



# Vipassana Newsletter (HK Edition)

January 2008

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

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## WORDS OF DHAMMA

*Tanhāya jāyatī soko,  
tanhāya jāyatī bhayam;  
tanhāya vippamuttassa,  
natthi soko kuto bhayam.*

From craving arises grief,  
From craving arises fear;  
For one who is free from craving,  
There is no grief, much less fear.

Dhammapada 216

## True Devotion : The Importance of Meditation Practice - by S. N. Goenka

*(The following is a discourse given by Goenkaji at the Sambodhi Viharaya, Colombo, Sri Lanka in the evening on Buddha Purnima, the full moon day of Vesaka, 12 May 2006. It has been adapted for the Newsletter.)*

Most Venerable Bhikkhu Sangha and Dhamma friends:

Today, on this auspicious day, every devotee of the Buddha has to generate *mettā*, *karunā*, love, compassion, goodwill for everyone, for all beings. "May all beings be happy, be peaceful, be liberated from their miseries."

This *mettā bhāvanā* should be very strong, very effective. It will be strong only when you purify your mind. "I must be happy and peaceful myself to express and wish happiness to others. How can I wish happiness for others if my mind is agitated, if I have no peace within me?"

The Buddha gave a wonderful path. He taught how to purify the mind, not just at the surface level but at the depth, at the root level. When you generate *mettā* and *karunā* with a pure mind, it is very effective.

The path of purification that the Buddha gave to the world, to humanity, is universal. It is not limited to a particular community. The Buddha's teaching is not meant only for those who call themselves Buddhists; it is for one and all.

The teaching is not to convert people from one organized religion to another organized religion; it is to convert them from misery to happiness, from bondage to liberation.

I keep on remembering the Buddha's words. To those who were not his followers, he says, "I am not interested to make you my disciples. I am not interested to snatch

you from your teachers. I have discovered a path which will help you to come out of all your miseries. Come, give it a trial. Give it a trial just for seven days and see the results."

I do the same. I tell people of the world, of different communities, "Come and give it a trial for ten days and see the result. If you find it is good for you and good for others, then only accept it. Give it a trial."

This is what my teacher told me, "You are miserable, the people around you are miserable. Come, try this technique." And I accepted and I tried the technique for ten days, and I got wonderful results.

The Buddha's teaching gives results here and now, *akāliko*, wonderful results. When a few people from different communities give it a trial, the word starts spreading that it is so good.

The technique that the Buddha gave is totally non-sectarian. Anybody and everybody can practice and get the same result. One has to spare ten days and join a camp with a congenial atmosphere, with an experienced teacher and learn the technique.

You are asked to sit comfortably with eyes closed, back and neck straight and to just start observing the breath, nothing but breath. Pure breath, bare breath.

You are asked not to interfere with the natural flow of the breath. If it is deep, it is deep. If it is shallow, it is shallow. If it is passing through the left nostril, it is passing through the left nostril; if it is passing through the right nostril, it is passing through the right nostril. Just observe. Do nothing. Just observe the reality as it is — *yathā bhūta*.

Do not use any word or any mantra. No verbalization. When you observe breath, observe only breath, nothing but breath, which is the same for everybody. It is neither Hindu nor Muslim nor Buddhist nor Christian.

You should also not use any visualization or imagination. Observe the breath as it is.

The Buddha wants us to concentrate on a small area at the centre of the upper lip so that we will be successful. You are aware of the breath, you are aware of this area. Within three days, a student who comes to the course starts feeling some sensation or the other in this area.

From the fourth day onwards, one starts experiencing different types of sensations from the top of the head to the tips of the toes. Very soon, one starts realizing that these sensations are not merely related to the body, they are strongly related to the mind also.

When you generate anger, there are bound to be sensations of heat, palpitation, tension etc. which make you miserable. Similarly, whatever impurity arises in the mind, it arises with a sensation in the body.

These are not mere sermons. One starts experiencing the truth, "I am making myself miserable by generating some defilement or the other in the mind." This becomes so clear at the experiential level.

