Outer guise does not make one a recluse

Once upon a time the Buddha was dwelling at Pubbarāma in Srāvasti. King Prasenjit also arrived there. After some time some ascetics passed that way. A few of them had matted hair, a few of them were naked. All had their bodies smeared with ash and some were wearing different robes. The king stood up in reverential salutation to them and introduced himself to them. The ascetics gave him their blessings and went away. Then king Prasenjit said to the Buddha—

Venerable Sir! These ascetics are among those in this world who are either enlightened or are established on the path of enlightenment. The Buddha after observing their condition said—

It is not so, His Majesty! A person does not become enlightened or get established on the path of enlightenment merely by changing the guise. One has to strive in the right manner to achieve this. Even if someone finds the right path, yet a wise person has to stay with him for a long time to know whether he is walking on the path in the right way or not. In a short period it is not possible to know about his true conduct. His Majesty! One’s honesty or dishonesty can be judged by his conduct and behaviour only. That also is possible only after observing his day-to-day activities for a long period.

Only a wise person is capable of keeping a watch on his behaviour properly and not everyone.

Only in times of adversity, the fortitude of a person’s mind can be known. In the same way, a person’s wisdom is known by discussion with him for a long time.

King Prasenjit was very much impressed with this explanation given by the Buddha and while begging forgiveness with amazement he revealed the truth.

Venerable Sir! All these are our spies. They collect secret information in disguise from within the state, also information about the activities of the neighboring states and keep me informed. Based on their information, I take necessary action after careful consideration. Venerable Sir! Now, these people will take a bath, wash away their ashes, rub scent on their bodies and after wearing clean clothes will enjoy the five kinds of sensual pleasures.

Hearing this, the Buddha explained—

WORDS OF DHAMMA

“Caratha, bhikkhave, cārikaṁ bahujanahitāya bahujanasukhāya lokānukampāya atthāya hītāya sukhāya devamanussānam; desetha, bhikkhave, dhammaṁ adikalyāṇaṁ majjhekalyāṇaṁ pariṇosānakalyāṇaṁ…”

“Go Forth, O Bhikkhus, for the good of many, for the happiness of many, out of compassion for the world, for the benefit, for the good, for the happiness of Devas and men. Preach the doctrine (True Dhamma i.e. Vipassana) that is beneficial in the beginning, beneficial in the middle, and beneficial in the end. ...”

Dīghanikāya—2.35-36

A person cannot be known by dress and adornment. One cannot know a person by merely looking at his dress and demeanor. Wicked persons also roam about in this world performing attractive actions with great self-control. They are like counterfeit earrings made of clay and coated with gold. They look outwardly beautiful but they are inwardly impure. So, without knowing thoroughly never believe anybody merely on the basis of outer dress and guise. Only after carefully understanding his conduct, one should believe him.

A True Recluse

Once the Buddha was dwelling at Aswapur town in Āṅga state, he addressed the monks and said:

Monks! People take some one as a recluse and when he is asked if he is one, he declares himself a recluse. So a man designated as a recluse and who claims to be a recluse has to walk on the path proper to the recluse. It is for that purpose that people offer him robes, alms-food, resting-place and medicine and other useful requisites. Their offerings become fruitful only when his renunciation is pure, his conduct is good and his actions are helpful in the welfare of people.

Monks! How is one not able to practice the way proper to the recluse? So long as a recluse does not abandon his greed, anger, enmity, contempt, cruelty, jealousy, stinginess, deceit and evil wishes he can not become a proper recluse. These are the stains of recluse, obstacles on the path of becoming a true recluse. These are grounds for his birth in a state of deprivation. I call this kind of renunciation a two-edged sword which rips the robe of a recluse if it is hidden there.

Any one having such stains cannot be called a recluse even if he wears a robe, even if he smears his body with dirt and dust or with ash; or even if he dwells in water or dwells at the root of a tree, or if he wears the bark of a tree, or if he dwells in the open air or if he practices continuous standing or if he keeps a fast and takes food at intervals or if he recites the Vedas or incantations.

He will be a true recluse only if he is free from the stains enumerated above. He will have to constantly walk on the path of purification. Then only he will live the life of a true recluse.

Only when some one gives up the above defilements, he becomes a true recluse. For eradicating these defilements, one should constantly practice the path of mind purification and after getting rid of the defilements, live a life of a true recluse.
Monks! How is one able to practice the way proper to the recluse?

When a recluse abandons his wrong view, when he drives out anger, greed, enmity etc and becomes free from these defilements, then only he is considered able to practice the way proper to the recluse. Then only he can consider himself pure and liberated. Gladness arises in the mind of such a recluse who has attained freedom from all such mental defilements. Rapture follows gladness. The body of such a person becomes tranquil, one whose body is tranquil feels pleasure and one who feels pleasure, his mind becomes concentrated. He then abides pervading one quarter with a mind imbued with loving kindness. In the same way he abides pervading second, third and fourth quarter, above, below, around and everywhere with a mind imbued with unbounded loving-kindness without hostility and without ill will, imbued with unbounded compassion, sympathetic joy and equanimity. He makes every one happy and helps every one to derive benefit. In this way his life of a monk becomes meaningful.

