I will write a brief description of the journey from Bombay to Tadepalligudam.

Before leaving Bombay for Delhi, I decided to go to Wardha for a day. My air ticket had been purchased to travel from Bombay to Calcutta via Nagpur and Delhi. But I had thought of traveling from Bombay to Nagpur by train. One train left in the afternoon and would reach Nagpur at 7 a.m. on the following day. Traveling by air would save time but as it is expensive, I felt it better to save some of that money. Instead, it seemed more useful to use it to provide food for some of the students who are poor and can't afford it, while giving Dhamma to them at the camps. Therefore, I decided to travel by train.

Shyam Sundar had put some fruit in my shoulder bag. After having a fruit meal at around 9:00 at night, I noticed that I didn't have any container for water. I had drunk water for the night at the station, but what about my habit of drinking water as soon as I get up in the morning, what to do about that. There was no pantry car running with the train. There was no one selling bottles or such at the station either, so I asked the conductor if we would be reaching a station from where to get clean water for drinking at around 5 a.m. the next morning. He said that at 5:00 a.m. the train will reach Wardha and the station will have water to drink.

On arrival at Wardha I tried to find a way to inform the National Language Promotion Committee of Wardha and Bhadant Anand Kausalyan of Nagpur of my arrival. I got down at 5:00 a.m. but I could not find any officer on duty to make an inquiry. There were no attendants anywhere. At 6:30 a.m., when the Assistant Station Master finally appeared, he obliged to help to make a call to the committee. The committee's exam-minister, Mr. Rameshwar Dayal, answered the telephone and I told him that I would be arriving there soon by rickshaw. By 8 a.m. I had finished bathing, meditating, etc. at the committee's facility. In the meantime, they had arranged a schedule for me.

National Language Promotion Committee, Wardha

In the huge courtyard of the committee resides the press office and a large hall, in addition to the residence of the employees. A school is also run in this large yard, in which non-Hindi speaking students from all over the country learn Hindi. Their hostel is also there. The young Naga and Lushai caste men and women who studied there were assembled and they had me plant a Gulmohar tree sapling in the committee's garden. Students of the school and staff of the committee attended this event. The students sang a well chosen song to suit the sentiments of tree planting and the event was concluded. On this occasion, the elder brother of the committee's minister, Mr. Mohan Bhai Bhatt, also planted a tree. At 9:30 in the morning, a meeting was organized in which only about 20 or 30 members of the public attended, but committee members and their families had gathered in a large number. In fact, this event was a

personal event for Mr. Mohan Bhai's birthday, but it was given additional meaning since I was present.

Mr. Mohan Bhai Bhatt is such a gentleman. He has spent his entire life in the service of Hindi language. Due to his close contact with Gandhiji, he was far removed from thirst for power or from political conceit, and his heart was distressed after seeing the current state of the country. Nowadays, people invest all their efforts in getting more and more grants from the government by directly manipulating and cheering the ministers, by hook or by crook. Mohan Bhai is removed from all this. Therefore, this committee had not become very well endowed like some other institutions. The whole work has been going on relying solely on the strength and dedication of the staff there.

Mr. Mohan Bhai and Mr. Rameshwar Dayal Dubey in their words of introduction about me, showed a lot of emotion. I knew that the respectful words were spoken for the service to Hindi language in Burma. However, so much of that credit actually goes to Dr. Om Prakash ji, his family and many other active supporters of Hindi. That is why I felt that this honor was not for me, but for all my friends and I expressed the same in my speech.

Briefly, I threw light on the current activities regarding Hindi language in Burma and the difficulties we face in this regard. After the program ended, there was an hour-long meeting with Mr. Mohan Bhai and Mr. Rameshwar Dayal Dubey to discuss our problems. In this conversation I saw that both of them were deeply sympathetic towards our problems. The financial position of the committee is not such that it can help us financially, but their cooperation in all other matters was commendable. They agreed that the books of poetry and stories that we have written will be considered a preliminary course and that they will send a question paper based on the same. The evaluation of the answer sheets can be done in Burma itself, and on the basis of marks obtained, the examination results and certificates will be sent by the committee. Similarly, for further classes we will continue to take examinations on the basis of the books written by ourselves and published in Rangoon and continue to conduct exams in Burma. Apart from this, they also gave permission to use material from the text books published by the committee in our books. Even entire text books may be published by us in Burma with the same name, or if we wished, under a different name; there was no restriction of any kind. So, apart from not being able to drop the examination fee or send free text books, they are ready to provide all other facilities. Mr. Mohan Bhai Bhatt was so overwhelmed with feelings of cooperation that he was willing to accompany me and speak about our problems with the Central Government, and he did in fact come to Delhi. After this conversation, Mr. Rameshwar Dayal Dubey showed me the Office of the Examination Department of the Committee. The order and good organisation there impressed me. Shri Dubey himself is an experienced administrator and it is because of this that the committee work is going on so efficiently.

Mahatma Gandhi Ashram, Sevagram, Wardha

After lunch I planned to go to Sevagram. It would have been unfair to come so far and not visit Gandhi ji's ashram, and that too in the year of Gandhi's birth centenary. I learnt the distance from Wardha to Sevagram is about 8-9 kms. This distance was to be covered by a cycle rickshaw. It would

take one hour to go and one hour to return and that would leave me 2 hours to look around as I had to return and catch a train going to Nagpur at 4:00 p.m. in the evening. No other vehicle was available for Sevagram. So I left for Sevagram in a cycle rickshaw in the harsh afternoon sun. After going half way, I noticed that the rickshaw driver had become very tired. The sun was too strong. It was okay when the road inclined down, but even the slightest climb was very difficult. So instead of one hour, I reached Sevagram in about an hour and a half. I wanted to see all the departments of the ashram thoroughly, but the time was very short. So, together with a brother from the ashram, I saw as much as I could. First I visited Gandhi ji's hut; this had a profound effect on my mind, how a public servant could spend his life in such simplicity. The floor covered with clay, the walls made from clay and a thatched roof, this was Gandhi ji's hut. Gandhi ji's own sitting area, the waiting area for the guests, all of these were such that city folks would be surprised to see. In an adjacent room was the clinic of Gandhi ji's nature cure hospital.



In this small hut, the biggest political movements of the country were directed and solutions to large, difficult problems were found here itself. I also saw Mrs. Kasturba Gandhi's hut close by to Gandhi ji's hut. Nearby I saw another hut where Gandhi ji used to personally attend to leprosy patients.

After that, my guide Mr. Sadashiv Bhatt took me to meet Gandhi ji's daughter-in-law, sister Nirmala Gandhi, who stayed in a hut nearby. I had a conversation with her there for some time. She had a very serene nature, high simplicity coupled with a willingness to serve, and grounded, clear thoughts. She showed a lot of interest in learning more about Burma. I was very thirsty after coming so far on a rickshaw in the heat and she not only gave me cool water to drink, but also personally made a fresh lassi to serve to me. She showed a keen interest in our meditation technique and when I explained that deep and long practice of this method frees the mind from both sensual desire and anger, she expressed deep interest and said that to keep defilements from sense desires at bay, Gandhi ji had advised to keep oneself constantly engaged in work and to keep oneself so busy that defilements wouldn't get an opportunity to arise. But she accepted that Gandhi ji's instruction could not succeed in this direction. Even after keeping themselves busy, whenever the opportunity arose the ashram dwellers did succumb to sensual desire. She wanted that this technique given by the Buddha should be put to practical use so that they could experience the results.

Khadi and Charkha

After this, I switched the conversation to khadi (fabrics that are hand-spun and handwoven, usually from cotton)

and charkha (a spinning wheel for converting cotton fibre into yarn). I told her that I wanted to promote the charkha in my country, Burma (Myanmar), for two purposes. On the one hand, the farmers of our country have to spend a part of the year idle after the season of farm work is over, and so this would provide simple and useful work for them during this period. And on the other hand, we will be saved from the harmful economic policy of exporting raw material and having to import finished cotton; we can provide means to our countrymen to spin their own cotton. In this regard, I wanted to get complete information about the spinning wheel small-scale industry there.