Whether one is a Hindu or a Muslim or a Christian or a Buddhist, everyone wants to come out of misery. Nobody wants to live a miserable life. The Buddha gave us a way to come out of misery by eradicating the defilements of the mind.

People from different communities keep coming to the courses because the teaching is so rational, so scientific and so non-sectarian and result-oriented.

When one generates anger, you cannot label it as Hindu anger or Muslim anger or Christian anger. Anger is anger and the misery that you experience because of this negativity cannot be labelled as Hindu misery or Muslim misery or Christian misery. Misery is misery. The way

that is given to come out of misery also cannot be given any label; it is universal. Anybody who practices it comes out of misery because one comes out of negativity.

The happiness that one experiences, the peace that one experiences, the harmony that one experiences cannot be labeled as Buddhist peace or Buddhist harmony. This peace, this harmony is universal. Anybody who practices the Buddha's teaching will experience the same peace and harmony.

The Buddha's teaching is so wonderful, so non-sectarian that people from all the religions of the world are attending Vipassana courses. The result that they get makes a big change in their outlook.

Hundreds of thousands of people around the world have taken Vipassana. They practice *sīla*, they practice *samādhi*, they practice *paññā*. Let them call themselves by any name, I don't care. They are the real followers of the Buddha. They are practicing the Noble Eightfold Path.

Sri Lanka is the land of Buddha Dhamma. I know all of you are devotees of the Buddha. Many of you must have been practicing Vipassana. Those who have not practiced, I invite you, come, *ehi-passiko*. Give me ten days of your life and get the good results of what the Buddha taught.

Everyone gets benefit, little or more, according to the effort one makes.

So on this auspicious day, I would like you to make a decision that you will practice Vipassana. This is the practical teaching of the Buddha. It is good to have devotion towards the Buddha; it is good to understand the Buddha at the intellectual level; but only the understanding at the experiential level will give the real benefit.

So practice the Buddha's teaching of Vipassana and be happy, be peaceful, be liberated.

*Bhavatu sabba mangalam* — May all beings be happy!

## Online Pāli Tipitaka with Unicode Font

The entire Chattha Sangāyana Pāli Tipitaka with its commentaries and sub-commentaries, along with other Pāli texts in Roman Pāli are now available at [www.tipitaka.org](http://www.tipitaka.org) with Unicode font.

A new online search engine has been launched to enable a search for specific words in the Tipitaka. It is a

database search facility and is in addition to the existing Google based search facility on the Tipitaka website. The direct link for the same is <http://www.tipitaka.org/search.html>. Users are requested to send their suggestions and request for additional features to [vriindia@gmail.com](mailto:vriindia@gmail.com).

## Vipassana in Hawaii

Hawaii has been enjoying a strong increase in Dhamma activities recently. Over the past few years there have been four non-centre courses with another one currently planned for this December. A new site was recently made available for non-centre courses on the Big Island of Hawaii. However, the organizing committee is looking at

options for a permanent centre for the coming years. Demand for the courses has been high, with most courses filled to capacity. Organizers plan to hold 3-5 non-centre courses per year over the next several years. For more information, please see [www.hi.us.dhamma.org](http://www.hi.us.dhamma.org) or contact [info@hi.us.dhamma.org](mailto:info@hi.us.dhamma.org).

## New Vipassana Centre in USA

The Southeast Vipassana Trust has purchased a forty-acre lot in Jesup, Georgia (one hour south of Savannah), USA in December 2006 for the Southeast Vipassana Meditation Centre, Dhamma Patāpa (Majesty of Dhamma).

This long-awaited day was marked by heavy equipment (operated by old students) rolling unceremoniously onto the 40 acres of land to start the work of leveling roads and foundations for the first two building sites.

The initial phase of construction will consist of two buildings to accommodate 24 students. With tents and trailers, the centre will be able to accommodate up to 40 students during this first phase of construction. A meditation hall, kitchen, dining area, AT residences, and an office are also included in this initial phase.