Suppose monks! There were a pond with clear, cool and potable water with beautiful and delightful banks and a man from the east, scorched and exhausted by hot weather, goes to the pond, quenches his thirst and gets relief from the heat, similarly men come there from the west, the south and from the north and quench their thirst and get relief from the heat. In the same way, monks, if any one from a Kshatriya family goes forth from the home life into homeless life, receives the Dhamma taught by the Tathāgata, enjoys peace by practicing four Brahma Vihāras such as loving-kindness, compassion, sympathetic joy and equanimity, such a monk is established on the right path. In the same way persons from a Brahmin family, from a Vaisya family and from a Śūdra family go forth from the home life into homeless life, practice the Dhamma taught by the Tathāgata i.e. practice Vipassana meditation and develop loving-kindness, compassion, sympathetic joy and equanimity, they become true recluses. They become free from all taints, all mental defilements and by realising for themselves with direct knowledge here and now enter upon and abide in the deliverance of mind and deliverance by wisdom.

 Destruction of taints actually makes one a true recluse. He might have come from any family or clan. That does not become an obstacle in the path of his becoming a recluse.

 Come, meditators, let us walk step by step on the path of Dhamma, be free from mental defilements and attain our true welfare and happiness.

Kalyāṇmitra, Satyanarayana Goenka

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**Address to the Centre Teacher and Co-ordinator Area Teachers**

**Dear Dhamma Sons and Daughters,**

My sincere Blessings to all of you!

It’s more than 50 years now since I started teaching Vipassana, first in Myanmar and then in India since 1969, as per Sayagyi’s wish. He gave me serious training and as you all know, as per his strong wish, I could re-establish Vipassana in India and also could spread it in the entire world with the help of you all. We all have succeeded in fulfilling Sayagyi’s dream and have supported the Second Buddha Sasana to the best of our capacity.

I remember the day when Sayagyi told me – “Goenka! You are not going to India but I am going to repay the debt that Myanmar owes to India. Dhamma is going with you.” He sent me without any committee above me. I had deep understanding of Dhamma and his profound guidance that I sincerely followed throughout. I always took his advice whenever I needed. Though I had that invaluable advantage only for the three initial years, his profound blessings and guidance are very much with me till today even after he passed away.

I have been serving Dhamma for more than 50 yrs, independently, as per the guidance I received from my teacher. I wish that all of you may carry on the Dhamma work, with the same zeal and responsibility as I did and work for preserving Pure Dhamma and spreading it more and more for the benefit of people of the world. You are now self-dependent. However, you may ask my advice whenever you need. My blessings will be always with you later also.

Dhamma has spread in the whole world, and so, I have divided the responsibilities centre-wise and area-wise. I have appointed a Center Teacher for each individual centre to look after Dhamma work. Co-ordinator Area Teachers are appointed to assist Center Teachers and to spread Dhamma in respective areas.

Attached is a list of Worldwide Center Teachers + Co-ordinator Area Teachers and their defined responsibilities. It also includes guidelines about this newly formed world-wide organization.

Though you are self-dependent now, I expect all of you to have deep respect for your seniors. Center Teachers will be in-charge of respective Center and Area Teachers will guide them with their profound experience whenever need arises along with their main responsibility of spreading Dhamma in their respective areas.

I also wish that those of you, who have not participated in a 45-day course or 60-day course till now, may do so as early as possible, as per your convenience.

With all the best wishes for progressing on the path of Dhamma, my abundant Metta will always be with you all!

With Deep Metta

S. N. Goenka

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**Indian Center Teacher List**

**CENTRES-India**

**Maharashtra**

1. Dhamma Giri
2. Dhamma Tapovana I&II
3. Dhamma Nāga
4. Dhamma Sugati
5. Dhamma Sarovara
6. Dhammānanda
7. Dhamma Puṇṇa
8. Dhammālaya
9. Dhamma Saritī
10. Dhamma Ajanatā
11. Dhamma Manamoda
12. Dhamma Nāṣikā

**CENTER TEACHER**

Mr. Premji & Mrs. Madhu Savla
Mr. Premji & Mrs. Madhu Savla
Mr. Sudhir & Mrs. Madhuri Shah
Mr. Vishwambhar Dahat
Mr. Prakash Mahajan
Dr. Hamir & Mrs. Nirmala Ganla
Dr. Nikhil Mehta
Mr. Prakash & Mrs. Shubhangi Borse
Mr. Shyam Sunder Taparia
Mr. Champalal Khinvasara
Mr. Abhijit Patil
Mr. Ashok & Mrs. Pushpa Pawar
13. Dhamma Vāhini
   Ms. Priti Dedhia
14. Dhamma Vipula
   Mr. Arun Toshniwal
15. Dhamma Pattana
   Mr. Mahasukh & Mrs. Manju Khandhar
16. Dhamma Sāketa(DH)
   Mr. Deepak Pagare
17. Dhamma Anākula
   Mr. Mohanlal Agrawal
18. Dhamma Ajaya
   Mr. Baburao Shinde
19. Dhamma Malla
   Mr. Nandoo Dongre
20. Dhamma Bhūsana (DH)
   Mr. Prakash Mahajan
21. Dhamma Vasudhā
   Mrs. Nirmala (Mira) Chinchkhede
22. Dhamma Chattapatī
   Mr. Bhanudas Rascal
23. Dhamma Āvāsa
   Mr. Mahavir & Mrs. Anjana Patil
24. Dhamma Niranjana
   Mr. Chandrashekhar Dahiwele
25. Dhamma Gond
   Mr. Dinesh Deshmukh

