

# Vipassana Newsletter

In the tradition of Sayagyi U Ba Khin As taught by S.N. Goenka  
For Online Patrika in various Languages, visit : <https://www.vridhamma.org/newsletters>

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**A special on-line-edition of the Vipassana Newsletter**

## Words of Dhamma

*“Ditthe dhamme ca yo attho, yo cattho samparāyiko;  
Atthābhisamayā dhīro, paṇḍitoti pavuccatī”ti.*

— S.N. Sagāthāvaggapāḷi-128, Appamādasuttaṃ

*“When heedful, wise, you achieve both kinds of good:  
The good visible in this life, and the good in lives to come.  
The diligent one by attaining the good, is called  
enlightened, wise.”*

## Meditation and its Benefits—(Part 2)

(Discourse given by Principal Teacher Shri Satyanarayan Goenka for old students, at Gandhi Darshan Hall,  
Hyderabad on 28th June 1987)



### Dear Meditators,

We have gathered here to understand how to meditate properly, and to understand why it is necessary for us to meditate daily on a regular basis, and why not doing so is harmful for us. And finally what we need to do to maintain our daily practice.

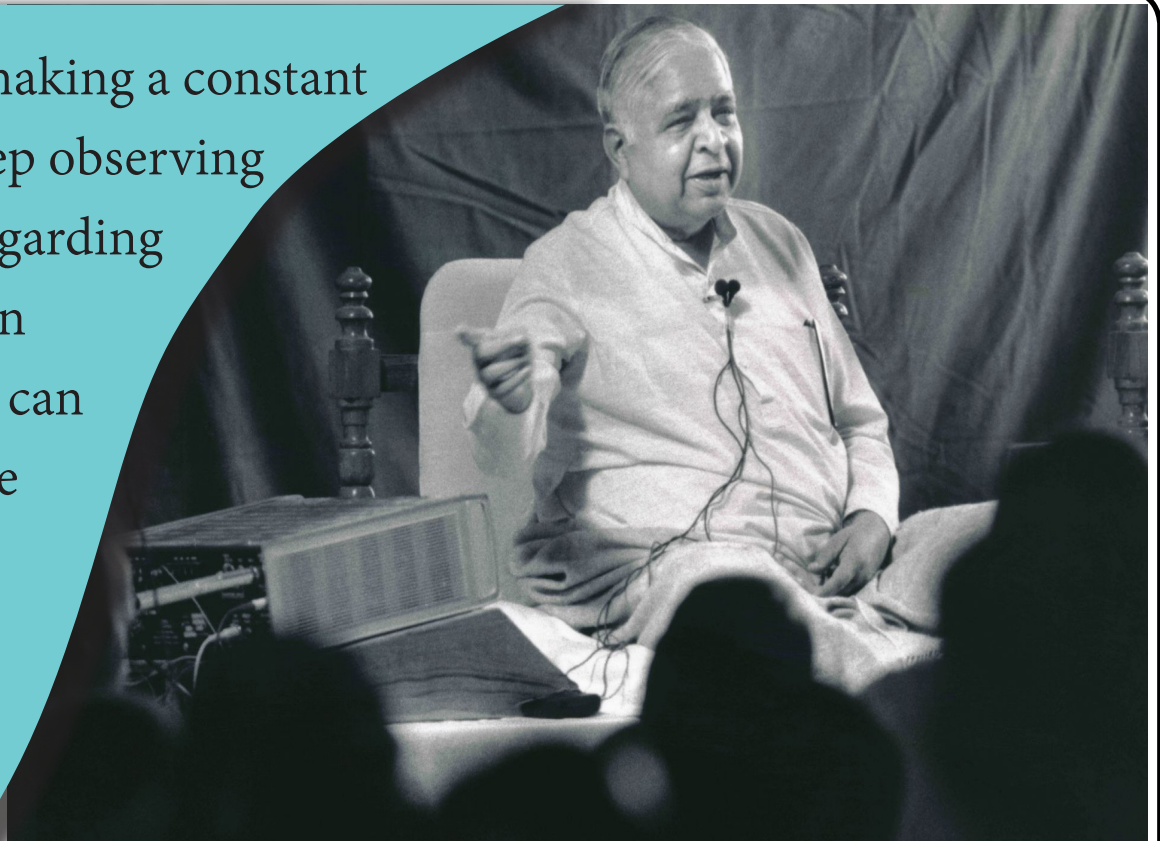
*Continue....*

Though the process of mental purification may have begun, yet the process to come out of the habit pattern of liking and disliking is not that simple or easy. We may fool ourselves into thinking that deep,

compassionate loving-kindness has begun rising within. We may also go through a mere ritualistic gesture of metta, “May the entire world be happy. May all be happy except for this mother-in-law of mine or this daughter-in-law of mine.” There are persons you don’t feel metta towards, don’t feel goodwill towards, even among those you are in touch with day and night! And yet you want to kindle metta and compassion for those of the world you have not even met. Certainly, you have not yet understood Dhamma. Dhamma has indeed not arisen within.

One needs to keep checking if Dhamma has been established within or not. This needs to be done by

If one is making a constant effort to keep observing the truth regarding oneself, then that person can be said to be practising Vipassana, not otherwise.



oneself, to become aware of the truth about oneself. If one is making a constant effort to keep observing the truth regarding oneself, then that person can be said to be practising Vipassana, not otherwise.