Additional buildings have already been designed and will be built in subsequent phases as demand and finances dictate. The construction drawings have been furnished by Myanmar architects; subsequently the buildings have Myanmar architectural design elements. Currently there is a 27-foot travel trailer and a 60-foot construction trailer being used for accommodation, kitchen and office. There

is additional land next to the centre which will be offered to old students wishing to build and live next to the centre.

The SE Trust has worked hard at forming a Dhamma Worker Construction Crew consisting of old students who have the volition to serve in this noble endeavor. Besides the construction crew, there is a Project Supervisor and a Construction Manager overseeing the project.

Presently, the trust is looking for a lead carpenter, carpenters and helpers to join this crew. It is hoped that framing will begin in mid to late December 2006. The trust is also looking for any Dhamma servers who would like to live on property and cook for the workers. For skilled construction workers, stipends will be considered on an as needed basis.

If you have interest in helping, please contact Jo'son Bell: Email: [seamansails@aol.com](mailto:seamansails@aol.com);  
Tel: 912-576-4435 (weekdays)  
912-552-5045 (weekends)

For comprehensive information about Dhamma Patāpa, visit: [www.patapa.dhamma.org/os](http://www.patapa.dhamma.org/os)

## Dhamma Dohas

*Dukhī dekha karunā jage, sukhī dekha mana moda;  
Mangala mairī se bhare, antasa otaparota .*

*Drsya aura adrsya saba, prānī sukhiyā honya;  
Niramala ho, nirabaira hon, sabhī nirāmaya honya.*

*Dason diṣāon ke sabhī, prānī sukhiyā honya;  
Nirabhaya hon, nirabaira hon, sabhī nirāmaya  
honya.*

*Jala ke, thala ke, gagana ke, prānī sukhiyā honya;  
Nirabhaya hon, nirabaira hon, sabhī nirāmaya honya  
Dūra rahe durbhavanā, dvesha hoyā saba dūra;*

Seeing the wretched, may compassion arise;  
seeing the happy, joy;

May the depths of the mind be filled and permeated  
with infinite love and good will.

Visible or invisible, may all beings be happy;  
Pure-minded, without enmity; may all be freed of ills.

In the ten directions, may beings be happy;  
Without fear or enmity, may all be freed of ills.  
Whether of water, earth or sky, may beings be happy;  
Without fear or enmity, may all be freed of ills.

## Web Versions of the Vipassana Newsletter

Vipassana Newsletter and Patrika can be downloaded from:  
<http://www.vri.dhamma.org/newsletters/>

## Hong Kong Course Information

<b>2008 10-Day Courses</b> <i>(For new and old students)</i>	
Course no.	Course Date
10D0085	January 9 ~20
10D0086	February 6 ~17
10D0087	March 19 ~ 30
10D0088	April 9 ~ 20
10D0089	May 7 ~ 18
10D0090	June 4 ~ 15
10D0091	July 9 ~ 20
10D0092	August 6 ~ 17
10D0093	October 1 ~ 12
10D0094	October 29 ~ November 9
10D0095	November 19 ~ 30
10D0096	December 17 ~ 28

<b>2008 Old Student Courses</b> <i>(For old students only)</i>	
Course Date	Course Type
January 27	1-day course old student course
February 24	1-day course old student course
March 6 ~ 9	3-day old student course
April 4	1-day course old student course
April 26 ~ 27	Dhamma worker workshop
May 1	1-day course old student course
June 29	1-day course old student course
July 1	1-day course old student course
July 27	1-day course old student course
August 28 ~ 31	3-day old student course
September 12 ~ 21	Satipatthana course **
September 28	1-day course old student course
December 6 ~ 7	Dhamma worker workshop

**Remarks:** \* 1-day and 3-day courses are only open to those who have completed a 10-day Vipassana Meditation course with S.N. Goenka or his Assistant Teachers.