North India
1. Dhamma Thāli
   Mr. Vimalchand Surana & Mr. Sher Sing Jain
2. Dhamma Pushkar
   Mrs. Sajjandevi Dhariwal
3. Dhamma Marudhārā
   Mr. Prabhu Dayal Sonagara
4. Dhamma Pubbajā
   Mr. Suresh & Mrs. Renu Khanna
5. Dhamma Sota
   Mr. Murari Lal Sharama
6. Dhamma Paṭṭhānā
   Ms. Mamrnōhī Rastogi
7. Dhamma Kārūṇiṅka
   Mr. Ramniwās Gautam
8. Dhamma Sīkharā
   Mrs. Manju Vaish
9. Dhamma Laddha
   Mr. Pramodkumar Bhave
10. Dhamma Sāliṇā
    Mr. Ashok Kumar Nagpal
11. Dhamma Dhāja
    Mr. K. L. Sharma
12. Dhamma Tīhar
    Mr. Praveen Bhalla
13. Dhamma Suvatthi
    Mr. Gopal Sharan & Mrs. Pushpa Singh
14. Dhamma Cakka
    Mrs. Beena Mehrotra
15. Dhamma Lakkhaṇa
    Mr. R. D. Tiwari
16. Dhamma Kalyāṇa
    Mr. Pravin Bhalla

Gujarat
1. Dhamma Sindhuv
   Mr. Bhimsi & Mrs. Pushpa Savla
2. Dhamma Pīṭha
   Mr. Indravadan Kothadia
3. Dhamma Koṭā
   Mr. Rajesh & Mrs. Manisha Mehta
4. Dhamma Divākara
   Mr. Anil & Sunita Dharmadarshi
5. Dhamma Bhavānu (DH)
   Mr. Ramniklal & Mrs. Kanchan Mehta
6. Dhamma Ambiṅka
   Mr. Jayantilal & Mrs. Kamala Thacker

Central & East India
1. Dhamma Gaṅgā
   Mr. Laxmi Narayan & Pushpa Todi
2. Dhamma Baṅga
   Mr. Shyaml Kanta Khaddaria
3. Dhamma Utkāl
   Mr. Hari Lala Sahu
4. Dhamma Kānana
   Mr. Dinesh Meshram
5. Dhamma Pāla
   Mr. Ashok & Mrs. Uma Kela
6. Dhamma Balka
   Mrs. Parmila Shah
7. Dhamma Rāta
   Mr. Narayan & Mrs. Sharda Wadhwani
8. Dhamma Mālāvā
   Mrs. Sheela Kela
9. Dhamma Ketu
   Mr. Sudhakar Khaire
10. Dhamma Licchavi
    Mr. Ishwarchandra Sinha
11. Dhamma Bodhi
    Mr. Bikram Dandiya
12. Dhamma Upavāna (DH)
    Mr. Gopal & Mrs. Pushpa Singh

South India
1. Dhamma Khetta
   Mr. Pidugu Ravinder Reddy
2. Dhamma Setu
   Mr. V. Santanagopalan
3. Dhamma Paphulla
   Mrs. Jaya Sangoi
4. Dhamma Nijjhāna
   Mr. S. N. Saha
5. Dhamma Vijaya
   Mr. Mohan Raj Adla
6. Dhamma Nāgajjunā
   Mr. Mohan Raj Adla
7. Dhamma Maṅgāma
   Mr. Satyanarayana Raju
8. Dhamma Koṇḍaṅṇa
   Mrs. Sabrina Katakam
9. Dhamma Ketana
   Mr. Sudhir Pai
10. Dhamma Madhurā
    Mrs. Renuka Mehta

Other than India – Center Teacher List

CENTRES

North America
1. Dhamma Dharā
   Mr. Barry & Mrs. Kate Lapping
2. Dhamma Kuṅjā
   Mr. Rick & Mrs. Gair Crutcher
3. Dhamma Mahāvāna
   Mr. John & Mrs. Gail Beary
4. Dhamma Siri
   Mr. Thomas & Mrs. Tina Crisman
5. Dhamma Maṅḍa
   Mr. Parker & Mrs. Laura Mills
6. Dhamma Pākāsa
   Mr. Dennis & Mrs. Louie Austin
7. Dhamma Vaddhāna
   Mr. Roy Menezes & Mrs. Suleka Puswella
8. Dhamma Patāpa
   Mr. Bruce & Mrs. Maureen Stewart