Other departments of the ashram

After meeting sister Nirmala Gandhi, Sadashiv Bhatt took me to visit Smt. Asha Devi Aryanayakam, the Bengali wife of the famous Gandhian teacher, Sihali Ban Dhurhi Aryanayakam, who runs the basic education department of the ashram. After talking to her for a while I felt happy. This lady with white hair was so full of energy, it was interesting to speak with her. While taking farewell, she spontaneously said that she was pleasantly surprised to meet a non-resident from Burma who laughs even after losing a wealth of millions to the government of that country and does not have the slightest regret towards that government.

Prior to meeting Mrs. Asha Devi, I had gone to the book sales department of the ashram with Sadashiv Bhatt, where the manager was present. In this department I bought some books and requested Bhatt to make a parcel of it and send it to you at your Rangoon address. I hope you might have received the parcel by now; do write to let me know.

On to Nagpur

So, after reaching Nagpur from Wardha, I then went out to call Bhante Anand ji by public telephone. Even after trying for a full 45 minutes, I couldn't get through to his phone. So, I decided to hurry to the Indian Airlines office. I had to go to Delhi by their flight at 1 a.m.. I had kept my luggage in the Indian Airlines office in Nagpur and tried calling Bhante Anand ji again from there, and this time the call went through. I called a taxi. Well, now I had a few hours to speak with Anand ji, so we put out some chairs in the open ground outside the monk's residence. Anand ji's assistant monk Medhankar was also there. Before sitting, Anand ji showed me around the monk's residences and then took me to the open ground right in front which was used for robes ceremonies. There was a statue of Dr. Ambedkar here. A branch of the Bodhi tree, the one from which a branch was taken from India to nearby Sri Lanka, had been planted in this front area and it had now grown firmly into a small tree. Next to it was a spot that was designated for the construction of a huge pagoda and the foundation area had been dug. After looking around, we sat on chairs in the open courtyard of the monk's residence to have a conversation. Anand ji was suffering from a cold, yet he sat in the open with me for a long time.

A Dhamma Discussion with Monk Anand Kausalayanji

You already know how much Anand ji opposes the path of meditation. Even after translating the Buddhist Tripitaka and other important texts, he could not be even a little bit convinced about the meditation path of the Buddha. He finds it all meaningless. While we see that from the Buddha's teachings, if we remove meditation i.e., samādhi

and paññā, then we are left only with sila, that is just one-third of the teachings. And how can sila be accomplished without samādhi, restraint of mind. But samādhi and paññā have no significance in his eyes. He does not consider it to be empirical or something that gives immediate results, but considers all this to be just a way of saying things, and to him, something that gives results only after death. And like Rahul Sankrityayan ji, he didn't even have a little faith in rebirth since Marx had a very strong influence on both of them. That's why meditation seemed like a waste of time to them. I started telling him the practical and here and now benefits of meditation and shared with him the numerous experiences that I had myself and that of many of my friends. After two to three hours of protest, he started to nod just a little bit in acceptance. At 1:00 p.m. I said it was time to go. He said he would call a taxi for me so that I could reach the airport on time, but before calling the taxi he started insisting to me that a meditation camp must be organized in Nagpur too. I told him that my whole schedule till November was almost fixed, with camps being organized from place to place. Nagpur could only be given time if a program was cancelled at any of those places. Upon hearing this, he started urging even more. After calling the taxi, we waited for about 20 minutes for it to arrive. During this time he incessantly kept making requests for a course. I shared my financial situation too with him. I said that all the people who will join from here are mostly poor from an economic point of view and joining my camp means not only depriving them of 10 days of livelihood, but also to bear the expenses of running the camp i.e. food, etc. I told him directly that due to Burma's nationalization of the trade industry without any compensation being given, I should not be expected to bear any kind of financial costs. It would also be difficult for me to ask for donations from other meditators for this course. The scholarly monk who had thorough experience of the world immediately realized the situation and assured me that I would have to give only my time for the Nagpur camp, and not worry about the means. He would make the financial arrangements himself. The discussion that took place for a while in this regard was very touching. It melted the heart of this communist monk as well. I will never forget his courtesy and warmth at that time. He narrated a Sanskrit verse written by Ashvaghosha describing Buddha's character. I can't remember the exact words, but the meaning still echoes in my ears that while grieving for Siddhartha who had left home, Yashodharā said that throughout his life, this person had kept on giving only so now how would he be able to ask for alms?

When I started from monk Anand ji's place for the airport, my heart felt light and happy. The shallow ego of a rich man that was there in me was now melting into compassion, my mind had now become very clean and clear. My mind was occupied with the singular thought of this work of the spread of the Dhamma. I only have the role of a Dhamma teacher now. Rich man and large donor, these identities had to be forgotten as history. Buddha's words were echoing in my mind "*Sabbadanaṃ Dhammadanaṃ jinati*".

Indeed, the gift of Dhamma is greater than all donations. All the donations that I have made in my life are negligible, inferior when compared with this fulfilling gift of Dhamma. So now I should keep my mind satisfied with this donation of Dhamma. Now with limited means and capacity, I shouldn't let my mind fill with concerns of donating financially. The day when circumstances change, monetary donation too will start again automatically. Right now, all the strength should

be put towards donation of Dhamma. Our elder brother has arranged for the travel by air and for my personal expenses, also allowances to stay in good hotels from place to place, and from that I could save some money by economizing and bearing some physical discomfort so that it could be used for poor meditators. With this sincere decision I flew from Nagpur and landed at the airport in New Delhi. There I was received by our office representative Goswami and also by our Dhamma brothers Shri Dharmaveer and Rishiraj Verma.

Residence at Delhi

I stayed one day and one night at Rishiraj's house. The second night I was to go to Churu. While there I was very pleasantly surprised by the way his house was so clean and beautiful externally, similarly, the atmosphere inside was very pure and favourable for meditation. While staying there I heard a few things about the plight of some of the Burmese migrants, and felt troubled. Before this and afterwards as well, I had been meeting many Burmese migrants and had listened to their painful stories again and again. In Burma, the simple nature of the native Burmese was easy to imbibe for us overseas Indians. In comparison to them, how devious were the Indian diaspora, how many tricksters, how many liars, deceitful and dishonest people. Sometimes I was saddened to see that on the one hand we consider ourselves to be world-gurus and dhamma-gurus. We boast such high talk about our religion and culture, we consider ourselves as noble, clean and exalted, and look down on the natives over there, but on the other hand how much our character has fallen, our moral level has become degraded; deep pain regarding this constantly bore on my mind.

After arriving here, I saw the condition of this country with its people who cited Ramakrishna, Buddha and Gandhi; compared to them I consider the moral standard of the Burmese diaspora to be very high. Here everything is weighed in terms of money. Brother-brother, father-son, all kinship relationships are valued in rupees. The more one considered himself to be religious, the more complexes seemed to be there in his sensibility of Dhamma. Every man talks at length about Dhamma but in practice is unable to adopt it.

Today, if a person tells lies for selfishness or misbehaves, then by citing practicality he declares his misdeeds as Dhamma. There is no sign of any improvement in such people. When a person commits a misdeed and while doing it understands that what he or she is doing is wrong, but is forced by the circumstances to do so, then such a person can be expected to improve. But when the chest swells with pride considering misconduct as Dhamma, how can any kind of improvement be expected? Everyone's vision is towards the end. No one seems to care about the wholesomeness of the means.

The person who calls himself a religious leader is also eager to gain state power through the lowest non-dhamma practices and his conceit is that when he gets political power in his hands, he will uplift the entire nation spiritually. When the situation is such with religious leaders and religious institutions, then how can we blame others? Everyone is immersed in iniquity and there is no attempt by anyone to get out of this situation. Until the moral structure of the whole country changes, no one can be comfortable, neither those few honest people nor those of the unscrupulous majority. But how will this structure of immorality change? Who will change it? This problem is not only of the Burmese immigrants, but of all the countrymen.