\*\* Old students must fulfill the requirements below to be qualified for the Satipatthana Course:

1. Have completed at least three full 10-day courses with S. N. Goenka or one of his appointed assistant teachers.
2. Have practiced this technique for at least one year.
3. Have not practiced any other meditation techniques since the last course with S. N. Goenka or his appointed assistant teachers.
4. Have tried the best to maintain daily practice. (One hour in the morning and evening)
5. Endeavor to undertake five precepts in daily life, and must undertake to observe in particular the 3<sup>rd</sup> precept (abstaining from sexual misconduct) and the 5<sup>th</sup> precept (abstaining from intoxicants) once registered for the course.

\*\*\* For new students, old students and dhamma workers, please submit your application form at least **ONE** week before the commencement of the course.

### Teenagers Course: May 25, 2008 & Children Course: Oct 26, 2008

Children's Anapana Meditation Course is offered to children aged 8 - 12.

Teenagers Course is offered to teenagers aged 13-16

Introductory Notes, Parent or Guardian Information Sheet, Code of Conduct and Application Form, are available at [www.hk.dhamma.org/Children.htm](http://www.hk.dhamma.org/Children.htm) (Chinese version) and [www.hk.dhamma.org/ChildrenEng.htm](http://www.hk.dhamma.org/ChildrenEng.htm) (English version).

**Address:** Lot 7A, Section 3, Ngai Yuen New Village, Hang Tau, Sheung Shui, N.T.

**Tel:** 2671 7031    **Fax :** 8147 3312    **E-mail :** [info@hk.dhamma.org](mailto:info@hk.dhamma.org)

HK Vipassana Meditation Centre Website: <http://www.hk.dhamma.org>

International Homepage of Vipassana Meditation: <http://www.dhamma.org>

(If you wish to recommend the course to your friends or family, you can obtain useful information about the course and the centre facilities from the above website.)

The existing Hong Kong Vipassana Meditation Centre is a temporary centre. We are allowed to use the site for free by the compassionate landowner even though the lease has long been expired. However, we may move out of the site anytime. We hope this precious facility can be fully utilized by your efforts in spreading the 10 day Vipassana course to your friends and family members, for the benefits of many, for the real happiness, real peace and real harmony!

*Register On-line! Fast & Convenient! Visit HK Vipassana Meditation Centre website [www.hk.dhamma.org](http://www.hk.dhamma.org). To choose your course date from the list by click course date and application form. Fill in the On-line Registration Form and submit.*

## Latest Updates of the Hong Kong Vipassana Centre

### 1) New Responsibilities

Mr. Chiu Kam Ling – Senior Assistant Teachers

### 2) Open Camp at the Hong Kong Vipassana Meditation Centre

Open camps will be held at the Hong Kong Vipassana Meditation Centre on Sundays immediately after each 10-Day course. All students who have completed at least one 10-Day course are welcome to join. The camp will run from 9am to 5pm. There will be two group sitting sessions from 10:00 ~ 11:00 am and from 2:30 ~ 3:30 pm. Simple vegetarian lunch will be provided. Please contact Eva Kwok (Tel: 6410 8796 / Email: evakwok2006@yahoo.com.hk) or Stacey Chan (Tel: 6504 5000 / Email: staceychan77@hotmail.com) for enquiries or registration.

### 3) Group Sitting at the Hong Kong Vipassana Meditation Centre

Group Sittings will be held at the Hong Kong Vipassana Meditation Centre on the following dates. All students who have completed at least one 10-Day course are welcome to join. The Centre will be opened from 2:30 pm ~ 4:30 pm. Group sitting will start at 2:45pm and finish at 4:00pm. Please contact Savinna Fung (Tel: 9012 6411) or Eva Kwok (Tel: 6410 8796) or for enquiries.

Group Sitting Schedule: Jan 5, Jan 26, Feb 2, Feb 23, Mar 1, and March 15 (Saturdays)

### 4) Termination of Group Sitting in Wan Chai

Please be informed that weekly group sitting in Wan Chai will terminate on January 1, 2008. Final Group Sitting at this venue will take place on December 27, 2008.