Canada
1. Dhamma Suttama
   Mr. Alain & Mrs. Rachel Lepine
2. Dhamma Torāṇa
   Mr. Bill & Mrs. Virginia Hamilton
3. Dhamma Surabhī
   Mr. Bob & Mrs. Jenny Jeffs
4. Dhamma Modana
   Ms. Evie Chauncey
5. Dhamma Karunā
   (yet to be decided)

Russia
1. Dhamma Dullabha
   Mr. Jurgen & Mrs. Ella Mae Stowasser

South Africa
1. Dhamma Patākā
   Mr. Mahasukh Khandhar & Mrs. Manju Khandhar

Europe
1. Dhamma Paddhāṇa, UK
   Mr. John & Mrs. Joanna Luxford
2. Dhamma Dīpa, UK
   Mr. Kirk & Mrs. Reinette Brown
3. Dhamma Sukhakārī, UK
   Ms. Nila Halai
4. Dhamma Sumner, Switzerland
   Mr. Christian & Mrs. Rosi Hild
5. Dhamma Aṭala, Italy
   Mr. Sergio Borsa
6. Dhamma Pajjota, Belgium
   Mr. Dirk Taveirne & Mrs. Mieke De Wilde
7. Dhamma Mahi, France
   Mr. Steve & Mrs. Olwen Smith
8. Dhamma Nilaya, France (DH)
   Mr. Steve & Mrs. Olwen Smith
Nepal
1. Dhammachariña
   Mr. Roop & Mrs. Beena Jyoti
2. Dhamma Tarā
   Mr. Uttam Ratna & Mrs. Gyanu Dakhwā
3. Dhamma Janani
   Mr. Bodhi Bajra & Mrs. Nani Chhori Bajracharya
4. Dhamma Birātā
   Mr. Bhakta Prasad Poudyal
5. Dhamma Citavāna
   Mr. Narayan Prasad Tiwari
6. Dhamma Kitti
   Mr. Adiratana Shakya
7. Dhamma Pokharā
   Mr. Sheel Bahadur Bajracharya
8. Dhamma Surakhetta
   Mr. Purna Prasad Dhakal

Cambodia
1. Dhamma Latthikā
   Mr. Francois Kuoch
2. Dhamma Muttā
   Mr. Gregory & Mrs. Irene Wong

Indonesia
1. Dhamma Jāvā
   Mr. Geoffrey White

Iran
1. Dhamma Irānā
   Mr. Daryush Nowzohour

Israel
1. Dhamma Pamoḍa
   Mr. Bill Hart

Korea
1. Dhamma Korea
   Mr. Bill & Mrs. Anne Crecelius

Japan
1. Dhamma Bhānu
   Mr. Derik & Mrs. Yukiko Philips
2. Dhammādīcca
   Mr. Chris & Mrs. Sachiko Weeden

Malaysia
1. Dhamma Malaya
   Mr. Don & Mrs. Sally Mcdonald

Mongolia
1. Dhamma Mahānā
   Yet to be decided.

Myanmar
1. Dhamma Joti
   U Thaung Pe & Daw Myint Myint Tin
2. Dhamma Ratana
   U Thein Htwe
3. Dhamma Manḍapa
   Daw Mi Mi Myaing
4. Dhamma Maṇḍala
   U Mya Kyaw
5. Dhamma Makuṭa
   Dr. Maung Maung Aye & Daw Yi Yi Wing
6. Dhamma Manorama
   Daw Nyo Win
7. Dhamma Mahimā
   Daw Myat Lay Khaing
8. Dhamma Manohara
   U Htin Aung & Daw Khin Myint May
9. Dhamma Nidhi
   Daw Yema Maw Naing
10. Dhamma Naṇadhaja
    U Ba Than
11. Dhamma Lābha
    Mr. Parasuram Gautam
12. Dhamma Magga
    Mrs. Sushila Goenka (Daw Nini Shwe)
13. Dhamma Mahāpabbata
    U Kyi Thein & Daw Tin Tin Ye
14. Dhamma Cetiya Paṭṭhāra
    Yet to be decided.
15. Dhamma Māyurādipa
    Dr. U Thein Tun
16. Dhamma Pabbata
    Dr. Myo Aung & Daw Khin Than
17. Dhamma Hitā Sukha Gaha
    U San Lwin & Daw Tin Tin Naing
18. Dhamma Mittā Yāna
    U Maung Maung Sein
19. Dhamma Rakkhiṭha
    U Kyaw Thu & Daw Kyi Kyi Tun
20. Dhamma Vinumti
    U Ko Ko

Philippines
1. Dhamma Phala
   Mr. Klaus & Mrs. Nadia Helwig

Sri Lanka
1. Dhamma Kūṭa
   Mrs. Damayanthi Ratwatte + Miss Komī Mendīs
2. Dhamma Sōbha
   Mr. T. A. Piyasena
3. Dhamma Anurādha