### Confused Meditator

There is also a problem a meditator may encounter, announcing that he is unable to practise meditation, as a result of his not having understood it well. Whenever an obstruction comes in the way of one's practice, one's *sādhana*, it is often due to the fact that it has not been well understood. Often a meditator will come and say that the people in his community are laughing at him. They throw barbs at him saying, "This fellow has gone for Vipassana *sādhana*, and now look, he has relinquished his own religion, his rituals, his beliefs. He no longer believes in the existence of a soul, nor in the existence of a god. What kind of spirituality is this with no mention of a soul or god, with no place for the soul or for god! What can you gain by watching this mind and this gross material body? This is not spirituality."

Hearing all this, a new meditator gets disturbed and he worries, "Oh, what have I done! I have lost my dharma, my religion. How did I get stuck here!" Such an unfortunate person has indeed lost Vipassana. He has not understood how spirituality has been defined in India. The one who sees the truth within is a spiritual one. How then can one who imagines the truth be considered to be spiritual? The confused meditator should have counter questioned the person

who misled him by asking, "Have you seen the soul? Did you truly 'see' it? Did you truly see god, or is it a mere belief?" Of course, the person's answer will inevitably be that he has not seen god, he only has belief in god.

Is this belief then not a basis for mere imagination? That which has not been seen, experienced or realised, can only be imagined. Spirituality is to be with the truth. And the truth has been left behind. Truth itself is god. And as with the truth, god too is left behind. Lost in imagination, one sees himself as a believer in god.

The day he grasps the truth, takes every step with truth, then every pore of his being, every atom will be immersed in truth. This was why in India it was said that god resides in every atom, every molecule. Being with the truth, we observe and accept only that which we experience and thus we are moving forward on the path of spirituality.

Someone may ask, "Why examine the body and mind? Why observe these sensations that arise on the body when our goal is to reach that which is immutable, permanent, eternal, or our soul and god? Look what you are doing; observing that which is permanently in flux, ever-changing. By watching that which is ever in dissolution, how can you reach god?" Thus, being confused as he is, he will confuse you. Instead of falling prey to such confusions, one should try to explain the practice to such a person. Whether he is able to understand it or not, certainly we need to have total clarity about this matter, and should not get further confused ourselves.



### Observing Sensations

Now let us understand why we observe the mind, the body, and the sensations that arise on the body. That which is eternal, the ultimate, the absolute is our final goal, isn't it. There are obstacles blocking us along the way and our work is to remove these obstacles. If a wall blocks our path we cannot go beyond to the other side. Only when this barrier is broken can we see the reality, the truth beyond. Not otherwise.

Consider a person who is bound by chains and wants to break loose from them. What will he need to focus on? Certainly, on the chains that bind him. "How do I break these chains," he will think and make an effort to see where he is bound. "How do I free myself from these chains?" he will ponder. And then, as he succeeds in breaking these chains he gets free. If he had just sat and dwelt on the state of being free while being bound, then how could he have broken free? Only by actually giving attention to his bondage was he able to free himself.

Our body, our mind is bound up in old habit patterns. From birth until death, sensations keep arising for various reasons and consequently, we keep on reacting to them due to our deep-rooted habit patterns. If the sensations are pleasant we generate craving, and if the sensations are unpleasant we generate aversion. This is our bondage, generating defilements every moment, while our aspiration is to reach that state beyond where there is no defilement – a pure, pristine state of freedom. How can we reach that state by merely thinking about it, longing for it, desiring it? The day our state of mind is equal to that state which is beyond craving and aversion, we are liberated. When we break this pattern of generating craving and aversion we naturally reach that state.

If we are watching our body due to our attachment

to it, then again we are on the wrong path. We love our dreams, our imaginations and if we continue to remain lost in this miasma, then again we are on the wrong path. Certainly, this is not the way to progress spiritually. But if we are able to see how the knots continue to bind us at the level of body and mind, and if we manage to break free from them at the deepest level, at the very root level, then we are truly progressing spiritually; we are truly moving towards the state of equanimity.

### The Six Senses

We need to engage the senses in only the task given to them, nothing more. If a word strikes against the ear, then one knows it as just that – a word has come. If the process that follows is, "Oh, the word that has come is so good, I like it." Then no, this process should not follow. So too, if a vision arises in front of the eyes, then one knows it as just that – a vision has arisen, nothing else. If an odor strikes against the nose, then just that, an odor is wafting. So also with a taste on the taste buds or something touching the skin, or a thought rising in the mind. It is just that, and we will not let this process go any further. Whatever occurs on the sense organs of the eyes, nose, ears, tongue, skin, or mind is anicca (impermanent). Instantly after the contact of the object with a sense door, a sensation arises, and if the awareness of sensation as being anicca continues, then it will stop the process from furthering itself; and we move towards the state of equanimity. That is more important. Otherwise, merely intellectually understanding the

**who practises Vipassana meditation will see that the surface of the mind is a very small part, paritta cittā, and there is a barrier between this and the other huge part of the mind.**



Whether we are watching a movie, listening to a song or talking to someone, this is all the work of the surface mind, while the inner mind continues with its own work of reacting with liking and disliking to pleasant and unpleasant sensations.

nature of equanimity and chanting it repeatedly will not lead us to our goal.

Is it beneficial to merely chant, “Defilements need to be cleared out, defilements need to be cleared out,” or is it more beneficial to actually wash away the defilements?

What we need to do has to be well understood. We have to reach that final goal which may be called atma, the soul or god, it matters not. Let those who want to call it as such, be happy with that. Others may call it the ultimate, liberation, nibbāna, or the state beyond desires; whatever name we give it matters not. The singular purpose is to reach that state, to realise it, to experience it; this alone will be beneficial.

