Building the Dwelling of Dhamma

By Mr S. N. Goenka

The hour of Vipassana has struck at many places throughout the world. For years, devoted students from many countries have worked hard to make the Dhamma available to others. Now, with the development of many centers around the world, their efforts are coming to fruition.

The establishment of centers marks a new stage in the spread of Vipassana. It is important to understand their significance.

Centers for Vipassana meditation are not clubs designed for the enjoyment of their members. They are not temples in which to perform religious ceremonies. They are not places for socializing or entertainment. They are not communes where members of a sect can live in isolation from the outside world, according to their own particular rules.

Instead, centers are schools which teach one subject: Dhamma, the art of living. All who come to these centers, whether to meditate or to serve, come to receive this teaching. They must therefore be receptive in their attitude, trying not to impose their ideas, but rather, to understand and to apply the Dhamma that is offered.

To ensure that the Dhamma is offered in its strength and purity, there is strong discipline at the centers. The more carefully it is maintained, the stronger the center will be. Many ordinary activities are forbidden by the discipline, not because there is anything wrong with them, but because they are inappropriate at a center for Vipassana meditation. Remember, these are the only places where one can learn this type of Vipassana. The discipline is a way of preserving the unique purpose of these centers; it should be guarded carefully.

The foundation of the edifice of Dhamma that is being constructed at these centers is Sila (moral conduct).

Practicing Sila is the essential first step in a Vipassana course since, without it, meditation will be weak. It is equally essential that all who serve at the centers keep the Five Precepts as carefully as possible. The rule of Dhamma has been established at these centers, and there should be no killing on Dhamma land, no stealing, no sexual activity, no wrong speech, and no use of intoxicants. This will create a calm and peaceful atmosphere conducive to the work of self-purification.

With the firm base of Sila, the practice of self-purification can proceed. Keep in mind that this is the most important task at the centers—first, last and always. All who come to serve at them, even for a few hours, must not neglect their duty to meditate there as well. By doing so, the Dhamma atmosphere gets strengthened and support is given to the other meditators.

These centers are not of course, the only places at which meditation and the teachings of the Buddha are practiced; but they are the only places devoted to this particular transmission of the teachings, to this particular form of Vipassana. They must be kept, at all times, specifically for this purpose.

The final essential part of the technique is metta, and this must be practiced by all who come to the centers, whether to attend a course or to serve. For meditation and service to be beneficial, they must be performed joyfully, selflessly and lovingly. All tasks that are undertaken should be done with the volition: “May all beings be happy!” The centers must always radiate love and goodwill so that all who enter them feel that they have entered a sanctuary of peace.

May each and every center become a true dwelling of the Dhamma, in the shelter of which, many may find the way out of suffering.

Bhavatu sabba mangalam — May all beings be happy!
Special Update on the Progress of Tung Wan Land Application for Permanent Centre (Dhamma Mutta)

The Latest Development

After years of anticipation and rounds of negotiations with the HKSAR government, the Dhamma Mutta Project has finally moved forward and taken a significant step.

On June 26, 2008, the Lands Department (hereon referred to as “LandsD”) has officially offered the Tung Wan land to us at a premium of HK$33.339 million subject to the following main terms:

<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area of the Lot</td>
<td>7,540 square meters</td>
</tr>
<tr>
<td>Lease Term</td>
<td>50 years from the date of agreement</td>
</tr>
<tr>
<td>Administrative Fee</td>
<td>$201,600.00</td>
</tr>
<tr>
<td>Rent</td>
<td>An annual rent of an amount equal to 3% of</td>
</tr>
<tr>
<td></td>
<td>the rateable value from time to time of the lot</td>
</tr>
</tbody>
</table>

The premium offered is much higher than our expectations and beyond our consultant’s initial estimation. The Tung Wan Project Management Committee (“TWPMC”) has taken immediate action and responded to the government upon receiving of the LD’s offer:

- writing to LandsD for extension to respond to the District Lands Office/Island (“DLO/Is”) offer.
- arranging meeting with the Home Affairs Bureau (“HAB”) for their support to reduce land premium

As a result of the Project Team’s effort:

- The LandsD has kindly agreed to withdraw their letter and promised to make a new offer in September 2008.
- A meeting was held in early July 2008, where our representatives met with officials from HAB and LandsD. We have expressed our stance and reasons for not accepting the government’s offer and requested the government to consider reducing the land premium taking into account that the land is not used for commercial purpose, but as a venue for learning and practicing meditation.
- Subsequent to the meeting, we have followed up by preparing our formal response in writing to the HAB in which we detailed our request and substantiations for reducing the land premium.