Taiwan
1. Dhammodaya
   Mr. George Hsiao
2. Dhamma Vikāsa
   Mr. Ping San Wang

Thailand
1. Dhamma Kamala
   Dr. (Ms.) Wilaiwan Sitasuwan
2. Dhamma Abhā
   Ms. Jittinun Jewcharoenaksakul
3. Dhamma Suanāṇa
   Mr. Amnat Apichatvullop
4. Dhamma Kaṇeṇa
   Mr. Vichit & Mrs. Pornphen Leenutaphong
5. Dhamma Dhānī
6. Dhamma Simanta
7. Dhamma Porāṇo
8. Dhamma Puneti
9. Dhamma Candapabhā
   Mrs. Patra Patrabutra
10. Dhamma Pasanna
11. Dhamma Suvatī
12. Dhamma Sārītī
13. Dhamma Nandavāna

Mexico & Latin America
1. Dhamma Makaranda
   Mr. German Cano & Mrs. Martha Molina
2. Dhamma Sānti
   Mr. Arthur Nichols
3. Dhamma Veṇuvana
   Ms. Mirjam Berns
4. Dhamma Pasanna
   Ms. Macarena Infante
5. Dhamma Sūkṛdā
6. Dhamma Suriya Peru
7. Dhamma Nandavāna
8. Dhamma Phala
9. Dhamma Pāṭihāra
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Australia
1. Dhamma Bhūmi
   Mr. Patrick Given Wilson & Mrs. Ginnie Macleod
2. Dhamma Passaddhi
   Ms. Laraine Doneman
3. Dhamma Rasmī
   Ms. Anne Cheryll Doneman
4. Dhamma Ujjala
   Mr. Michael & Mrs. Trish Barnes
5. Dhamma Pabhā
6. Dhamma Alokā
7. Dhamma Padīpa

New Zealand
1. Dhamma Medini
   Mr. Ross Reynolds
CO-ORDINATOR AREA TEACHER LIST

INDIA

- Jammu & Kashmir + Himachal Pradesh + Punjab + Uttaranchal — Mr. Pravin Bhalla
- Uttar Pradesh + Jharkhand — Mr. Pravin Bhalla
- Bihar — Mr. Vimalchand Surana
- Madhya Pradesh — Mr. Ashok and Mrs. Uma Kela
- Chhattisgarh — Mr. Sudhir & Mrs. Madhuri Shah
- Orissa + West Bengal + Assam + Arunachal + Tripura + Mizoram — Mr. L. N. Todi
- Sikkim + Meghalaya + Nagaland + Manipur — Mrs. Sheeladevi Chaurasia
- Andhra + Karnataka — Mr. Mohan Raj Adala+ Mrs. Sabrina Katakam
- Tamilnadu — Mr. Vimalchand Surana
- Kerala — Mr. Sudhir Pai
- Maharashtra —
  1. Vidarbh (Akola, Yavatmal, Wardha, Nagpur, Bhandara, Chandrapur, Gadchiroli) — Mr. Sudhir & Mrs. Madhuri Shah and Mr. Vishawmbhar Dahat
  2. Buldhana + Jalna + Parbhani + Beed + Nanded + Latur + Usmanabad + Aurangabad — Mr. Champalal Khinvasara
- Dhule + Jalgaon + Ahmednagar + Raigad + Pune — Mr. Hamir & Mrs. Nirmala Ganla
- Thane + Mumbai + Nasik —
  1. Mr. Mahasukh & Mrs. Manju Khandhar + Mr. Premji & Mrs. Madhu Savla
- Rajasthan — Mr. Vimalchand Surana + Mr. Sher Sing Jain
- Gujarat —
  1. Kutch — Dr Bhimsi & Mrs. Pushpa Savla
  2. Saurashtra — Mr Rajesh & Mrs. Manisha Mehta
  3. Ahmedabad (included) to rest of North Gujarat — Mr. Kashyap & Mrs. Kamla Dharmadarshi
  4. Bharuch & Ahmedabad (Excluded) to Middle Gujarat — Mr. Ramnikal Mehta
  5. South Gujarat From Umargaon (Vapi) to Bharuch (included) — Mr. Jayantilal & Mrs. Kamala Thacker

OTHER THAN INDIA

- America —
  East of 92 Degree Longitude — Mr. Barry & Mrs. Kate Lapping
  Rest of USA — Mr. Thomas & Mrs. Tina Crisman
  Latin America including Mexico — Mr. Arthur Nichols and Mr. Parker & Mrs. Laura Mills
- Canada — Mr. Bill and Mrs. Virginia Hamilton
- Africa —
  South Africa — Mr. Mahasukh & Mrs. Manju Khandhar
  Central & Northern Africa — Mr. Laith & Mrs. Melanie Wark
  Upper Africa — Mr. Daryush Nowzohour
  Rest of Africa — Mr. Daniel Mayer
- Europe —
  Germany, Italy, Sweden and Eastern Countries including Russia — Ms. Floh Lehman
  Rest of the Europe — Mr. Chris & Mrs. Sachiko Weeden
- Asia —
  Nepal — Mr. Roop & Mrs. Beena Jyoti
  Cambodia — Mrs. Sutthi Chayodam and Ms. Jittinun Jewcharoensakul
  Hong Kong — Mr. Gregory & Mrs. Irene Wong
  Indonesia — Mr. Geoffrey White
  Iran — Mr. Daryush Nowzohour
  Korea — Mr. Bill & Mrs. Anne Creecelius
  Japan — Mr. Chris & Mrs. Sachiko Weeden
  Malaysia + Singapore + Fiji — Mr. Don & Mrs. Sally Mcondonald
  Mongolia — Yet to be decided
  Myanmar — Daw Yema Maw Naing
  Sri Lanka — Mrs. Damayanthi Ratwatte
  Taiwan — Mr. George Hsiao
  Thailand — Ms. Jittinun Jewcharoensakul
  GCC countries including UAE, Oman and Bahrain — Mr. Ratilal & Mrs. Chanchal Savla
  Israel — Mr. Bill Hart
  People's Republic of China — Mr. Philix Lee & Mrs. Yu Yen and Mr. George Hsiao
  Philippines + Vietnam — Mr. Klaus & Mrs. Nadia Helwig
- Australia — Ms. Laraine Doneman
- New Zealand — Mr. Ross Reynolds
Responsibilities of Center Teacher