Meeting Government Officials

During the two-day stay in Delhi, I met some government officials to discuss Burma-related problems. The topic related to Hindi promotion in Burma was also discussed, and also the problem of a lack of Hindi books in Burma. From old friends, I met Shri Ramdhari Singh Dinkar. He was very sympathetic towards all problems. He asked for information on the current situation in Burma and listened very attentively. Like him, many people here have the misconception that the laws that the Burmese government made for nationalization apply only to Indians. That only non-resident Indians are victims of the government's socialist policy. Hence, Indians are running away from there. I dispelled such misconceptions for him and many others and shared the facts.

I also met Dr. Karan Singh, the Maharaja of Bikaner and an old friend of mine. His simple nature once again left a deep impression on my mind. We spoke about the present situation of the country for a long time and I saw that this person is conscious of his responsibility in a very sincere manner. He is an independent member of the Lok Sabha, and is not in any political party. He is a leader of some independent members group as well. Despite being in opposition to the Congress, he does not wish for a nationwide strong institution like the Congress to break up. Despite being in opposition to the central government, he does not want this government to collapse due to the current storms or for the center to become weak. This person appeared to be wholeheartedly dedicated to maintaining the strength of the center and the nation. Unlike other politicians, blinded by their selfish intellect and staying engrossed in the destruction of the opponents, even if it leads to the destruction of the entire nation, I did not find this type of ill-will to be present in this person. I still saw the same enthusiasm in his mind to help the Burmese migrants. Although his ability in this direction is limited due to not being seated on government benches, this man did successfully introduce me to some centre ministers. Although the Maharaja is no longer the Maharaja, he is a highly educated young man of the modern era who thinks not only for his country but is a fully aware global citizen; he is in sync with the new waves all around the world.

Your younger brother,

Satya Narayan Goenka

Cont: Excerpts from Letters written to Babu Bhaiya...



Future Course Schedule and Applications

Information on future Courses is available on the internet. All types of bookings are currently available online only as per the Government's new rules due to Covid-19. Applications will not be accepted on paper. Therefore, you are requested to check the following link and apply online directly for your appropriate course or for dhamma service at Dhammagiri:

<https://www.dhamma.org/en/schedules/schgiri>

Please apply similarly as per the schedule of other centres. Here is the link for all Indian centres:

<https://www.dhamma.org/en-US/locations/directory#IN>



Schedule of Vipassana Courses as under:

For worldwide schedule of courses, visit: <https://www.dhamma.org>
For schedule of courses including one-day courses and group sittings in India, visit <https://www.vridhamma.org>
for example south India courses say for **Dhamma Setu**:-
<https://www.dhamma.org/en/schedules/schsetu>

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

One and 3-day courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorised assistants.

Satipaṭṭhāna courses marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

Long Courses: (Please get special application forms from centres)

20-day and Special 10-day course: requires five 10-day courses, one **Satipaṭṭhāna** course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours for the past two years, and full commitment to Vipassana.

30-day: 20-day course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.)

45-day: two 30-day courses and deeply involved in Dhamma service.

60-day: only for ATs who have sat two 45-day courses.

Gratitude Course

Previously the Teachers's Self Course—TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher's recommendation. --- **Dates:** From 2nd Feb to 17th Feb. every year. --- All centres where single accommodations are available can include this course in their future programmes, with due consideration of the local demand.

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thalī, Dhamma Sindhu, and Dhamma Paṭṭhāna.

Teenagers' Course: 15 years Completed upto 19 years Completed (Please use new application form).

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day: 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 16 to 27-6, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 25-12-21 to 5-1-2022, #ST: 31-3 to 8-4, 7 to 15-10, (3-day: 22 to 25-4 Cancelled); CAT/Teacher Meeting: 13-12, AT Meeting: 14 to 16-12, AT Workshop: 17 to 20-12, Trainer Workshop: 21-12, Trustee & Dhamma Servers Workshop: 16 to 17-10, ∞ Long Course: Special 10-day: 30-6 to 11-7,

Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana-1 Igatpuri

10-day executive courses: 8 to 19-4, #ST: 2 to 10-9
∞ Long Course: Special 10-day: 24-4 to 5-5, 18 to 29-8, 20-day: 10 to 31-5, 24-7 to 14-8, 30-day: 4-6 to 5-7, 18-8 to 18-9, 45-day: 4-6 to 20-7, 19-12 to 3-2-2022, 60-day: 12-10 to 12-12.

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 30-11 to 11-12, #ST: 22 to 30-4, 18 to 26-11,
∞ 20-day: 28-6 to 19-7, 30-day: 8-5 to 8-6, 25-9 to 26-10, 45-day: 8-5 to 23-6, 25-9 to 10-11, 60-day: 23-7 to 22-9, 17-12 to 16-2-2022.

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+09122) 50427518, Ext. No. (Male Office) 519 (50427519), (Female Office) 546 (50427546), Website: www.pattana.dhamma.org, 10-day executive courses: 14 to 25-4, 28-4 to 9-5, 11 to 22-5, 3 to 14-6,

16 to 27-6, 30-6 to 11-7, 13 to 24-7 ...; #ST: 24-5 to 1-6, 3-day: 8 to 11-4, 1-Day Mega course: 23-5, 25-7, 26-9;

Online application: www.dhamma.org/en/schedules/schpattana.shtml.
Email: registration_pattana@dhamma.net.in ; **For all other inquiries, Contact: Manager,** Email: info@pattana.dhamma.org Website: www.pattana.dhamma.org
Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them.

One-day: inside main dome of the Global Vipassana Pagoda **Every Day** from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics.

Contact: Tel: 022-28452235, Email: info@globalpagoda.org; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi/Eng each of about 15-20 minutes duration are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

Dhamma Vipula: Belapur (New Mumbai)

Plot No. 91 A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online http://www.vipula.dhamma.org/ 10-day: 31-3 to 11-4, 14 to 25-4, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 1-day: Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

Dhamma Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com 10-day: 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 23-10 to 3-11, 6 to 17-11, 30-11 to 21-12, 30-11 to 31-12, #ST: 14 to 23-8, ∞ **Long Course: 20-day:** 30-11 to 21-12, **30-day:** 30-11 to 31-12, **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Vātikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact Centre:** Mob. 9637101154, Email: info@vatika.dhamma.org, **Contact:** 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: vipassana.palghar@gmail.com, 10-day: (Male only) 31-3 to 11-4, 14 to 25-4, 12 to 23-5, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-10, 21-10 to 1-11, 21-11 to 2-12, 25-12-21 to 5-1-22, (Female only) 28-4 to 9-5, 3-5 to 1-6, 11 to 22-7, 24-9 to 5-10, 7 to 18-11, ∅ #ST: (Male only) 12 to 20-9, (Female only) 5 to 13-12,

SCHEDULE OF LONG COURSES INDIA

Special 10-day Course

12 to 23-4-2021	<i>Dhamma Thalī, Jaipur</i>
21-4 to 2-5-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
24-4 to 5-5-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
5 to 16-5-2021	<i>Dhamma Ajaya, Chandrapur</i>
2 to 13-6-2021	<i>Dhamma Khetta, Hyderabad</i>
19 to 30-6-2021	<i>Dhamma Thalī, Jaipur</i>
30-6 to 11-7-2021	<i>Dhamma Giri, Igatpuri</i>
17 to 28-7-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
19 to 30-7-2021	<i>Dhamma Lakkhaṇa, (U.P.)</i>
21-7 to 1-8-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
28-7 to 8-8-2021	<i>Dhamma Pubbaja, Churu, Rajasthan</i>
30-8 to 10-9-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
4 to 15-9-2021	<i>Dhamma Ambikā, South Gujarat</i>
21-9 to 2-10-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
6 to 17-10-2021	<i>Dhamma Bodhi, Bodhgaya, Bihar</i>
15 to 26-10-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
17 to 28-10-2021	<i>Dhamma Sarovara, Dhule</i>
20-11 to 1-12-2021	<i>Dhamma Kalyāṇa, Kanpur (U.P.)</i>

