



WORDS OF DHAMMA

... “*Caratha, bhikkhave, cārikaṃ bahujanahitāya bahujanasukhāya lokānukampāya atthāya hitāya sukhāya devamanussānaṃ; desetha, bhikkhave, dhammaṃ ādikalyāṇaṃ majjhakalyāṇaṃ pariyosānakalyāṇaṃ...*”

... “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. ...”

Dīghanikāyo—2.35-36

Outer guise does not make one a recluse

Once upon a time the Buddha was dwelling at Pubbarāma in Srāvastī. 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 –

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, from 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

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

Indian Center Teacher List

CENTRES-India

CENTER TEACHER

Maharashtra

- | | |
|-------------------------|------------------------------------|
| 1. Dhamma Giri | Mr. Premji & Mrs. Madhu Savla |
| 2. Dhamma Tapovana I&II | Mr. Premji & Mrs. Madhu Savla |
| 3. Dhamma Nāga | Mr. Sudhir & Mrs. Madhuri Shah |
| 4. Dhamma Sugati | Mr. Vishwambhar Dahat |
| 5. Dhamma Sarovara | Mr. Prakash Mahajan |
| 6. Dhammānanda | Dr. Hamir & Mrs. Nirmala Ganla |
| 7. Dhamma Puṇṇa | Dr. Nikhil Mehta |
| 8. Dhammālaya | Mr. Prakash & Mrs. Shubhangi Borse |
| 9. Dhamma Saritā | Mr. Shyam Sunder Taparia |
| 10. Dhamma Ajanatā | Mr. Champalal Khinvasara |
| 11. Dhamma Manamoda | Mr. Abhijit Patil |
| 12. Dhamma Nāsikā | 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. Namdeo Dongre
 20. Dhamma Bhūsana (DH) Mr. Prakash Mahajan
 21. Dhamma Vasudhā Mrs. Nirmala (Mira) Chinchkhede
 22. Dhamma Chattapati Mr. Bhanudas Rasal
 23. Dhamma Āvāsa Mr. Mahavir & Mrs. Anjana Patil
 24. Dhamma Niranjana Mr. Chandrashekar Dahiwele
 25. Dhamma Gond Mr. Dinesh Deshmukh

North India

1. Dhamma Thali Mr. Vimalchand Surana & Mr. Sher Sing Jain
 2. Dhamma Pushkar Mrs. Sajjandevi Dhariwal
 3. Dhamma Marudharā Mr. Prabhu Dayal Sonagara
 4. Dhamma Pubbaja Mr. Suresh & Mrs. Renu Khanna
 5. Dhamma Sota Mr. Murari Lal Sharama
 6. Dhamma Paṭṭhāna Ms. Manmohini Rastogi
 7. Dhamma Kāruṇika Mr. Ramniwas Gautam
 8. Dhamma Sikhara Mrs. Manju Vaish
 9. Dhamma Laddha Mr. Pramodkumar Bhav
 10. Dhamma Salila Mr. Ashok Kumar Nagpal
 11. Dhamma Dhaja Mr. K. L. Sharma
 12. Dhamma Tihar 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 Sindhu Mr. Bhimsi & Mrs. Pushpa Savla
 2. Dhamma Piṭha Mr. Indravadan Kothadia
 3. Dhamma Koṭa Mr. Rajesh & Mrs. Manisha Mehta
 4. Dhamma Divākara Mr. Anil & Sunita Dharmadarshi
 5. Dhamma Bhavana (DH) Mr. Ramniklal & Mrs. Kanchan Mehta
 6. Dhamma Ambikā Mr. Jayantilal & Mrs. Kamala Thacker

Central & East India

1. Dhamma Gaṅgā Mr. Laxmi Narayan & Pushpa Todi
 2. Dhamma Baṅga Mr. Shyam & Kanta Khaddaria
 3. Dhamma Utkal Mr. Hari Lala Sahu
 4. Dhamma Kānana Mr. Dinesh Meshram
 5. Dhamma Pāla Mr. Ashok & Mrs. Uma Kela
 6. Dhamma Bala Mrs. Parmila Shah
 7. Dhamma Rata Mr. Narayan & Mrs. Sharda Wadhvani
 8. Dhamma Mālavā Mrs. Sheela Kela
 9. Dhamma Ketu Mr. Sudhakar Khaire
 10. Dhamma Licchavī Mr. Ishwarchandra Sinha
 11. Dhamma Bodhi Mr. Bikram Dandiya
 12. Dhamma Upavana (DH) Mr. Gopal & Mrs. Pushpa Singh

13. Dhamma Puri Mr. Laxmi Narayan & Mrs. Pushpa Todi
 14. Dhamma Sikkima Mrs. Sheeladevi Chaurasia
 15. Dhamma Pubbottara Mr. Mohan Devan
 16. Dhamma Bhubaneswara Mr. Anant Jena