1. All the administrative work of a centre will be a responsibility of Trustees appointed by the centre teacher. However, it will be Center Teacher’s duty to check whether it’s done in time and as per set guidelines. (as per rules & regulation of Respective State and Country)

2. All the Meditation/Course related work is the responsibility of Center Teacher. Center Teacher may take help of local ATs/SATs/Ts and Dhamma Servers to fulfill that.

3. Training of Dhamma Servers is the responsibility of Center Teacher.

4. Sending quarterly report of the respective Center to Co-ordinator Area Teacher and Vipassana Research Institute.

All Center Teachers have already signed the Acceptance Letter that also defines some of their duties. In short, to look after all the responsibilities of respective Center, to see everything is done according to set guidelines. For any guidance required to fulfill these duties, Center Teacher may take advice from respective Co-ordinator Area Teacher.

Responsibilities of Co-ordinator Area Teacher

1. Development and spread of Vipassana in respective area. It can be arranging Non-Center courses, organizing Mini-Anapana courses; organizing Introduction of Vipassana for various groups and institutes, etc.

2. To help Center Teachers of respective area whenever asked for.

3. To ensure Vipassana activity in respective area is done according to Guidelines set by Rev. Goenkaji.

4. To review the request that comes for new centre in their respective area and to decide in consultation with Center Teachers nearby or any other full T’s.

5. To resolve AT/SAT/T’s problems in their respective areas.

6. To look after training of ATs in respective areas. However the training system will remain same for all, throughout the world. To assure that ATs/SATs/Ts of respective area participate in AT Workshop at least once in three years.

7. Responsibility to get Dhamma literature translated in to local languages.

8. To look after AT Scheduling in respective areas.

9. A Full Teacher can recommend any deserving meditator to become an AT as per AT-Kit guidelines. They may send it to respective Co-ordinator Area Teacher and he/she may proceed further as per the guidelines at present.

10. To decide about allowing Long Courses in a respective particular Center.

11. To send quarterly report to Vipassana Research Institute.

In short, to ensure every activity of Vipassana is done according to set guidelines in their respective area is the responsibility of a Co-ordinator Area Teacher.

Other Guidelines:

- In our tradition of Sayagyi U Ba Khin, as taught by S. N. Goenka, Rev. Goenkaji is the supreme authority. His guidance to be followed for all times, even as and when He modifies the guidelines.

- Rev. Goenkaji has given all His Intellectual Property Rights to Vipassana Research Institute (VRI), India. That covers all his writings and recordings. Everyone, who wishes to use it in any way, must take VRI’s prior permission.

- The AT Kit (As modified in Dec 2012) is to be followed by all.

- All types of training modules will remain same all over the world.

- All the Data like, AT List, World-wide Course Data etc. will be finally compiled at VRI, India.

- It is suggested that Worldwide Annual Meeting of AT will be held at Dhamma Giri or Dhamma Pattana, where all can participate. If not possible to be present every year, at least once in three years is recommended.

- AT meeting’s minutes (any meeting held world-wide) should be shared with all Full Teachers world-wide.

- Tape Distribution System will remain as per the current existing practice.

In The Absence of Rev. Goenkaji:

- The Teaching material will not be changed.

- If any need arises to change anything in AT Kit or Training Modules, the decision should be taken with consensus of worldwide Co-ordinator Area Teachers. Or at least 75% Co-ordinator Area Teachers agree, such change should be made. (Vipassana Research Institute will co-ordinate this process.)

- In case of Sudden Absence of Center Teacher, Co-ordinator Area Teacher may nominate AT/SAT/T with consultation of near-by Centre Teachers and other Full Teachers of respective area.

- In case of Sudden Absence of Co-ordinator Area Teacher, full Ts and SATs of respective area may decide by 75% majority.

Goenkaji Health and his Activities

There has been good improvement in Goenkaji’s health. However, there are still many concerns that remain to be resolved. Meditators are sending their good wishes to him. Goenkaji had a very strong self-course from 18th November to 3rd December. The discourse he gave during Metta was very inspiring.

My dear dhamma sons and dhamma daughters!