This experience will occur when our nature and the nature of that state become one. If our nature remains the opposite of the nature of that state then it can never ever be realised. If a meditator understands this well, he can respond to his critics with clarity. Then he will not fall prey to confusion but instead will be able to help others who are confused to gain a better understanding.

Yet another aspect that needs to be well understood is that there are ways of meditation in which the

mind becomes tranquil, gets purified. If one chants a word or a phrase repeatedly or focuses on one he feels deep devotion towards, his mind will certainly get concentrated. Then why practise Vipassana? This we need to understand very clearly, otherwise how else can we walk on this path.

### The Surface of the Mind

The mind that gets focused by chanting, for example, gains purity, tranquility and peace within but involves only a small section of the mind, called the conscious mind by modern western scientists. The ancient scientists of India did not call it the conscious mind, since the entire mind is conscious. That which is known as the conscious mind today, was called by them paritta cittā, that surface part of the mind which is constantly open to external stimuli. If it comes across something attractive, it will generate craving, and if it comes across something unpleasant, it will respond with aversion remaining immersed in this all the time. It is good that by some methods we are able to at least change this surface level of the mind. To that extent, chanting is beneficial.

If we give this surface level of the mind, which otherwise is ever immersed in liking and disliking, an object to focus on like a mantra or an image or by singing devotional songs, then it is the surface level of the mind that has become occupied. But one who practises Vipassana meditation will see that the surface of the mind is a very small part, paritta cittā, and there is a barrier between this and the other huge part of the mind. And the surface part of the mind does not know what is going on within at the depths of the mind.

This has been explained a number of times, but





**A tree, however beautiful, begins to wilt once its roots turn unhealthy. A tree with healthy roots will remain healthy effortlessly by its very nature. This is Dhamma; this is the law of nature.**

people forget it. So let us understand it once again. This part of the mind, massive as it is, is called the unconscious, the subconscious or half-conscious mind and is in reality very conscious and alert, though on just one factor – what is happening in the body. This part of the mind is deeply connected to every atom of the body and everything that goes on there. If its experience is painful, it will inevitably react with negativity. We may become absorbed at the surface level of our mind in some chanting, singing devotional songs, or in a practice of meditation that calms the mind, but this larger part of the mind will keep on responding with its own old habit pattern. It is not going to change.

**Purifying the Mind at the Deepest Level**

Say that we have purified ourselves at the surface level of the mind. We have well understood that we should not get attached or get angry as it brings unhappiness, and by repeated effort and contemplation the mind has become purified. This is good, but the mind involved here has no relation with its deeper aspect which pays no heed to the surface mind. One well understands at the mental level that one should not react with liking and disliking but in its inner depths the mind goes on multiplying this liking and disliking every moment; it pays no heed to reason. The wise ones of India, the ancient researchers delved deep into the phenomena of mind and body. With unmitigated efforts they continued until the mysteries were unraveled at the very depths of the mind and the knots started opening, the defilements began to surface and dissolve, and the state beyond the mind and body was realised; this state was reached only when all the impurities were

dissolved.

This is what every Vipassana meditator does. As he explores within, this phenomenon becomes very clear to him, “At night while sleeping how many times did I change sides without awareness?” It was the surface mind or conscious mind that was not aware. But the unconscious mind was fully aware each and every moment. This part of the mind is never unconscious and it reacts every moment. As soon as the body feels heavy during sleep, immediately it reacts and changes position. No scripture tells it to do so. It turns from one side to the other due to the discomfort and heaviness in the body from lying in one position for a long time. It does not like this and it reacts and turns. How many times in the night did you change position? Were you aware? Did you know? No, because there is a barrier between the conscious and the unconscious mind. In fact, even while awake, who indeed is really awake. A meditator understands who is awake. The surface mind is, while the inner mind continues to work in its own way, even when one is awake. Whether we are watching a movie, listening to a song or talking to someone, this is all the work of the surface mind, while the inner mind continues with its own work of reacting with liking and disliking to pleasant and unpleasant sensations.

Just watch someone for 15 minutes and see the multitude of gestures and postures he goes into unconsciously as his surface mind is involved in some stimuli from a sense object, unconcerned with what is happening within, there being a thick wall separating the two. For example, there is an itch somewhere on the body and instantly the hand goes there without knowing it; the eyes are dry and how many times does one blink to moisten them without knowing it. How many times the mind has reacted is unknown because there is a thick wall between the conscious and the unconscious or half-conscious mind. To break this barrier is what we are working on. This is what we do in our meditation. The conscious mind is immersed in its own mischief, its own thoughts, while the unconscious experiences sensations and then as a result generates craving and aversion. With sincere practice the wall separating these two breaks and the mind that was only working towards cleansing the surface mind; now impacts the mind at the deeper level as well.

The unconscious mind that was constantly reacting with craving and aversion due to pleasant and unpleasant sensations now begins to change at the root level. A tree, however beautiful, begins to wilt once its roots turn unhealthy. A tree with healthy roots will remain healthy effortlessly by its very nature. This is Dhamma; this is the law of nature.

What are we practising then? We are reaching deep within and changing the old habit pattern of the mind which has been habituated to react every moment. Naturally, we cannot expect that its nature will transform in a mere ten days of meditation or by morning and evening sittings. But with this at least the work has begun. And as we continue the practice, step by step, we will see its nature begins to change.

A time will come when if discomfort arises while being involved in a task, we will know it immediately – an awareness will grow. Everything will be done with awareness at the surface level and at the inner level. Even if a reaction occurs, it will be like a line drawn on water, harmless, and not a blind reaction like a line carved on stone which is difficult to eradicate. Our practice is to break the habit pattern that creates lines carved on stone. We have taken a step towards equanimity, towards that which is absolute, eternal. What can be a better way to approach spirituality?