20-day

12-4 to 3-5-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
5 to 26-5-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
10 to 31-5-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
2 to 23-6-2021	<i>Dhamma Khetta, Hyderabad</i>
20-6 to 11-7-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
28-6 to 19-7-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
30-6 to 21-7-2021	<i>Dhamma Setu, Chennai (Tamil Nadu)</i>
1 to 22-7-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
24-7 to 14-8-2021	<i>Dhamma Tapovana-1, Igatpuri</i>

2 to 23-8-2021
3 to 24-8-2021
11-8 to 1-9-2021
25-8 to 15-9-2021
5 to 26-9-2021
8 to 29-9-2021
11-9 to 2-10-2021
28-9 to 19-10-2021
6 to 27-10-2021
7 to 28-11-2021
30-11 to 21-12-2021
4 to 25-12-2021

Dhamma Paṭṭhāna, (Haryana)
Dhamma Cakka, Sarnath (U.P.)
Dhammālaya, Kolhapur
Dhamma Ambikā, South Gujarat
Dhamma Gaṛha, Bilaspur (Chhattisgarh)
Dhamma Suvatthī, sravasti (u.p.)
Dhammapāla, Bhopal (M.P.)
Dhamma Thalī, Jaipur
Dhamma Bodhi, Bodhgaya (Bihar)
Dhamma Pushkar, Ajmer, Rajasthan
Dhamma Vāhini: Titwala
Dhamma Lakkhaṇa, (U.P.)

30-day

5-5 to 5-6-2021
8-5 to 8-6-2021
1-6 to 2-7-2021
2-6 to 3-7-2021
4-6 to 5-7-2021
30-6 to 31-7-2021
1-7 to 1-8-2021
1-8 to 1-9-2021
11-8 to 11-9-2021
18-8 to 18-9-2021
28-8 to 28-9-2021
11-9 to 12-10-2021
18-9 to 29-10-2021
25-9 to 26-10-2021
1 to 31-10-2021
6-11 to 7-12-2021
7-11 to 8-12-2021
30-11 to 21-12-2021
21-12-21 to 21-1-2022

Dhamma Sindhu, Mandvi-Kutch (Guj.)
Dhamma Tapovana-2, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhamma Khetta, Hyderabad
Dhamma Tapovana-1, Igatpuri
Dhamma Setu, Chennai (Tamil Nadu)
Dhamma Pushkar, Ajmer, Rajasthan
Dhamma Bodhi, Bodhgaya (Bihar)
Dhammālaya, Kolhapur
Dhamma Tapovana-1, Igatpuri
Dhamma Paṭṭhāna, (Haryana)
Dhammapāla, Bhopal (M.P.)
Dhamma Thalī, Jaipur
Dhamma Tapovana-2, Igatpuri
Dhamma Utkal, (Orissa)
Dhamma Cakka, Sarnath (U.P.)
Dhamma Pushkar, Ajmer, Rajasthan
Dhamma Vāhini: Titwala
Dhamma Ambikā, South Gujarat

45-day

8-5 to 23-6-2021
2-6 to 18-7-2021
4-6 to 20-7-2021
25-9 to 10-11-2021
15-10 to 30-11-2021
2-11 to 18-12-2021
17-12-2021 to 1-2-2022
19-12 to 3-2-2022
21-12-21 to 5-2-22
9-2-2022 to 27-3-2022

Dhamma Tapovana-2, Igatpuri
Dhamma Khetta, Hyderabad
Dhamma Tapovana-1, Igatpuri
Dhamma Tapovana-2, Igatpuri
Dhamma Suvatthī, sravasti (u.p.)
Dhamma Paṭṭhāna, (Haryana)
Dhammapāla, Bhopal (M.P.)
Dhamma Tapovana-1, Igatpuri
Dhamma Ambikā, South Gujarat
Dhamma Bodhi, Bodhgaya, (Bihar)

60-day

23-7 to 22-9-2021
12-10 to 12-12-2021
17-12 to 16-2-2022

Dhamma Tapovana-2, Igatpuri
Dhamma Tapovana-1, Igatpuri
Dhamma Tapovana-2, Igatpuri

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). 10-day: (Only for Hindi, Marathi, Students) 10 to 21-4, 8 to 19-5, 12 to 23-6, 10 to 21-7, 14 to 25-8, 11 to 22-9, 9 to 20-10, 13 to 24-11, 11 to 22-12, (Only for Hindi, English, Students) 24-4 to 5-5, 22-5 to 2-6, 26-6 to 7-7, 24-7 to 4-8, 28-8 to 8-9, 25-9 to 6-10, 27-11 to 8-12, 25-12 to 5-1, #ST: (Only for Hindi, English, Students) 23 to 31-10, 3-day: 4 to 7-4, 3 to 6-6, 5 to 8-8, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Puṇṇa, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, 10-day: Only for Hindi, English, Students 4 to 15-4, 2 to 13-5, 4 to 15-7, 1 to 12-8, 29-8 to 9-9, 3 to 14-10, 7 to 18-11, 5 to 16-12, Only for Hindi, Marathi, Students 16 to 27-5, 18 to 29-7, 15 to 26-8, 17 to 28-10, 21-11 to 2-12, 19 to 30-12, #ST: Only for Hindi, Marathi, Students 18 to 26-4, Only for Hindi, English, Students 21 to 29-9, 3-day: 28 to 31-10, Teenagers' Course: (Boys): 2 to 10-5, (Girls) 16 to 24-5, 2-day Children Course: (12 to 18 yrs Boys) 11 to 12-5, (12 to 18 yrs Girls) 14 to 15-5, 1-day: Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, Children Course: (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vajjapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org 10-day: 28-4 to 9-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, #ST: 16 to 24-4, Teenagers' Course: (Boys) 10 to 18-5,

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule - Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 31-3 to 11-4, 18-4 to 29-4, 2-5 to 13-5, 16 to 27-5, 30-5 to 10-6, 27-6 to 8-7, 11 to 22-7, 25-7 to 5-8, 22-8 to 2-9, 12 to 23-9, 26-9 to 7-10, 17 to 18-11, 21-11 to 2-12, 16 to 27-12, **#ST:** 12 to 21-6, 6 to 15-8, 5 to 14-12, **2-day:** 14 to 16-4, 23 to 25-6, 18 to 20-8, 12 to 14-10, **# Children Course:** 16-8 10-10, 1-11, 29-12, 30-12, **Long Courses:** **Special 10-day:** 17 to 28-10, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur road, Near Bhatevadi, soregaon - dongaon road, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, **10-day:** 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, **#ST:** 30-4 to 9-5, **2-day:** 13 to 16-5, 12 to 15-8, 11 to 14-11, **Teenagers' Course:** (Boys) 21 to 29-5, 26-10 to 3-11,

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkan-gale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232. 9697933232, 7420943232, **10-day:** 2021) (Hindi/English speaking students only) 4 to 15-4, 19 to 30-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (Hindi/Marathi speaking students only female) 2 to 13-5, (Hindi/Marathi speaking students only) 18 to 29-4, 13 to 24-6, 27-6 to 8-7, 25-7 to 5-8, 3 to 14-10, 17 to 28-10, (Hindi/English In Kannada also) 11 to 22-7, **#ST:** (Hindi/English speaking students only) 29-6 to 8-7, 5 to 14-10, 21 to 30-12, **3-day:** (Hindi/English speaking students only) 14 to 17-9, **2-day:** (Hindi/English speaking students only) 10 to 12-6, 29 to 31-10, **Teenagers' Course:** (Girls) (Hindi/English speaking students only) 16 to 24-5, (Boys) (Hindi/English speaking students only) 30-5 to 7-6, **Dhamma Servers' Workshop:** (Hindi/Marathi speaking students only) 19 to 20-11, **Long Courses:** **20-day:** 11-8 to 1-9, **30-day:** 11-8 to 11-9,