How you can help?

While the TWPMC is progressing forward in the application for Tung Wan Land, you could show support by:

**Participating in Planning and Development of the Dhamma Mutta Project**

We welcome everyone to join the project team. Utilize your skills in various areas including: structural and groundwork for slopes, mechanical & electrical engineering, landscape architecture, environmental protection, project management or site supervision etc., please contact Mr. K.W. PUN at <kwpun@litecraft.com.hk> or mobile number 9016-8110.

**Assisting through Dana (Donation)**

If you wish to perform ‘dana paramis’ i.e merit of donation, please fill in the ‘Dana Pledge’ form attached and return to us by mail. We appreciate your support in participating in the land purchase and construction of Dhamma Mutta – the dwelling of Dhamma where we learn the art of living and liberated from sufferings. Please contact Ms Stacey CHAN at <staceychan@ymail.com> or mobile number 6304-5000 for further information.

*Please visit www.hk.dhamma.org/mutta.html for further information*
International News

Cyclone in Myanmar

The recent cyclone has caused unimaginable damage to life and property in Myanmar, the beloved country that preserved Vipassana through the millennia and gifted it to all of us in modern times.

The cyclone has also caused damage to the five Vipassana centers in Southern Myanmar. A special account has been set up through Dhamma Giri for all of those who wish to help rebuild and repair these centers.

Those who give are requested to send an e-mail to info@giri.dhamma.org giving details such as name, complete address, amount donated and date on which money is transferred, and requesting that the donation be used for rebuilding and repairing the Vipassana centers in Myanmar.

Account information follows:
Account Name: Sayagyi U Ba Khin Memorial Trust,
Account No. A/c 11542160342 ,
Name of the bank: State Bank of India, Igatpuri, India
The swift code for Sayagyi U Ba Khin memorial trust : SBININBB528 - Branch code 01247
Beneficiary : “Sayagyi U Ba khin Memorial Trust account 11542160342” at Igatpuri Branch. State Bank of India, Branch Igatpuri.

Global Pagoda Update

A ceremony for the inauguration of the second dome of the Global Vipassana Pagoda was held on Sunday, May 18, 2008. The photos below show the current state of construction.

First Course in Lebanon

Lebanon has long been a crossroads of East and West, a vibrant and varied society. For some time, Lebanese students of Vipassana have been trying to organize a course in their country. The need was all the greater with the suffering and turmoil faced by Lebanese people in recent years.

When plans for a course near Beirut were announced in late 2007, old students stepped forward to offer financial contributions and Dhamma service. They included people living in Lebanon as well as others who had moved abroad.

The site was in the Al-Shouf mountains one hour east of Beirut—a government facility sponsored by the World Bank to protect and develop Lebanon’s beautiful cedar forests. Workers at the facility were careful to respect the need for silence and quiet. Silent retreats are known and valued by residents of the surrounding villages.

The course took place in January 2008, with 15 students completing it. All but two of them were new students. Among the Dhamma workers were people living in Lebanon as well as others with roots in Europe, Iran, the United States, Canada and Armenia. They reflected in miniature the diversity of Lebanese society. The assistant teachers came from Canada; instruction was provided in English and French.

The course was a rich experience. Outside, turmoil continued; here in the mountains, the peaceful atmosphere of Vipassana prevailed. On Metta Day, the silence gave way to expressions of joy and hopes to hold another course soon.

Many people have offered help, not only in Lebanon but in nearby countries. To make the teaching more widely available, naturally it must be possible to hold courses in Arabic. In fact, some old students have been working on translation of the discourses into that language. In addition, a professional translator has been commissioned to translate The Art of Living and the book should appear within 2008. When it does, The Art of Living will be available in all the official languages of the United Nations.
In the meantime group sittings are being held weekly in Beirut and plans are being made for a course this summer. For information on these as well as future courses in Lebanon, please contact halahb@inco.com.lb.

**New Development Project at Dhamma Mahi**

*Dhamma Mahi*, the first Vipassana center in Europe, was established in 1988. Located in a quiet and rural part of France, the center has a conducive meditation atmosphere. After hosting more than 400 Vipassana courses, the center has truly grown into an ideal place to meditate. The demand to sit courses is constantly increasing and so there are frequently long waiting lists.