If someone, in his ignorance, tries to confuse an aspirant, then it is wise to explain to him that this is how we are breaking our bondage, clearing our impurities and obstructions, working upon it scientifically, step by step. We work at purifying ourselves, not by merely imagining or thinking about it.

Consider a person being lost in a thick and dangerous jungle filled with wild animals. He is desperate to come out but cannot find the way. Then someone says, "Look, here is the path out and by walking on it, not only will you come out of the jungle but also out of all your fears and anxieties". And then someone tells him, "Hey, why are you concerning yourself with the jungle and searching for a path out? Your goal is to go beyond the jungle. Why are you wasting your time with your attention on the jungle?"

But only by walking on the path that leads one out of the jungle and its dangers will one emerge. If a person in his foolishness says, "I am not going to concern myself with exploring this path but will sit and meditate on the state beyond this jungle", then how will he ever come out! Even if he sits meditating all his life, he will not emerge from it!

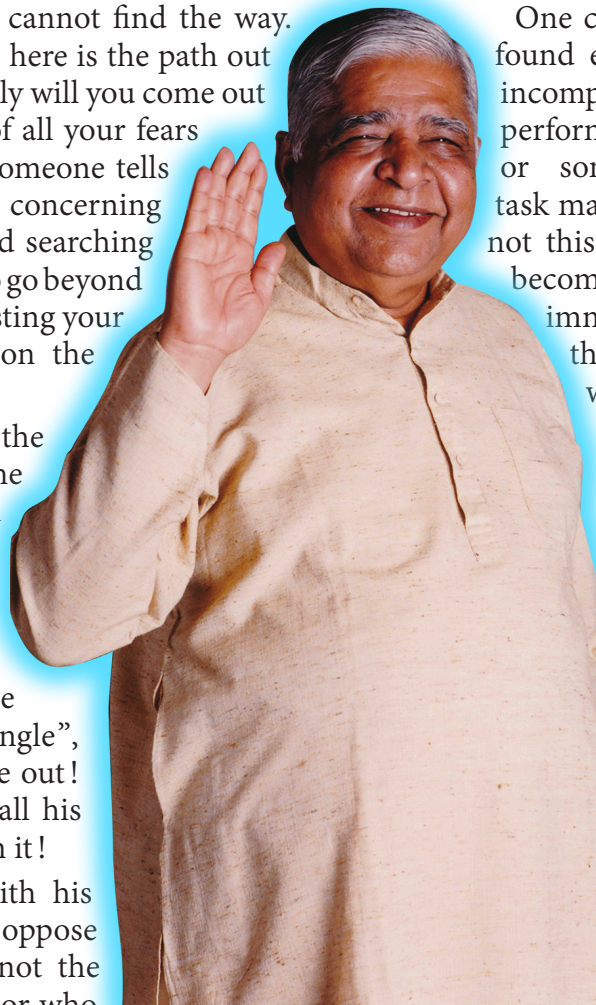
If someone is happy with his beliefs, then so be it. To oppose another person's belief is not the task of a Vipassana meditator who

has but one fundamental goal in front of him, which is to see whether the practice is working to eradicate the defilements or not. If not, then whatever the philosophical belief may be, it is a bondage in itself. Whatever the philosophical belief may be, if we are working to eradicate impurities from the deepest roots, working to change the very nature that generates such impurities, then indeed this is Vipassana we are practising. Irrespective of one's beliefs, the mind at the deepest level, continues to work in the same universal manner – getting attached to the pleasant and pushing away the unpleasant. We are working to change this habit pattern.

The sooner one understands this the better. This human life is so precious. It is impossible to expect to undertake this practice in an animal or a bird life, a reptile or a ghost life. To go deep within where the attachment and negativity arise and change that habit pattern would be totally impossible. Nature's law is such that only human beings have the power to turn inward and by going within, step by step realise the ultimate truth. No other life force can do this work. Hence, it is vital that one works with utmost diligence. We have this human life and we have this sacred teaching. Now we have to work to dissolve all the impurities and reach the state of total purity, of equanimity – beyond greed, craving and aversion, beyond blind attachments, fear, and anger.

One cannot leave this path one has found even if other tasks remain incomplete. Having meals, performing a rite and ritual or some other urgent task may be left out, but not this. The day you become completely immersed in this you will not come and say,

May all  
who walk  
the path of  
purification  
truly reach  
total freedom!





“Oh, I have left this practice as there was no time.”

Once you understand this well, you will not come making such excuses. If at times you are too busy and in a rush, then you will make up for it later. If one is travelling, then with open eyes one can observe within. A person continues the practice until it becomes a part of him. To work on changing one’s nature is an inevitable necessity. A person who has gone through even a single meditation course must understand the essence of Dhamma, and that it has nothing to do with any sect. Let those who are happy in their Hindu religion, Bauddha, Jain, Sikh, Christian, or Muslim religion be happy. But a Vipassana meditator will talk only of pure Dhamma and will understand that it is one’s defilements that generate misery; this is the law of nature. Understanding this, a Vipassana meditator will start working, not to oblige a guru or anyone else but only for one’s own welfare.

May all who walk the path of purification truly reach total freedom !

May all beings be happy!