Dhamma Naga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 31-3 to 11-4, 14 to 25-4, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 18 to 19-9, 22-9 to 3-10, 20-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, **#ST:** 28-4 to 6-5, 24-12 to 1-1-2022, 6-5, 24-12 to 1-1-2022, **3-day:** 27 to 30-5, **1-day:** 11-4, 25-4, 26-5, 13-6, 27-6, 11-7, 23-7, 8-8, 22-8, 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12 **Teenagers' Course:** (Girls) 8 to 16-5, (Boys) 17 to 25-5, **Gratitude Course:** 2 to 17-2-2021, **At Workshop:** 14 to 18-7-2021

Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **10-day:** 1 to 12-4, 5 to 16-5, 2 to 13-6, 7 to 18-7, 3 to 14-8, 1 to 12-10, 8 to 19-11, 8 to 19-12, (only female) 18 to 29-8, 1 to 12-9, 15 to 25-9, **#ST:** 22 to 30-7, 22 to 30-12, **3-day** 24 to 27-3, 21 to 24-4, 16 to 19-6, 21 to 24-10, 24 to 27-11, **1-day:** 14-4, 18-4, 16-5, 30-5, 13-6, 18-7, 14-8, 12-9, 21-11, 6-12, **Children Course:** 21 to 24-10, **Group Sitting:** Daily 5 to 6 am. 6 to 7 pm and every Sunday 8 to 9 am. **Children Anapana Group Sitting:** 8 to 9 am **Contact:** 1) Sukhadev Narnavre, Mob. 9422129229. 2) Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** (Male and Female) 11 to 22-1, 15 to 26-2, 10 to 21-3, 1 to 12-4, 1 to 12-5, 15 to 26-6, (for Bhikkhu and Male Students only 9 to 20-7), 2 to 13-8, 18 to 29-9, 19 to 30-10, 3 to 14-11, 7 to 18-12, **#ST:** 15 to 23-5, 19 to 27-11, **3-day:** 26 to 29-3, 16 to 19-8, **1-day:** 31-1, 14-2, 7-3, 18-4, 26-5, 13-6, 24-7, 1-8, 29-9, 10-10, 5-12, **Children Course:** 3-1, 7-2, 25-4, 30-5, 27-6, 25-7, 29-8, 12-9, 3-10, 28-11, 26-12,

Kotamba (Yavatmal): **10-day:** (Male and Female) 18 to 29-4, 2 to 13-5, 16 to 27-5, 4 to 15-7, 12 to 23-9, 2 to 13-10, 5 to 16-12, (Female only) 1 to 12-8-2021, (Only for bhikkhus and Male Students) 6 to 17-6, (Only for bhikkhuni and Female Students) 7 to 18-11, **#ST:** 2 to 10-4, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 23-4, 23-5, 20-6, 18-7, 29-8, 26-9, 17-10, 28-11, 26-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Rohnagaon: (Pavani Bhandara): **10-day:** 7 to 18-4, 19 to 30-5, 16 to 27-6, 7 to 18-7, **At:** Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact:** 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 92233-49183.

Chitki (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 15 to 26-4, 7 to 18-9, 6 to 17-10, 6 to 17-11, 7 to 18-12, **#ST:** 13 to 21-2, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

Tumsar (Bhandara) **10-day:** 20 to 31-10, 17 to 28-11, 15 to 26-12, **3-day:** 16 to 19-10, **1-day:** 8-4, 7-5, 4-6, 3-8, 2-9, 1-10, **#Children Course:** 1-3, 29-3, 18-10, 29-11, 26-12, **at** Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, **Contact:** 1) Mr. Dongare, 6260450336. 2) Mr. Choure, Mob. 09890441071, 3) Vijju Gondane, Mob. 096236-68240,

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS)

10-day: 2 to 13-4, 20 to 31-7, 10 to 21-8, 21-9 to 2-10, 4 to 15-12, **#ST:** 6 to 14-9, 21 to 30-11, **3-day:** **2-day:** 24 to 26-12, **1-day:** 13-4, 26-5, 27-6, 1-8, 22-8, 19-9, 3-10, 19-10, **Teenagers' Course:** (Girls) 7 to 16-11-2021, **2-day Children Course:** 15 to 16-11, 1 to 2-5, **1-day Children Course:** 11-4, 27-4, 11-5, 25-5, 8-6, 22-6, 11-7, 29-8, 19-9, 10-10, 19-12, **Contact:** Saluja, 09423673572, Choureji, 9890441071, Vinodji, 9422833002, 7588749108,

Dhamma Nirāñjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhawe, Mob. 9421572499, **10-day:** (Only female) 7 to 18-7, 6 to 17-10, 8 to 19-12, (Only male) 3 to 14-3, 16 to 27-6, 1 to 12-9, 17 to 28-11, **#ST:** 14 to 22-8, **3-day:** 10 to 13-6, 22 to 25-7, **3-day Children's course:** (Only Boys) 7 to 10-11, (Only Girls) 11 to 14-11, **2-day Children's course:** (Only Boys) 18 to 20-4, (Only Girls) 21 to 23-4, **1-day:** 26-5, 27-6, 18-7, 29-8, 12-9, 17-10, 29-12, **Self Course:** Every Sunday 6 to 10 am, **Online Children Anapana Course:** Every Month Third Sunday

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Kattawe, Mob. 9890309738. **10-day:** 17 to 28-10, 10 to 21-11, **#ST:** 1 to 9-12,

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula@vridhamma.org. **Website:** www.anakula.dhamma.org. Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) 21-4 to 2-5, 9 to 20-6, 3 to 14-8, 1 to 12-9, 20 to 31-10, 24-11 to 5-12, (only female) 10 to 21-3, 7 to 18-4, 5 to 16-5, 23-6 to 4-7, 18 to 29-8, 15 to 26-9, 4 to 15-10, 10 to 21-11, 8 to 19-12, **10-day:** (Only for Bhikkhu) 7 to 18-7, **#ST:** 29-5 to 6-6, 23 to 31-7, **3-day:** 29-9 to 2-10, 23 to 26-12, **2-day:** 21 to 23-5, **1-day:** 30-1, 26-5, 21-7, 19-10, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): **10-day:** (only male) 3 to 14-10, (Only female) 13 to 24-5, 12 to 23-12, 1 to 12-6, **at** Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Athavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

Patur (Akola): Vipassana Sadhana Prasara Kendra Shirla, Patur, Dist- Akola, 444501 **10-day:** (Female only) 30-3 to 10-4, 1 to 12-6, 25-7 to 5-8, 20-11 to 1-12, 20 to 28-12, (Male only) 15 to 26-4, 11 to 22-5, 25-6 to 6-7, 10 to 21-8, 21-9 to 2-10, (Only Bhikkhu 23-10 to 3-11) **#ST:** 26-8 to 3-9, **3-day Children Course:** (10 to 17 yrs) 7 to 10-11, **1-day:** every month second Sunday, 9 am to 5 pm **Children Course:** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration - Website :- www.ajaya.dhamma.org, Email: dhammaajaya@gmail.com, **10-day:** 19 to 30-4, 28-5 to 8-6, (Only for Bhikkhu 16 to 27-6) 2 to 13-7, 28-7 to 8-8, 12 to 23-8, 29-8 to 9-9, 12 to 23-9, 29-9 to 10-10, 17 to 28-10, 1 to 12-11, 8 to 19-12, 26-12 to 7-1, **#ST:** 5 to 13-4, 27-11 to 5-12, **3-day:** 18 to 21-7, **2-day:** 21 to 23-5, 19 to 21-11, **1-day:** 26-5, 27-6, 23-7, 8-8, 26-9, 10-10, 19-12, **DhammaSewak Workshop:** 4-4, CCT Workshop 2-5,

Long Courses: **Special 10-day:** 5 to 16-5, **2 Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