You have listened to metta instructions just now. What more shall I say? One important thing that comes to my mind is that if an ignorant person has misbehaved with you and in return you did not misbehave then that is very good. You did not misbehave, but if ill-will arose in your mind, then that is not a good thing. That you developed ill-will in your mind is really very bad. You must understand, even though ill-will arose only in your mind, you still caused harm to that person. Therefore, you must first seek his pardon for causing harm. “I seek your pardon for causing you harm by developing ill-will in me.” The second thing is more important. You must generate good will towards that person which should be many times more than the ill-will you had before for him. When you generate good will, loving kindness and compassion that is many times more, then you are worthy of practicing Vipassana. May you all generate many times more good will, and live a life full of love and compassion! May you all be happy, be peaceful, be liberated!”
After the self-course, on 5th December, Guruji was invited to a big function organized on the occasion of Dr. Babasaheb Ambedkar’s death anniversary at Shivaji Park. Thousands of people had assembled there to pay their respects to the Buddha and Babasaheb. In spite of old age and ill health, Guruji, out of compassion for the faithful, took the trouble of travelling for 3-4 hours in order to address the people assembled there. He gave a talk and metta for about 30 minutes.

Soon after, he went to Igatpuri on 6th December, to commence the international annual Assistant Teacher’s conference. From 7th to 9th, he gave necessary instructions for the success of the conference. All were happy to be with Guruji and Mataji and to receive their metta. The conference concluded successfully.

Before the conference, he planned for strengthening the administrative set-up of the organization so that Vipassana can spread far and wide and last for a long time in future (More details of this are given in this Newsletter).

Respected Goenkaji will be going to Myanmar to take part in his family gathering and pay respects to his land of birth and land of Dhamma. He becomes very happy to meet meditators and learned monks of this Dhamma land and derives a lot of Dhamma strength from them. He is undertaking this difficult journey in order to do what the Buddha had said, “caratha bhikkhave cārikām, bahujana hitiyā, bahujana sakkāhiyā – Go in all directions and spread the dhamma, for the benefit of many, for the happiness of many.” He will give several public talks there and conduct group meditations in the sacred precincts of the Shwedagon Pagoda. For this he will fly directly to Rangoon on Dec 21st morning at 8 am, by a chartered plane and will fly back to Mumbai on 30th Dec at 4 pm.

For the benefit of many, for the happiness of many, our best wishes for his successful journey and his good health.

May all be happy!

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**Pali Course, Year 2013, At Global Pagoda, Mumbai**

**Non Residential Courses (Pali Grammar, Sutta, Vipassana Theory etc)**

**Medium of Teaching** - Pali-English, Pali-Hindi/Marathi;
**Duration of the course** - 01/02/2013 to 30/09/2013 (8 Months- once a week classes);
**Application Form Availability** -1st to 20th January 2013 at VRI, Global Pagoda; Last date Submission - 20/01/2013.

**Residential Courses (Pariyatti & Paññāṭī)**

**30 Days Basic Pali-Marathi:**

**Duration of the course** - 01/01/2013 to 31/01/2013; **Last date Submission** - 01/12/2012.

**30 Days Advanced Pali-Hindi (only for those who did Basic course at VRI)**

**Duration of the course** - 01/05/2013 to 31/05/2013; **Last date Submission** - 01/04/ 2013; **Visit for downloadable application** -www.vridhamma.org.

**90 Days Intensive Pali-English:**

**Duration of the course** - 01/07/2013 to 30/09/2013; **Last date of Submission** - 15/05/ 2013; **Visit for downloadable application** -www.vridhamma.org.

**POSTAL ADDRESS:** Vipassana Research Institute (VRI), Global Vipassana Pagoda, Next to Essel World, Gorai Village, Borivali (West), Mumbai 400091.

**FOR QUERIES CONTACT:** Dr Sharda Sanghvi E-mail: s_sanghvi@hotmail.com, Telephone: (+91)223462805 & (+91) 22 23095413. Office telephone (10 am to 6 pm): (+91) 22 33747560, Mrs. Baljit Lamba: (+91) 9833518979; Mrs. Alka Vengurlekar: (+91) 9820583440

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**Corpus Fund for the Global Vipassana Pagoda**

A Corpus Fund is being established for uninterrupted management of the Global Pagoda to ensure that it is maintained successfully in future without any outside pressure. This wonderful holy monument should remain intact for thousands of years as a token of gratitude towards Sayagyi U Ba Khin and Myanmar for maintaining the Dhamma in its pristine purity and sending this valuable gift back to India.

This Corpus Fund cannot be utilized by any individual for personal gain. The interest earned from this Fund, deposited in a Government Bank, will be utilized, as per the rules, for maintenance of the Pagoda and meeting the daily expenditure of the Pagoda.

Details for sending your donations are given below:

**Donations through Core Banking (within India)**

Donations to “Global Vipassana Foundation” can now be remitted from anywhere in India through any branch of the Bank of India under core banking system.

**Global Vipassana Foundation**

Axis Bank India, A/C. NO: 911010032397802
SWIFT CODE: AXISINBB062, IFSC CODE: UTIB0000062
MICR CODE: 40021011, BRANCH: Malad west branch, Mumbai-400064.