**Additional Responsibility**

- 1. Shri Pundalik Ahire to serve as CT for Dhamma Sarita, Khadawali.
- 2-3. Shri Ramesh Jain SAT and Smt. Nirmala Patel SAT, to serve as CT for Dhamma Ajanta, Aurangabad.
- 4. Dr. Venkat Charan to serve as assisting CT in Dhamma Nagajjuna

- 11. Mr. B V Satyanarayanna Raju - CT Dhammarama
- 12-13. Mrs. Ujjwala and Mr. Harish Addiga - CT Dhamma Vijaya
- 14-15. Mr. Mahavir & Mrs Anjana Patil - CT Dhamma Avasa, Latur

**Senior Assistant Teachers (SAT)**

**New Responsibility Teachers**

- 1. Mr. Dilip Deshpande, Igatpuri,
- 2. Mr. Mahendra Kolte, Igatpuri,
- 3. Mrs. Chandrika Kamdar, Mumbai,
- 4. Mrs. Pragna Goswami, Anjar-kutch
- 5. Chandrashekar Datye- CT Dhamma Sugandha, Sangli
- 6. Madan Mutha - CT Dhamma Siddhapuri, Solapur
- 7. Sachin Natu – CT Dhammanand, Pune.
- 8. Madan Mutha -CT- Dhamma Pades, Ratnagiri.
- 9. Mr. Ravindra Reddy - CT Dhammakhetta
- 10. Mr. Satyanarayana Saha - CT Dhamma Nijjhana

- 1. Shri Shankar Doraiswami, Goa
- 2. Shri Gordon Maciel, Goa.
- 3. Mr. (Dr) Santosh Kamble, Igatpuri
- 4. Mr. Kishor Natu, Dombivali
- 5. Mrs. Indrani Dharmalatha Hettiarachchi, Sir Lanka
- 6. Mrs. Kusuma Rathnasekara, Sri Lanka
- 7. Mrs. Chandra Hulangamuwa, Sri Lanka
- 8. Mrs. Beeta Koswatta, Sri Lanka

**New Appointments Assistant Teachers**

- 1. Shri Sanjay Bhosale, Karad-Satara
- 2. Dr. Yeshawant Mulye ji, Solapur



**Dhammic Deaths**

1. Ms. Veena Gandhi of Mumbai having become an Assistant Teacher in 1993 and then a Teacher in 2001 continued to work for Dhamma by sincerely conducting many courses and helping innumerable students on the path of Dhamma. On 13th July, 2021, at the age of 88 she left her mortal coils peacefully in Mumbai. May her Dhamma journey continue to carry her to the heights is the wish of her Dhamma family.

2. Shri Baburao Ramtekar left his body peacefully on 17th July 2021 at the ripe age of 82 in Nasik. He was involved in literature and publication work of Vipassana right from the start of his coming in contact with Dhamma. Maintaining his progress in Dhamma sādhanā and selfless service Respected Goenkaji made him an Assistant Teacher in 1997. He earned immense merit by his incessant efforts to bring many on the path of Dhamma conducting many courses. May he continue to grow on path of Dhamma are the wishes of his Dhamma family.



**Very Important Notices**

**1. Central IVR (Interactive Voice Response) number - 022-50505051.**

Applicants can call this number from their registered mobile number (the number mentioned in the form), to check their status, cancel, transfer or re-confirm their application. They can also contact the centre through this system. This is a central number for all Vipassana centers in India.

2. If you are sending non-centre Dhamma programs to be published in Newsletters, please send through the CAT (Coordinator Area Teacher) and if it’s for a centre, it should come through the Centre Teacher.



**Special notice**

At present, people who are affected/frightened by Covid-19 may find relief to some extent by practising Mini Anapana (observing incoming and outgoing breath), as taught by Pujya Goenkaji. For the benefit of all, we are sharing links below using which anyone, anywhere, anytime can experience peace by practising anapana regularly for 10-minutes. It can be used by everyone for their well-being.

You Tube Link: <https://www.youtube.com/watch?v=Oh5ii6R6LTM>

25 Minutes Anapana for all: <https://youtu.be/aYJmFdeBfVQ>

[https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice\\_English\\_Mini-Anapana.mp3](https://www.vridhamma.org/sites/default/files/node-uploads/Intro-Practice_English_Mini-Anapana.mp3)



## 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>

Now students may use following new VRI website for applying for courses: <https://schedule.vridhamma.org/>



### 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://schedule.vridhamma.org/>

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 practise 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 17 th 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 up to 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:** 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, **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, 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

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

#### Dhamma Tapovana-2, Igatpuri

**10-day executive courses:** 18 to 26-11, ∞ **30-day:** 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:** 10-day executive courses: 28-7 to 8-8, 18 to 29-8, 14 to 25-9, 29-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-2022 **3-day:** 12 to 15-8, **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. 91A; 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:** 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 Vāhinī: Titwala**

**Mumbai Parisar Vipassana Centre**, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: vahini.dhamma@gmail.com **10-day**: 31-7 to 11-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, #ST: 14 to 22-8, ● **Long Course**: **20-day**: 27-10 to 17-11, **30-day**: 20-11 to 21-12, **45-day**: 20-11 to 5-1-2022,

**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](mailto:info@vatika.dhamma.org), **Contact**: 1) Shri Irani, Mob. 92708-88840, 2) Shri Anil Jadhav, Mob. 91 9049151464, Email: [vipassana.palghar@gmail.com](mailto:vipassana.palghar@gmail.com), **10-day**: (Male only) 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) 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**

21-7 to 1-8-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
11 to 22-8-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
28-7 to 8-8-2021	<i>Dhamma Pabbaja, Churu, Rajasthan</i>
30-8 to 10-9-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
1 to 12-9-2021	<i>Dhamma Pattana, Gorai, Mumbai</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 Kalyāna, Kanpur (U.P.)</i>