Dhamma Padesa, Pali, Ratnagiri

Konkan Vipassana Meditation Centre, At-Patharat, Post-Pali, Tal-Ratnagiri, Maharashtra, Email: info@pades.dhamma.org, **Website:** https://pages.dhamma.org, **10-day:** 1 to 12-3, 15 to 26-3, 15 to 26-4, 1 to 12-5, 15 to 26-5, 1 to 12-6, 15 to 26-6, 1 to 12-8, 15 to 26-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-11, 1 to 12-11, 15 to 26-11, 1 to 12-12, **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

Mahad: **10-day:** (only Male) 4 to 15-4, 2 to 13-5, 6 to 17-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 28-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, (only Female) 18 to 29-4, 16 to 27-5, 20-6 to 1-7, **3-day:** (only Male) 27 to 30-5, 26 to 29-8, 28 to 31-10, **1-day:** Every First Sunday 10 am to 3 pm. **Children Course:** Every third Sunday 10 am to 2 pm, **Place:** Babasahab Ambedkar Memorial Hall Shivaji Chowk, Koteshwari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: info@punna.dhamma.org, Mob.: 7719070011,

NORTH INDIA

Dhamma Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, **10-day:** 30-3 to 10-4, 12 to 23-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 19 to 30-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 12 to 23-9, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 22-12 to 2-1-2021 **#ST:** 1 to 9-4, 8 to 16-6, 12 to 28-7, **3-day:** 16 to 19-12,

Long Course: **Special 10-day:** 12 to 23-4, 19 to 30-6, **20-day:** 7 to 28-2, 28-9 to 19-10, **30-day:** 7-2 to 10-3, 18-9 to 29-10,

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

10-day: 14 to 25-4, 14 to 25-5, 28-5 to 8-6, 4 to 15-8, 18 to 29-8, 13 to 24-9, 26-9 to 7-10, 10

to 21-10, 23-12 to 3-1, #ST: 23 to 31-10, 11 to 19-12, Teenagers' Course: (Boys) 19 to 27-6, (Girls) 11 to 19-6,

∞ Long Course: Special 10-day: 30-8 to 10-9, 20-day: 1 to 22-7, 7 to 28-11, 30-day: 1-7 to 1-8, 7-11 to 8-12,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chausani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 9 to 20-4, 26-4 to 7-5, 15 to 26-6, 30-6 to 11-7, 14 to 25-7, 29-7 to 9-8, 14 to 25-9, 9 to 20-10, 23-10 to 3-11, 7 to 18-11, 22-11 to 3-12, 20 to 31-12 #ST: 29-9 to 7-10, 3-day: 11 to 14-8, 7 to 10-12, 1-day: 26-5, Teenagers' Course: (Boys) 31-5 to 8-6, (Girls) 2 to 10-9, Children Course 3-day: (13 to 16 yrs) 11 to 14-5, (13 to 16 only Boys) 18 to 21-8, (13 to 16 only Girls) 25 to 28-8, Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.marudhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233013020.

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) 10-day: 31-3 to 11-4, 27-4 to 8-5, 29-5 to 9-6, 12 to 23-6, 27-6 to 8-7, 13 to 24-7, 12 to 23-9, 17 to 28-10, 8 to 19-11, 23-11 to 4-12, #ST: 28-9 to 6-10, 22 to 30-12, 3-day: 17 to 20-4, 11 to 14-8, 9 to 12-10, 8 to 11-12, 1-day: 26-5, and Every Sunday, Teenagers' Course: (Boys) 1 to 9-9, Children Course 3-day: (Only Boys age 13 to 16) 17 to 20-8, (Only Girls age 13 to 16) 24 to 27-8, Children Course 2-day: (Only Boys age 13 to 16) 31-10 to 2-11,

∞ Long Courses: Special 10-day: 28-7 to 8-8,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #ST: 7 to 15-5, 19 to 27-5, 6 to 14-7, 23 to 31-12, AT Workshop: 2 to 5-10, Dhamma Servers Workshop: 6 to 7-10, ∞ Long Courses: Special 10-day: 17 to 28-7, 15 to 26-10, 20-day: 12-4 to 3-5, 2 to 23-8, 30-day: 1-6 to 2-7, 28-8 to 28-9, 45-day: (15 day Anapan) 2-11 to 18-12, Contact: same as Dhamma Sota

Dhamma Kārunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 23-6 to 4-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 13 to 24-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22 to 2-1-2022, #ST: 27-10 to 4-11, Teenagers' Course: (Boys) 29-5 to 6-6, (Girls) 12 to 20-6,

Dhamma Hitakāri, Rohtak (Haryana)

Vipassana Dhyān Samiti, Lahli Anārī Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 6 to 14-11,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org 10-day: 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 6 to 14-11, 3-day: 1 to 4-4, 1 to 4-7,

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 15 to 23-11, 3-day: 23 to 26-11,

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: 14 to 25-4, 12 to 23-5, 9 to 20-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 22-9 to 3-10, 6 to 17-10, 27-10 to 7-11, 10 to 21-11, 1 to 12-12, #ST: 31-3 to 8-4, 28-4 to 6-5, 26-5 to 3-6, 25-6 to 3-7, 21 to 29-7, 18 to 26-8, 15 to 23-12, 3-day: 16 to 19-9, 2-day: 9 to 11-4, 7 to 9-5, 4 to 6-6, 30-7 to 1-8, 27 to 29-8, Group Sitting: every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvissuddha@yahoo.com,

Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; 10-day: 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 20 to 31-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, #ST: 5 to 13-10, 3 to 11-4, 22 to 30-12, 3-day: 21 to 24-3, 15 to 18-8, 2-day: 17 to 19-10, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 19 to 30-9, 4 to 15-10, 4 to 15-11, 19 to 30-11, #ST: 19 to 27-10, 3-day: 28 to 31-10, 2-day: 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-10, 15 to 17-11, 3-day Children's course: (age 13 to 17 boys) 26 to 29-12, (13 to 17 girls) 30-12 to 2-1-22, ∞ Long Courses: Special 10-day: 19 to 30-7 20-day: 4 to 25-12, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvatthi, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 17 to 28-4, 2 to 13-5, 17 to 28-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1, #ST: 29-8 to 6-9, 14 to 22-12, Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 24 to 27-12, (12 to 16 yrs only Boys) 28 to 31-5, 28 to 31-12, ∞ Long Courses: 20-day: 8 to 29-9, 45-day: 15-10 to 30-11, Contact: 1. Mob. 094157-51053, 2. Murlī Manohar, Mob. 094150-36896,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), 10-day: 3 to 14-4, 18 to 29-4, 3 to 14-5, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, 18 to 29-9, 3 to 14-10, 18 to 29-10, 3 to 14-10, 18 to 29-10, 20 to 31-12, #ST: 9 to 17-12, 3-day: 28 to 31-8, CCT Workshop: 30-10 to 2-11, ∞ Long Course: 20-day: 3 to 24-8, 30-day: 6-11 to 7-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kāya, Kushinagar (U.P.)

Dhamma Kaya Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaya.vskk@gmail.com; 10-day: every month (except May-June) 1 to 12, 16 to 27; Plus- 10-day: 15 to 26-5, 17-6 to 28-6; One-day: 26-5 (Buddha Purnima), #ST: 28 to 5-6; Teenagers course (Girls) - 6 to 14-6; (boys): 7 to 15-6; Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Shri Naresh Agarwal- Mob. 9935599453,

Dhamma Kalyāna, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 22 to 30-11, 3-day: 1 to 4-4, 1 to 4-9, 1-day: Every month Fourth Sunday. 10 am to 5 pm, Teenagers' Course: (Girls) 24-5 to 1-6, 3-Day Children Course: (8 to 12 yrs) 1 to 4-6, ∞ Long Course: Special 10-day: 20-11 to 1-12,

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut -250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 17 to 28-11, 1 to 12-12, 15 to 26-12, #ST: 6 to 14-11, 3-day: 1 to 4-4, 1 to 4-7,