South India

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

Other than India – Center Teacher List

CENTRES

CENTER TEACHER

North America

1. Dhamma Dharā Mr. Barry & Mrs. Kate Lapping
 2. Dhamma Kuñja Mr. Rick & Mrs. Gair Crutcher
 3. Dhamma Mahāvana Mr. John & Mrs. Gail Beary
 4. Dhamma Siri Mr. Thomas & Mrs. Tina Crisman
 5. Dhamma Maṇḍa Mr. Parker & Mrs. Laura Mills
 6. Dhamma Pakāsa Mr. Dennis & Mrs. Louie Austin
 7. Dhamma Vaddhana 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 Surabhi 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 Mac Stowasser

South Africa

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

Europe

1. Dhamma Padhāna, UK Mr. John & Mrs. Joanna Luxford
 2. Dhamma Dīpa, UK Mr. Kirk & Mrs. Reinette Brown
 3. Dhamma Sukhakārī, UK Ms. Nila Halai
 4. Dhamma Sumeru, Switzerland Mr. Christian & Mrs. Rosi Hild
 5. Dhamma Aṭṭala, 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

9. **Dhamma Dvāra, Germany** Ms. Floh Lehman
10. **Dhamma Neru, Spain** Mr. Martin & Mrs. Deni Stephens
11. **Dhamma Sobhana, Sweden** Mr. Kenneth Truedsson
12. **Dhamma Pallava, Poland** Mr. Klaus and Mrs. Edith Nothnagel
- Nepal**
1. **Dharmashriṅga** Mr. Roop & Mrs. Beena Jyoti
2. **Dhamma Tarāi** Mr. Uttam Ratna & Mrs. Gyanu Dhakhwa
3. **Dhamma Janani** Mr. Bodhi Bajra & Mrs. Nani Chhori Bajracharya
4. **Dhamma Birāṭa** Mr. Bhakta Prasad Poudyal
5. **Dhamma Citavana** 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 Laṭṭhikā** Mr. Francois Kuoch
- Hong Kong**
1. **Dhamma Muttā** Mr. Gregory & Mrs. Irene Wong
- Indonesia**
1. **Dhamma Jāvā** Mr. Geoffrey White
- Iran**
1. **Dhamma Īrāna** Mr. Daryush Nowzohour
- Israel**
1. **Dhamma Pamoda** Mr. Bill Hart
- Korea**
1. **Dhamma Korea** Mr. Bill & Mrs. Anne Crecelius
- Japan**
1. **Dhamma Bhānu** Mr. Derik & Mrs. Yukiko Philips
2. **Dhammādicca** Mr. Chris & Mrs. Sachiko Weeden
- Malaysia**
1. **Dhamma Malaya** Mr. Don & Mrs. Sally Mcdonald
- Mongolia**
1. **Dhamma Mahāna** Yet to be decided.
- Myanmar**
1. **Dhamma Joti** U Thaung Pe & Daw Myint Myint Tin
2. **Dhamma Ratana** U Thein Htwe
3. **Dhamma Maṇḍapa** 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 Ñaṇadhaja** 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 Myūradīpa** Dr. U Thein Tun
16. **Dhamma Pabbata** Dr. Myo Aung & Daw Khin Than
17. **Dhamma Hita Sukha Geha** U San Lwin & Daw Tin Tin Naing
18. **Dhamma Mitta Yāna** U Maung Maug Sein
19. **Dhamma Rakkhita** U Kyaw Thu & Daw Kyi Kyi Tun
20. **Dhamma Vimutti** U Ko Ko
- Philippines**
1. **Dhamma Phala** Mr. Klaus & Mrs. Nadia Helwig
- Sri Lanka**
1. **Dhamma Kūṭa** Mrs. Damayanthi Ratwatte + Miss Komi Mendis
2. **Dhamma Sobhā** Mr. T. A. Piyasena
3. **Dhamma Anurādha** Mr. D. H. Henry
- Taiwan**
1. **Dhammodaya** Mr. George Hsiao
2. **Dhamma Vikāsa** Mr. Ping San Wang
- Thailand**
1. **Dhamma Kamala** Dr. (Ms.) Wilaiwan Sitasuwan
2. **Dhamma Ābhā** Ms. Jittinun Jewcharoensakul
3. **Dhamma Suvanna** Mr. Amnat Apichatvullop
4. **Dhamma Kañcana** Mr. Vichit & Mrs. Pornphen Leenutaphong
5. **Dhamma Dhāni** Mrs. Ladachat Saingam
6. **Dhamma Sīmanta** Mr. Nirand & Sutthi Chayodom
7. **Dhamma Porāṇo** Ms. Juechan Limchitti
8. **Dhamma Puneti** Mr. Ittiporn & Mrs. Monta Tonginnate
9. **Dhamma Candapabhā** Mrs. Patra Patrabutra
- Mexico & Latin America**
1. **Dhamma Makaranda** Mr. German Cano & Mrs. Martha Molina
2. **Dhamma Santi** Mr. Arthur Nichols
3. **Dhamma Veṇuvana** Ms. Mirjam Berns
4. **Dhamma Pasanna** Ms. Macarena Infante
5. **Dhamma Sukhadā** Mr. Parker & Mrs. Laura Mills
6. **Dhamma Suriya Peru** Mr. Parker & Mrs. Laura Mills
7. **Dhamma Nandanvana** Mr. Arthur Nichols
- Australia**
1. **Dhamma Bhūmi** Mr. Patrick Given Wilson & Mrs. Ginnie Macleod
2. **Dhamma Passaddhi** Ms. Laraine Doneman
3. **Dhamma Rasmi** Ms. Anne Cheryl Doneman
4. **Dhamma Ujjala** Mr. Michael & Mrs. Trish Barnes
5. **Dhamma Pabhā** Mr. Ernst & Mrs. Karen Arnold
6. **Dhamma Āloka** Mr. Sean Salkin
7. **Dhamma Padīpa** Mr. Volker Bochmann & Mrs. Doris Herrmann
- 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. **Buldhaha + Jalna + Parabhani + Beed + Nanded + Latur + Usmanabad + Aurangabad—**
Mr. Champalal Khinvasara
 3. **Sindhudurg + Kolhapur + Sangli + Solapur + Satara +Ratnagiri + [Goa]—**
Mr. Prakash &
Mrs. Shubhangi Borse
 4. **Dhule + Jalgaon + Ahmednagar + Raigad + Pune—** Mr. Hamir & Mrs. Nirmala Ganla
 5. **Thane + Mumbai + Nasik—**
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. Ramniklal 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 Crecelius
 - Japan—** Mr. Chris & Mrs. Sachiko Weeden
 - Malaysia + Singapore + Fiji—**
Mr. Don & Mrs. Sally Mcdonald
 - 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 fulfil 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 fulfil these duties, Center Teacher may take advice from respective Co-ordinator Area Teacher.