**Gratitude Course**

2 to 17-2-2022 *Dhamma Madhurā, Madurai*  
26-1 to 10-2-2022 *Dhamma Pīṭha, Ahmedabad (Gujarat)*

**20-day**

2 to 23-8-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
3 to 24-8-2021	<i>Dhamma Cakka, Sarnath (U.P.)</i>
11-8 to 1-9-2021	<i>Dhammālaya, Kolhapur</i>
25-8 to 15-9-2021	<i>Dhamma Ambikā, South Gujarat</i>
5 to 26-9-2021	<i>Dhamma Gaṛha, Bilaspur (Chhattisgarh)</i>
8 to 29-9-2021	<i>Dhamma Suvattī, sravasti (u.p.)</i>
11-9 to 2-10-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
28-9 to 19-10-2021	<i>Dhamma Thalī, Jaipur</i>
1 to 22-10-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
6 to 27-10-2021	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
7 to 28-11-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
30-11 to 21-12-2021	<i>Dhamma Vāhinī: Titwala</i>
4 to 25-12-2021	<i>Dhamma Lakkhaṇa, (U.P.)</i>

**30-day**

1-8 to 1-9-2021	<i>Dhamma Bodhi, Bodhgaya (Bihar)</i>
11-8 to 11-9-2021	<i>Dhammālaya, Kolhapur</i>
18-8 to 18-9-2021	<i>Dhamma Tapovana-1, Igatpuri</i>
28-8 to 28-9-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
11-9 to 12-10-2021	<i>Dhammapāla, Bhopal (M.P.)</i>
16-9 to 17-10-2021	<i>Dhamma Divākara, Mehsana (Guj.)</i>
18-9 to 29-10-2021	<i>Dhamma Thalī, Jaipur</i>
25-9 to 26-10-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
1 to 31-10-2021	<i>Dhamma Utikal, (Orissa)</i>
1-10 to 1-11-2021	<i>Dhamma Sindhu, Mandvi-Kutch (Guj.)</i>
6-11 to 7-12-2021	<i>Dhamma Cakka, Sarnath (U.P.)</i>
7-11 to 8-12-2021	<i>Dhamma Pushkar, Ajmer, Rajasthan</i>
30-11 to 21-12-2021	<i>Dhamma Vāhinī: Titwala</i>
21-12-21 to 21-1-2022	<i>Dhamma Ambikā, South Gujarat</i>

**45-day**

25-9 to 10-11-2021	<i>Dhamma Tapovana-2, Igatpuri</i>
15-10 to 30-11-2021	<i>Dhamma Suvattī<sup>2</sup>, sravasti (u.p.)</i>
2-11 to 18-12-2021	<i>Dhamma Paṭṭhāna, (Haryana)</i>
17-12-2021 to 1-2-2022	<i>Dhammapāla, Bhopal (M.P.)</i>

19-12 to 3-2-2022

21-12-21 to 5-2-22

9-2-2022 to 27-3-2022

*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) » 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) » 24-7 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**: 3 to 6-6, 5 to 8-8, **Contact**: Pune Vipassana Samiti, Email: [info@ananda.dhamma.org](mailto:info@ananda.dhamma.org) Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

**Dhamma Punṇa, 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](mailto:info@punna.dhamma.org); Tel: (020) 2443-6250, **10-day**: Only for Hindi, English, Students » 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 » 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, **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, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact**: Email: [info@dhammaajanta.org](mailto:info@dhammaajanta.org); Mob. 94222-11344, 99218-17430. Website: [www.dhammaajanta.org](http://www.dhammaajanta.org) **10-day**: 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 1 to 12-12, 15 to 26-12, 29-12 to 9-1-2022, #ST: 17 to 25-11, **2-day**: 26 to 28-11, **Teenagers' Course**: (Girls) 8 to 16-11,

**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**: 22-8 to 2-9, 12 to 23-9, 26-9 to 7-10, 7 to 18-11, 21-11 to 2-12, 16 to 27-12, #ST: 6 to 15-8, 5 to 14-12, **2-day**: 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](mailto:info@sarovara.dhamma.org)

**Dhamma Siddhapuri, Bhategaon Solapur**

**Dhamma Siddhapuri Vipassana Sadhana Kendra**, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 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**: 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, **2-day**: 12 to 15-8, 11 to 14-11, **Teenagers' Course**: (Boys) » 26-10 to 3-11,

**Dhammālaya, Kolhapur**

**Deccan Vipassana Research Centre**, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: [info@alaya.dhamma.org](mailto:info@alaya.dhamma.org); (No admission without confirmation) **Contact**: Mob. 97674-13232. 9697933232, 7420943232, **10-day**: 2021» (Hindi/English speaking students only)» 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)» 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)» 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)» 29 to 31-10, (Boys) **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 Nāga, 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:** 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 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: 24-12 to 1-1-2022, 24-12 to 1-1-2022, **1-day:** 8-8, 22-8, 5-9, 19-9, 3-10, 17-10, 7-11, 21-11, 5-12, 19-12

**Gratitude Course:** 2 to 17-2-2021, **AT Workshop:** 14 to 18-7-2021

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

### Dhamma Sugati, Sugatanagar

**Vipassana Sadhana Kendra,** Sugata Nagar, Nagpur 440 014, **10-day:** 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** 21 to 24-10, 24 to 27-11, **1-day:** 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, Pimpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** (Male and Female) 12 to 23-9, 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:** 16 to 19-8, **1-day:** 24-7, 1-8, 29-9, 10-10, 5-12, **Children Course:** 25-7, 29-8, 12-9, 3-10, 28-11, 26-12,