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodhi Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodhi Gaya-824234. Mob. 94716-03531, 9955911556, Email: info@bodhi.dhamma.org, Website: www.bodhi.dhamma.org, Long course Email : bodhi.longcourse@gmail.com Contact: 99559-11556. 10-day: 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6, 1 to 12-7, 15 to 26-7, 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, 29-12 -2021 to 9-1-2022, 12 to 23-1-2022, #ST: 18 to 26-10, 26-1-2022 to 3-2-2022, ∞ Long Courses: Special 10-day: 6 to 17-10, 20-day: 6 to 27-10, 30-day: 1-8 to 1-9, 45-day: 9-2-2022 to 27-3-2022,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org 10-day: 6

to 17-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 19 to 30-9, 2 to 13-10, 19 to 30-10, 19 to 30-11, 5 to 16-12, 19 to 30-12, 5 to 16-1, 19 to 30-1, #ST: 27-3 to 4-4, 1 to 9-11, Contact: Rajkumar Goenka, Tel: (0621) 224-0215,

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran, Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: every month 3 to 14 (Except in November 2021), 13 to 24-11, 3 to 14-1-2022,

Nalanda (Bihar) - 10-day: April to December Every Month 2 to 13, Place: Near Navnanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, Contact: Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

Dhamma Vesali, Bihar

Dhamma Vesali, Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Contact: 9102288680, Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org Tel: (0621) 224-0215, 8935963703, 10-day: every month 4 to 15. January to December

Dhamma Pātiputta Patna (Bihar)

Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction, Patna - 800001, Bihar, India, Contact: Mobile: +91 6205978822, +91 6299534629, E-mail: info@patna.in.dhamma.org, Website: http://www.patna.in.dhamma.org, 10-Day: 3 to 14-4, 17 to 28-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 3 to 14-11, 3 to 14-12, 17 to 28-12, 3 to 14-1-22, 17 to 28-1-22. #ST: 17 to 25-3, 3 to 11-8,

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-day: 8 to 19-4, 29-4 to 10-5, 20 to 31-5, 10 to 21-6, 1 to 12-7, 7 to 18-7, 20 to 31-7, #ST: 22 to 30-4, 22 to 30-6 ∞ Long Courses: Special 10-day: 21-7 to 1-8, 20-day: 5 to 26-3, 5 to 26-5, 30-day: 5-3 to 5-4, 5-5 to 5-6, 45-day: 5-3 to 20-4, Contact: 7874623305, 9825320551.

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@diva-kara.dhamma.org, Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrapatel@gmail.com, 10-day: (Please check online course schedule) #ST: 7 to 15-4,

Dhamma Pīṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 7 to 18-4, (Please check online course schedule) Contact: Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org Online registration: dhammaambikasurat@gmail.com, 10-day: 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 15 to 23-5, 29-6 to 10-7, 11 to 22-7, 26-7 to 6-8, 7 to 18-8, 18 to 29-9, 6-10 to 17-10, 20 to 31-10, 6 to 17-11, 24-11 to 5-12, 7 to 18-12, #ST: 25-8 to 2-9, 3-day: 27 to 30-5, 24 to 27-6, 22 to 25-7, 19 to 22-8, 30-9 to 3-10, 18 to 21-11, Teenagers' Course: (Girls) 3 to 11-6, (Boys) 15 to 23-6, ∞ Long Courses: Special 10-day: 4 to 15-9, 20-day: 25-8 to 15-9, 30-day: 21-12 to 21-1, 45-day: 21-12 to 5-2, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

SOUTH INDIA

Dhamma Nāgajjuna, Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma.org. (Please check online for all south Indian course schedule)

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Course Enquiries and Registration: Tel: 044-65499965, Mob. 94442-80952, 94442-80953, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; 10-day: 21-4 to 2-5, 5 to 16-5, 2 to 13-6, 16 to 27-6, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 5 to 16-11, 18 to 29-11, 1 to 12-12, 15 to 26-12, #ST: 10 to 18-4, 30-6 to 8-7, 3-day: 4 to 7-3, 27 to 30-5, 30-9 to 3-10, 28 to 31-12, 1-day: 26-5, 24-6, Dhamma Servers Workshop: 22 to 23-5, ∞ Long Courses: 20-day: 30-6 to 21-7, 30-day: 30-6 to 31-7,

CENTRAL AND EASTERN INDIA

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. Contact: Mob: 94069-27803, 7024771629, Contact: Prakash Gedam, Mob. 94250-97358, Tel:

(0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org, 10-day: 7 to 18-4, 5 to 16-5, 19 to 30-5, 2 to 13-6, 14 to 25-7, 28-7 to 8-8, 25-8 to 5-9, 20 to 31-10, 6 to 17-11, 1 to 12-12, #ST: 11 to 19-8, 20 to 28-11, 3-day: 1 to 4-4, 16 to 19-6, ∞ Long Courses: Special 10-day: 21-4 to 2-5, 20-day: 20-6 to 11-7, 11-9 to 2-10, 30-day: 11-9 to 12-10, 45-day: 17-12 to 1-2,

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, Contact: 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116.

10-day: 14 to 25-4, 19 to 30-5, 12 to 23-6, 14 to 25-7, 4 to 15-8, 4 to 15-9, 2 to 13-10, 19 to 30-11, #ST: 18 to 26-12, 3-day: 13 to 16-10, 26 to 29-12, 2-day: 25 to 27-4, 23 to 25-6, 15 to 17-8, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

Dhamma Guṇa Guna-Gwalior Division, (M.P.)

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) Contact: Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village - Pagara, Dist: Guna, MP - 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org, 10-day: 2 to 13-4, 14 to 25-5, 18 to 29-6, 16 to 27-7, 7 to 18-8, 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12,

Amla (Betul): 10-day: (Only Female) 22-4 to 3-5, 8 to 19-12, (only Male) 12 to 23-5, 10 to 21-11, 3-day: 28-8 to 31-8, 1-day: 14-3, 11-4, 26-5, 13-6, 18-7, 22-8, 12-9, (Gratitude Course 29-9), 10-10, 21-11, 12-12. Children's course: (age 8 to 16) 25-4, 9-5, 20-6, 11-7, 8-8, 19-9, 17-10, 7-11, 5-12, Dhamma Sevak Workshop: 20-6, Pali Training Course: 24 to 26-12, Place: Pradnya Bhavan Bhim Nagar, Amla Contact: 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo. in Tel: 09907755013, Mob. 09589842737. 10-day: 18 to 29-4, 13 to 24-6, 4 to 15-7, 18 to 29-7, 1 to 12-8, 22-8 to 2-9, 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 6 to 17-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12, Teenagers' Course: (Girls) 30-5 to 7-6, 1-Day: 26-5, 27-6, 15-8, 31-10, 20-11 Children's course: 22-4, 2-5, 2-10, 19-11, 18-12, Dhamma Sevak Workshop: 5-12, Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,

Dhamma Gaṛha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10-day: 8 to 19-4, 17 to 28-6, 8 to 19-7, 8 to 19-8, 1 to 12-10, 2 to 13-12, 17 to 28-12, #ST: 13 to 21-11, Teenagers' Course: (Boys) 5 to 13-6, 1-day: 7-3, 4-4, 24-10, 7-11, # Children's course: 25-4, 2-5, 17-10, 28-11, ∞ Long Course: 20-day: 5 to 26-9, Contact: Mr. D. N. Dwivedi Mob. 9806703919, 2. Mr. S. Meshram, Mob. 98269-60230,

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, Contact: 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr, Prafulldash, Mob. 7077704724, 10-day: 21-4 to 2-5, 5 to 16-5, 23-6 to 4-7, 21-7 to 1-8, 23-8 to 3-9, 8 to 19-9, 3 to 14-10, 10 to 21-11, 1 to 12-12, 16 to 26-12, ∞ Long Course: 30-day: 1 to 31-10,

East India

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org 10-day: 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, #ST: 14 to 22-8, 3-day: 26 to 29-5, 1-day: 11-4, 23-5, 13-6, 25-7, 8-8, 5-9, 3-10, 14-11, 12-12, 1-day: Children Course: 25-4, 9-5, 27-6, 11-7, 22-8, 19-9, 31-10, 28-11, 26-12, Contact City Office: Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata: 700001, Tel: (033) 2230-3686, 2231-1317.