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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 cārikaṃ, bahujana hitāya, bahujana sukhāya* – 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 & Paṭipatti)

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)9223462805 & (+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: 400211011, 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

Address: New York, US,

A/c. No.: 0011407376, Swift: CHASUS33.

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. Sharda 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

**NEW APPOINTMENTS
Assistant Teachers**

1. Mr. Sunilsing Bayas, Parli
2. Mr. Vinod Parakh,
Faridabad
3. Mr. Rajabhau Raut,
Washim
4. 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 Vamshi
Mohan Hyderabad
4. Mr. Balkrishna Mekala
Hyderabad
5. Mr. Vemula Srinivas
Secunderabad
6. Mr. A. Shanker
Nizamabad AP
7. Mr. Indur Raja Ratnam
NizamaAPbad
8. Mr. B. Anji Reddy Ranga
Reddy AP
9. Mr. Seddenki Ram Reddy
Ranga Reddy AP

10. Mr. ShivCharan Singh
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11. Mr. Karumula Srinivas
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22. Mr Purshottam Dudhe
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23. Mr Vijay Hedavu
Gadhcharoli

24. Ms. Padma Dhongade
Gadhcharoli
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McEwen--Washington, USA
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33. Mrs.Shashi
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34. Mrs.Shubhra
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35. Ms.Elizabeth Lily
Barry--California, USA
- 36-37. Mr.Srinivas Srinkanth &
Mrs.Preethi
Srinkanth--Texas, USA
38. Mr.Thomas Edward
Allen--Illinois, USA
39. Ms.Naomi Jonas--Ontario,
Canada

DHAMMA DOHAS

*Pantha dikhāyā buddha ne, calanā apanā kāma;
Calate calate āpa hī, miṭate dukkha 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.

*Cala sādḥaka calate rahen, deṣa aura paradeṣa;
Dharmacārikā se kaṭen, saba 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 much mettā,
A Vipassana meditator*

*Jivana men jāge dharama, tana mana pulakita hoyā;
Apanā bhī maṅgala sadhe, jana jana maṅgala hoyā.*

May Dhamma arise in our life and may it suffuse our body and mind! It will not only do good to me but also it will do good to every body.

*Jisa patha para calate huye, citta suddha ho jāya;
Vaha patha hī kalyāṇa patha, dharmā-pantha kahalāya.*

The path walking on which our mind is purified, is the right path which can truly be called Dhamma path, righteous path.

With best compliments from

MOTILAL BANARSIDASS

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