### Dhamma Amrāvati, Lumbini, Mogara,

**Vipassana Kendra,** Vipassana Samiti, Lumbini, At Mogara, Post- Bhanke-heda, Tal-Dist. Amravati. **Contact:** 1) Mr. Kishor Deshmukha, Mob. 9370585203, 2) Mr. Babuji Shirsat, Mob. 8007676033, **10-day:** ((Male and Female) 16 to 27-8, 21-10 to 1-11, 15 to 26-12, #ST: 21 to 29-11, **1-day:** 4-7, 18-7, 25-7, 29-9,

**Kotamba (Yavatmal):** **10-day:** (Male and Female) 12 to 23-9, 2 to 13-10, 5 to 16-12, (Female only) 11 to 12-8-2021, (Only for bhikkhuni and Female Students) 7 to 18-11, **1-day:** Every Sunday: 8 am to 3 pm **Children's course:** 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,

**Chitki: (Wardha)** Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) **10-day:** 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:** 3-8, 2-9, 1-10, #Children Course: 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 Bhandara-441901 (MS) **10-day:** 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:** 27-6, 1-8, 22-8, 19-9, 3-10, 19-10, **Teenagers' Course: (Girls)** 7 to 16-11-2021, **1-day Children Course:** 25-5, 8-6, 22-6, 11-7, 29-8, 19-9, 10-10, 19-12, **Contact:** Saluja, 09423673572, Chourejji, 9890441071, Vinodji, 9422833002, 7588749108,

### Dhamma Nirāñjana, Nanded

**Vipassana Centre,** New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhave, Mob. 9421572499, **10-day:** (Only female) 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, **1-day:** 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: dham-

mavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 17 to 28-10, 10 to 21-11, (Male Old Students Only 10 to 21-11,) (Female Old Students Only 1 to 12-12), #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) 3 to 14-8, 1 to 12-9, 20 to 31-10, 24-11 to 5-12, (only female) 18 to 29-8, 15 to 26-9, 4 to 15-10, 10 to 21-11, 8 to 19-12, **3-day:** 29-9 to 2-10, 23 to 26-12, **1-day:** 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) 12 to 23-12, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 9421794874,

**Patur (Akola):** Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist-Akola, 444501 **10-day:** (Female only) 20-11 to 1-12, 20 to 28-12, (Male only) 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:** 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: 27-11 to 5-12, **3-day:** 18 to 21-7, **2-day:** 19 to 21-11, **1-day:** 8-8, 26-9, 10-10, 19-12, **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 12-8, 15 to 26-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-11, 15 to 26-11, 1 to 12-12, **Contact:** Mr. Santosh Ayare: 1) 9975434754 / 9960503598

**Mahad: 10-day:** (only Male) 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, **3-day:** (only Male) 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, Koteswari Tale, Mahad-402301, Dist:- Raigad, **Contact:** (020) 24436250, Email: info@punna.dhamma.org, Mob.: 7719070011,

### NORTH INDIA

#### Dhamma Thālī, 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:** 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 **3-day:** 16 to 19-12, ∞ **Long Course:** 20-day: 28-9 to 19-10, 30-day: 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:** 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, ∞ **Long Course:** Special **10-day:** 30-8 to 10-9, **20-day:** 7 to 28-11, **30-day:** 7-11 to 8-12,

#### Dhamma Marudhara, Jodhpur, Rajasthan

**Vipassana Sadhana Kendra,** Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-



day: 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, **Teenagers' Course: (Girls)** 2 to 10-9, **Children Course: 3-day:** (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.maroodhara@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: 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: 11 to 14-8, 9 to 12-10, 8 to 11-12, 1-day: 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: 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: 23 to 31-12, AT Workshop: 2 to 5-10, **Dhamma Servers Workshop:** 6 to 7-10, ∞ Long Courses: **Special 10-day:** 15 to 26-10, **20-day:** 2 to 23-8, **30-day:** 28-8 to 28-9, **45-day:** (15 day Anapan)» 2-11 to 18-12, **Contact:** same as Dhamma Sota

#### Dhamma Karunika, 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: 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,

#### Dhamma Hitakari, Rohtak (Haryana)

**Vipassana Dhyana Samiti**, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. 10-day: 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: 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: 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: 18 to 26-8, 15 to 23-12, 3-day: 16 to 19-9, 2-day: 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: 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: 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 15-8, 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 17-8, 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 Mukesh, 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: 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 31-12, ∞ Long Courses: **20-day:** 8 to 29-9, **45-day:** 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murl 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 14-9, 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 Kaya, 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; **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Shri Naresh Agarwal- Mob. 9935599453,

#### Dhamma Kalyana, 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 16-8, 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 4-9, 1-day: Every month Fourth Sunday. 10 am to 5 pm, ∞ Long Course: **Special 10-day:** 20-11 to 1-12,

#### Dhamma Sudha, 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: 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 4-7,

#### Dhamma Bodhi, Bodhgaya, (Bihar)

**Bodh Gaya International Vipassana Meditation Centre**, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh 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: 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 Licchavī, Muzaffarpur (Bihar)**

**Dhamma Licchavī Vipassana Centre**, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day:** 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: 1 to 9-11,

**Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

**Dhamma Upavana, Barackiya, (Bihar)**

**Barackiya** - 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 Navnalanda 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:** 9036012302, 9036012303, Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Website: www.vaishali.in.dhamma.org Tel: 7631932444, **10-day:** every month 4 to 15. January to December #ST: 18 to 26-11,

**Dhamma Pātiliputta 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:** 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.)****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:** 26-7 to 6-8, 10 to 21-8, 23-8 to 3-9, 5 to 16-9, 18 to 29-9, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12. **3-day:** 24 to 27-8, #ST: 11 to 19-8,

☞ **Long Courses: Special 10-day:** 11 to 22-8, **20-day:** 1 to 22-10, **30-day:** 1-10 to 1-11, **Contact:** 7874623305, 9825320551.