### 5) Monthly Vipassana Trustee's Meeting

Old students who are interested in knowing more about the operation of the Hong Kong Centre and who are willing to help with the centre's affairs are welcome to participate in the Monthly Trustee's Meetings.

One-hour pre-meeting group sitting will start at 10:00am, and the Trustee's Meeting will begin at 11:15am and end around 1:00pm.

Meeting Schedule: Jan 6, Feb 3, Mar 2, Apr 6, May 4 and Jun 1 (Sundays)

### 6) Protect the Environment, Save Paper / Update Your Contact Details

Old students who would like to receive *Vipassana Newsletter* by email or who have changed contact details, please email your name in Chinese and English, new address, email address and telephone number to [info@hk.dhamma.org](mailto:info@hk.dhamma.org) or fax to 8157 3312.

### 7) Donation

If old students wish to practice their dana paramis (donation), please:

#### a) Direct Transfer

Beneficiary Bank: Hang Seng Bank Ltd.

Bank Address: 83, Des Voeux Road Central, Central, Hong Kong

Beneficiary Account No.:

263-279812-668 (for HK Dollars account)

263-279812-201 (for US Dollars account)

Beneficiary Name:

Hong Kong Vipassana Meditation Centre Ltd.

Swift Code: HASEHKHH

#### b) Via Cheque

Please send your crossed cheque payable to "**Hong Kong Vipassana Meditation Centre Ltd.**" to Box 5185, GPO, Hong Kong.

We should be grateful if you would send relevant information after you made the donation to us via email: [info@hk.dhamma.org](mailto:info@hk.dhamma.org) or fax: (852) 8147 3312.

Hong Kong Vipassana Meditation Centre is a registered Charitable Organization. Please provide your full name and correspondence address. Receipt will be send to you for tax deduction.

### *Dhamma servers needed*

**a) Site supervision:** A long-term supervisor is needed to maintain the proper function of the site and as a coordinator for the repair and maintenance for the buildings. This is an important task to ensure the smooth running of the courses and provide minimum comfort for the meditators. Applicants who are able to serve six months or above preferred.

**b) Course Dhamma Worker:** Course Manager, Dhamma Workers, Interpreters and Kitchen Workers are needed to serve the above listed courses. Brief training meetings will be held before the courses. S. N. Goenkaji repeatedly emphasizing the importance of serving. By giving dhamma service, one not only helps others but also develops one's paramis and applies dhamma into practice. Dhamma worker can serve part-time or full-time.

**c) Old students or Dhamma Servers who wish to assist:**

- in setting up 10 days course preparation on Day 0 and supervising on closing Day 11
- site renovation works
- translation for Hong Kong Vipassana Newsletters and other bulletins

For details, please contact Eva Kwok (Tel: 6410 8796), Savinna Fung (Tel: 9012 6411), Judy Ma (Tel: 9197 2770) or write to: [info@hk.dhamma.org](mailto:info@hk.dhamma.org)

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### Vipassana Websites

**Vipassana introduction:** [www.dhamma.org](http://www.dhamma.org)  
Contains information about Goenkaji, Vipassana centres worldwide, Code of Discipline, Application Form for ten-day courses, etc.

**Dhamma Giri:** [www.vri.dhamma.org](http://www.vri.dhamma.org)  
Contains information about Vipassana Research Institute, Vipassana Newsletter and Patrika, Indian Vipassana centres, schedule of courses, etc.

**Vipassana (old students only):**  
[www.dhamma.org/os](http://www.dhamma.org/os)  
Contains information for old students of Vipassana.

**Pāli Tipitaka website:** [www.tipitaka.org](http://www.tipitaka.org)  
Contains the Chattha Sangāyana Tipitaka with commentaries in Unicode Roman script.

**Global Pagoda website:** [www.globalpagoda.org](http://www.globalpagoda.org)  
Contains updated information including facility for online donation.

**Prison course website:** [www.prison.dhamma.org](http://www.prison.dhamma.org)

**Executive course website:** [www.executive.dhamma.org](http://www.executive.dhamma.org)