**Donations from outside India can be remitted through SWIFT transfer to Bank of India**

SWIFT Transfer details are as follows:
"Global Vipassana Foundation"
Name of the Bank: J P Morgan Chase Bank

**Cheque/Draft may be sent to the following address:-**
Global Vipassana Foundation, Regd. Office – Green House, 2nd Floor, Green Street, Fort, Mumbai – 400023
Phone – 022-22665926

**One-Day Mega Course in the presence of Rev. Guruji on the occasion of the death anniversary of Sayagyi U Ba Khin**

20 January, 2013 Sunday, Time: Morning 11:00 a.m. to Afternoon 4:00 p.m. at the large dome of ‘Global Vipassana Pagoda’. To avoid any inconvenience in this Mega Course kindly ensure your booking. Contact: Mobile: 09892855692, 09892855945, Phone No.: 022-28451170, 33747543, 33747544 (Phone booking: Everyday from Morning 11:00 am to Evening 5:00 pm) E-mail Registration: oneday@globalpagoda.org;

Online Registration: www.vridhamma.org
NEW RESPONSIBILITY
Senior Assistant Teachers
1. Mrs. Sharada Jain, Bangalore
2. Mr. Manohar Mirje, Kolhapur
3. Mr. Suvarna Bardiya, Kolhapur
4. Mrs. Sunanda Mandhana, Kolhapur
5. Mr. Michael Gelber, Canada
6-7. Mr. Stephen Hanlon & Mrs. Rebecca York-Hanlon, USA
8. Mr. Craig Archambault, USA
9. Mr. Balkrishna Gajbhiye, Navi Mumbai

5. Mr. Subhash Mundade, Amalner
6. Mrs. Hirani Indra Malagala, Sri Lanka
7. Mrs. Kian Ber Chiam, Singapore

CHILDREN’S COURSE
Teachers
1. Mr. Vadla Krishna Murthy Hyderabad
2. Mr. V. Thirupathi Reddy Hyderabad
3. Mr. Beeram Vamsi Mohan Hyderabad
4. Mr. Balkrishna Mekala Hyderabad
5. Mr. Vemula Srinivas Secunderabad
6. Mr. A. Shanker Nizamabad AP
7. Mr. Indur Raja Ratnam Nizamabad AP
8. Mr. B. Anji Reddy Ranga Reddy AP
9. Mr. Seddenki Ram Reddy Ranga Reddy AP
10. Mr. Shivcharan Singh Nalgonda AP
11. Mr. Karumula Srinivas Reddy Nalgonda AP
12. Mr Poondu narasa Reddy Adilabad AP
13. Ms. Nutan Kalamkar Wardha
14. Mrs Pushpa Junghare Chandrapur
15. Mr Wangnoo Dange Chandrapur
16. Ms. Shweta Ramteka Nagpur
17. Mr Nilesh Aate Nagpur
18. Mr. Sheshrao Shirsat Amravati
19. Mr Dinkar Helonde Buldhana
20. Mr Dhammadeep Wankhedke Akola
21. Mr Anil Kumar Bansod Takatghat
22. Mr Purshottam Dudhe Gadchiroli
23. Mr Vijay Hedavu Gadchiroli
24. Ms. Padma Dhongade Gadchiroli
25-26. Mr Anal and Mrs. Rajni Lawrence Bhatbhumeti
27. Mr Jim Rees Australia
28. Ms NG Shirley Hong Kong
29. Mr. Tyler McGrath--Washington, USA
30. Mr.Josh McEwen--Washington, USA
31. Mr Billy Simmons--Washington, USA
32. Ms.Chaya Kudla--Washington, USA
33. Mrs. Shashi Sheth--Washington, USA
34. Mrs. Shubhra Jain--California, USA
35. Ms. Elizabeth Lily Barry--California, USA
36-37. Mr. Srinivas Srinkanth & Mrs.Preeti Srinkanth--Texas, USA
38. Mr. Thomas Edward Allen--Illinois, USA
39. Ms. Naomi Jonas--Ontario, Canada

NEW APPOINTMENTS
Assistant Teachers
1. Mr. Sunilising Bayas, Parli
2. Mr. Vinod Parakh, Faridabad
3. Mr. Rajabhau Raut, Washim
4. Mr. Balkrishna Gajbhiye, Navi Mumbai

With much mettā,
A Vipassana meditator

DHAMMA DOHAS

Pantha dikṣayā buddha ne, calanā apanā kāna;
Calate calate āpa hit, miyate diūkhā tama.
The Buddha showed us the path. It is our duty to
walk on it. If we keep on walking on it, all
sufferings will automatically end.
Calasūdhaka calate rahen, deśa aura paradeśā;
Dharmacīvikāra se kaṣṭen, sabā ke mana ke klesa.
Meditators, let us keep on going from one place
to another and spread Dhamma. This will help
many to drive out defilements from their minds.

With best compliments from
MOTILAN BANKRIS DASS
41 U.A. Bungalow Road, Jawahar Nagar, Delhi 110 007
Mumbai, Tel: 23513526; Chennai, Tel: 24982315; Pune, Tel: 2448-6190;
Bangalore, Tel: 26542591; Kolkata, Tel: 22824872,
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