**Dhamma Kōṭa, Rajkot (Guj.)**

**Saurashtra Vipassana Kendra**, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291. **10-day:** 25-8 to 5-9, 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: 10 to 18-9,

**Gujarati Vipassana Newsletter:** Rs 30/- for one year and Rs 100/- for 4 years. **Contact:** Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 7878727223,

**Dhamma Divākara, Mehsana (Guj.)**

**Uttar Gujarat Vipassana Kendra**, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.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:** 2021 4 to 15-8, 18 to 29-8, 1 to 12-9, 20 to 31-10, 7 to 18-11, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1-22, 5 to 16-1, 2 to 13-2, 16 to 27-2-22. #ST: 2022 22-1 to 30-1-22, **3-day:** 2021 19 to 22-11,

☞ **Long Courses: 30-day** 16-9 to 17-10-21,

**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:** 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 2 to 13-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12-2021 to 9-1-2022, 12 to 23-1, 16 to 27-2. **Gratitude Course:** 26-1 to 10-2,

**Contact:** Ms Shashi Todi, Mob. 98240-65668,

**Dhamma Ambikā, South Gujarat**

**Vipassana Dhyana Kendra**, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. 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:** 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:** 19 to 22-8, 30-9 to 3-10, 18 to 21-11, ∞ 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 Thirunee-malai 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:** 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, **3-day:** 30-9 to 3-10, 28 to 31-12,

**Dhamma Madhurā, Madurai**

**Vipassana Meditation Centre**, Chettiyapatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 4 to 15-8, 18 to 29-8, 22-9 to 3-10, 6 to 17-10, 20 to 31-10, 10 to 21-11, 1 to 12-12, 15 to 26-12, 2022 19 to 30-1, 23-2 to 6-3, 9 to 20-3, 23-3 to 3-4, 6 to 17-4, 20-4 to 1-5, 4 to 15-5, 18 to 29-5, 15 to 26-6, 6 to 17-7, 20 to 31-7, 24-8 to 4-9, 7 to 18-9, 5 to 16-10, 2 to 13-11, 16 to 27-11, 7 to 18-12, 21-12-2022 to 1-1-2023 #ST: 11 to 19-9,

2022 13 to 21-8, **3-day:** 1 to 4-7, 2 to 5-9, 3 to 6-6, 25 to 28-11,

2022 6 to 9-1, 9 to 12-6, 4 to 7-8, 22 to 25-9, ☛ **Gratitude Course:** 2 to 17-2,

**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:** 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,

∞ Long Courses: **20-day:** 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:** 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, Raghu-  
vanshi, Mob: 9425131103. Email: info@guna.dhamma.org.

**10-day:** 7 to 18-8, 17 to 28-9, 20 to 31-10, 19 to 30-11, 10 to 21-12, \_

### **Dhamma Ketu, Durg (Chhattisgarh)**

**Vipassana Centre, Thanod,** Via Anjara, Dist. Durg. Email: sadhana\_ kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 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, **1-Day:** 27-6, 15-8, 31-10, 20-11 **Children’s course:** 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 Kargi-  
road Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur  
Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, **10-day:** 8  
to 19-8, 1 to 12-10, 2 to 13-12, 17 to 28-12, #ST: 13 to 21-11, **1-day:** 24-10,  
7-11, # **Children’s course:** 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:** 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,

### **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:** 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, **1-day:** 25-7, 8-8, 5-9, 3-10, 14-11, 12-12, **1-day: Children Course:** 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.



### **Ownership of Vipassana Newsletter and other information**

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I, Ram Pratap Yadav, declare that the above-mentioned information is true to the best of my knowledge.

July 10, 2021. **Ram Pratap Yadav,**  
**Printer, Publisher and Editor**

## **DHAMMA DOHAS**

*Kiyā amaṅgala hī sadā, mana kā rahā gulāma;  
Milī sumāṅgala sādhanā, mana para lagī lagāma.*

Having been a slave of desires, I always indulged in  
unwholesome acts, But having found the practice  
beyond compare, I could discipline and control  
my mind.

*Bina lagāma sarapaṭa bhage, bhaṭake saba saṃsāra;  
Aindriya ghoṛom para rahā, cābuka lie savāra.*

The horse gallops uncontrolled, dashing aimlessly  
around; Until the rider sits astride the horse of the  
senses with whip in his hands.

*Pana meṃ, moha meṃ, karmabandha baṃdha jāyaṃ;  
Apramatta ho nirakhate, bandha sabhī khula jāyaṃ.*

In blind reactions of moha, one ties kammic knots;  
But by watching with sincere discipline, all knots are  
untied.

*Dekheṃ kāya prapaṃca ko, dekheṃ citta prapaṃca;  
Ina donoṃ ko dekhate, baṃdhana rahe na raṃca.*

By constantly watching the antics of the body and  
mind; None of the bonds remain.

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**Vipassana Research Institute**

Dhamma Giri, Igatpuri 422 403

Dist. Nashik, Maharashtra, India

Tel: (02553) 244076, 244086,

244144, 244440

Email: [vri\\_admin@vridhamma.org](mailto:vri_admin@vridhamma.org)

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