New Responsibility Senior Assistant Teachers

1. Shri Ananda Hiwarkar, Jalgaon
2. Shri Hiranman Rajput, Dhule, to serve as Assistant CT of Dhamma Sarowar, Dhule center

New appointments Asst. Teachers

1. Smt. Manu Bajpai, Bodhgaya
2. Mrs. Neeta Gosar, Dhule
3. Dr. (Mrs.) Sandhya Shetty, Mumbai

4. Smt. Jayshree Patel, Ahmedabad.

Children Course Teachers

1. Shri Sachin Ranga, Rohtak, Haryana
2. Shri Sunny Ranga, Rohtak, Haryana
3. Smt. Ranjana Kulshrestha, New Delhi
4. Shri Rajeev Gupta, Delhi
5. Smt. Sapna Verma, Faridabad, Haryana
6. Peter Huang, Chiayi Taiwan

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Residential Accommodation at the Global Pagoda for Dhamma Servers and Meditators at Dhammalaya-2

One Day Mega Courses are held at the Global Pagoda, Gorai, Mumbai every year. People at times come from far off places to participate but are inconvenienced as there are no residential quarters for an overnight stay. Hence a 3-4 storey residential accommodation building is being planned where servers and 1-day course meditators can stay. Anyone wanting to participate in this noble project may **Contact:** 1. Mr. Derik Pegado: 9921227057. or 2: Shri Bipin Mehta: 9920052156, Email: **Bank Details:** 'Global Vipassana Foundation', ('GVF') Axis Bank Ltd., Sonimur Apartments, Timber Estate, Malad (W), Mumbai - 400064, Branch - Malad (W). Bank A/c No.- 911010032397802; IFSC No.- UTIB0000062; Swift code: AXISINBB062. 🙏

Facility for students at Pagoda site

Meditators who want to meditate in the vicinity of the Buddha Relics and the Bodhi Tree can avail themselves of rooms at **Dhammalaya Guest House** next to the Global Vipassana Pagoda, Mumbai and make the most of their meditation sessions. The splendour of the Pagoda at night is also a marvel worth witnessing. Twin occupancy rooms and 2 suites (all a/c) with breakfast, lunch, snacks and dinner included. For reservations and additional information please-

Contact: – JAGJIWAN MESHARAM, 'DHAMMALAYA', GLOBAL VIPASSANA PAGODA, ESSEL WORLD JETTY, GORAI VILLAGE, BORIVALI (W), MUMBAI-400091; PHONE: - +91-22-50427599 /598 (Dhammalaya Reception) PAGODA OFFICE:- +91-22-50427500 MOBILE: -9552006963/7977701576 +91-9920029786 Email: - info.dhammalaya@globalpagoda.org

Importance of Lighting a Pagoda

Respected Goenkaji always said that it is of special importance that a Pagoda where relics are kept be well lit throughout the night. This helps maintain the Dhamma atmosphere. Anyone wishing to donate for the lighting of the Global Pagoda may do so. The cost per night is Rs. 5000/-. For further information Contact at ('GVF') address.

One-day Mega courses at Global Vipassana Pagoda for 2021

Sundays– 23rd May, Buddha Purnima; 25th July, Ashadhi Purnima; 26th September, Sharad Purnima and Goenkaji's 8th Death Anniversary. All **One-day Mega courses** at GVP start at 11am – till 4 pm. Non-meditators may participate in the 3 pm discourse. (Daily one-day courses are still being held at the Pagoda for those who are staying in the campus.) Please come only with prior registration. ***Samaggānaṃ tapo sukho:*** Take advantage of the immense benefit of meditating in a large group. For registration Contact: 022-62427544, 022-28451170- Extn: 9, Mob. 8291894644 (Tel. booking: 11 am to 5 pm daily). Online registration: <http://oneday.globalpagoda.org/register>

(All courses will be arranged as per the Government's rules pertaining to Covid-19)

Important Notice

Those who send donations to the 'GVF', please note that the item under which they are sending money must be mentioned so that the donation can be deposited for this same item and the receipt can be written accordingly. (Thank you for attention.)



PAGODA CORPUS FUND

for the Operations of Global Vipassana Pagoda

Pujya Guruji Shri S.N. Goenka ji had the vision to develop this historical monument as a symbol of gratitude to his teacher, and the chain of teachers back to the Buddha, and to help preserve and promote the technique of Vipassana, the ancient cultural heritage of India, as well as to provide a place for people from all over the world to come and meditate together, in the huge meditation hall, under the Buddha relics that are being preserved here.

It has been decided to set up a Centuries Corpus Fund to fulfil the above vision and meet the daily expenses for the period of the second Sasana of the Buddha. **It has been calculated that if 1,39,000 persons were to donate Rs 9000/- (Rs. Nine Thousand) per person then the total would amount to Rs. 125 crores.** The interest earned from this amount could then meet the daily expenses of operations and maintenance of the Global Pagoda.

Donations are eligible for tax benefits under Section 80G of the Indian Income Tax Act, 1961.

You may Contact/ Refer-Bank Details:

Global Vipassana Foundation,

Axis Bank Ltd, Malad (W) Branch, Mumbai - 400064.

Account No.: 911010032397802; IFSC No.: UTIB0000062.

Please contact:

1. Sh. Derik Pegado - 022-50427512/ 28451204
2. Sh. Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.globalpagoda.org/donate-online>

Vipassana Research Institute (VRI)

Vipassana Research Institute (VRI) provides Dhamma-related publications at cost price. VRI provides this literature at a minimum cost so that everyone can learn more about the practical benefits of the teachings. There are a number of Burmese texts related to Vipassana meditation that still need further research and then translation into English/Hindi and other languages. For this work scholars/translators may come forward to contribute. The research work takes place at - **Vipassana Research Institute,** Pariyatti Bhavan, Global Vipassana Pagoda Campus, Near Essel World, Gorai Village, Borivali-W, Mumbai-400 091, Maharashtra, India. Office No: +91-22-50427560, Mob. (Whats App)- +91 9619234126.

In addition to this, VRI publishes a monthly newsletter that contains articles, interviews, couplets, meditation-related questions and answers by Guruji and other materials published to inspire and encourage meditators to keep progressing correctly on the path of Dhamma. The newsletter is published in three languages - Hindi, English and Marathi.

To continue these tasks undertaken by VRI, the support of meditators is very important. Meditators are welcome to make use of this opportunity to contribute to the meritorious work of funding research and publication of the Dhamma material so that meditators may continue to benefit in the future. You may refer below to contact VRI/ banking details.

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Vipassana Research Institute, Axis Bank Ltd., Malad (W.)

Account number: 911010004132846; IFSC Code: UTIB0000062;

Please Contact:

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2. Shri Bipinbhai Mehta - 022-50427510/ 9920052156
3. Email - audits@globalpagoda.org
4. Online Donation- <https://www.vridhamma.org/donate-online>

DHAMMA DOHA

*Śuddha dharama phira se jage, dukhiyā rahe na koya;
Śuddha dharama ghara-ghara jage, saba vidhi maṅgala hoya.*

May pure Dhamma arise once again, let no one remain miserable; May pure dhamma awaken in every household, for all around welfare.

*Phira se jāge jagata meṃ, śuddha dharama kī jyota;
Miṭe aṃdherā moha kā, mile mukti kā srota.*

May the light of pure Dhamma kindle once again in the world; May the darkness of delusion dissolve, may we discover the source of liberation.

*Jīvanapatha para dharma kā, kaisā sukhada prasāṅga;
Bahujana kā hitasukha sadhe, kitane sādha ka saṅga.*

How joyous is this reality on the path of Dhamma; That many find their finest welfare with innumerable co travellers here.

*Śāsana sudhare deśa kā, sudhara jāya vyāpāra;
Rūkhe-sūkhe camana phira, ho jāveṃ gulajāra.*

May the nation's government, trade and business improve; May the desolate garden flourish with lush blossoms once again.

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244144, 244440

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