To meet the expanding demand, the *Dhamma Mahi* Trust has decided to launch a major development project. The center will be expanded from its present capacity of 90 people to 150 (approximately 120 students and 30 servers). The first phase of the development is the construction of a new Dhamma Hall. This will be a separate building made principally of wood. The estimated cost, along with a fire access road and outdoor circulation paths, is approximately 500,000 euros.

Construction will begin in March 2008 and is scheduled to finish in September 2008.

**Vipassana in the Czech Republic**

Old students in the Czech Republic, who had sat courses in other parts of the world started organizing and meeting for occasional group sittings in 2003-04. These led to a meeting in the summer of 2004 to discuss details involved in translating the course material and in organizing a course.

A suitable site was found in early 2006, and work on translating the course material started in earnest. It was a boarding house in Zihle near Pilsen (about halfway between Prague and the German border). The facility is in the middle of a forest but well serviced by public transportation. It is used mainly for school trips for children from cities.

In summer 2006, there was a meeting to discuss European non-center activities in Vienna, Austria. The Czech old students went to the meeting feeling overwhelmed by all the problems that they needed to solve for the course. They were sure they would not have enough time to finish everything in time. But the meeting gave them renewed hope, enthusiasm and determination.

It was a challenge. The translations and recordings of the course material were finished just in time. Setting everything up was hectic with only a handful of people available to help. But in the end everything worked out and the course was ready to begin in late 2006.

The building capacity far exceeded course needs. This meant that the rent was higher. On the other hand, segregation was easier and nearly all old students could be given single rooms.

Christmas is the most important holiday in the Czech Republic but the site was available only at this time. Many Czechs could not imagine spending this time away from their family. However, this is also the time of peak demand for courses, and the European centers are all booked months ahead. As a result, many students came from other European countries, particularly Germany, for the course. Only about one third of the students were from the Czech Republic.

About 80 students participated. The course was conducted in English, German and Czech.

Although not ideal, the facility worked. Warm weather helped keep a poorly insulated meditation hall usable. *Dhamma Dvara*, the center in Germany, provided support; an old student gave a loan to cover food costs; and an experienced team of Dhamma workers also came from Germany. All these factors helped make the course a success.

As a result of the high rent and some one-time expenses (meditation cushions, etc.), the course ended with a deficit, but this was covered by generous old students.

The same facility was used again a course at the end of 2007. The owners had been impressed and happy with the Vipassana group the year before; they offered somewhat better terms and even insulated the area used for the main meditation hall. This time things went much more smoothly and dana covered costs.

Unless a more suitable location is soon found, the Zihle boarding house will be used again in late 2008. There is also the possibility of a course in July near Prague.
Regular group-sittings have begun in Prague, where most old students live, at a local kindergarten twice a week. The Art of Living is being translated and the movie Doing Time, Doing Vipassana will soon be available for screenings with Czech subtitles. A Czech version of the dhamma.org web page is also available: www.cz.dhamma.org.

The German center Dhamma Dvara is only a few kilometers from the Czech border and is easy to reach from the Czech Republic.

New Center Opens in Southeastern USA

The Southeast Vipassana Meditation Center, Dhamma Patapa, will open for its first course on March 12, 2008. The center is located in Jesup, Georgia. A 40-acre parcel of land was purchased for the site in December 2005 and construction began in April 2006. The Center consists of three buildings. One will be used as servers’ and assistant teachers’ accommodations, a kitchen and students’ dining facilities. Another building holds sleeping quarters for 28 students and a meditation hall with seating capacity for 40 students. The last and smallest building will be used for registration, Day 10 display and server dining. Future expansion plans will eventually bring the center to a capacity of over 100 students.

The quiet beauty and seclusion of this property make for an ideal meditation environment, which will serve students in the southeastern USA for years to come. Sixteen 10-day courses, a Satipattana course, a children’s course, and a teenager’s course have been scheduled for 2008. See www.patapa.dhamma.org for more information.

Activities in Scandanavia

Scandinavia consists of a small group of countries with very similar cultures, languages and history. So far the region has only one center: the Nordic Vipassana Center, Dhamma Sobhana, in Sweden.

Two courses in English were previously held at rented locations in Norway. But a search for a new temporary location in that country has not yielded results. For this reason the Norway Vipassana Association is focusing on courses at Dhamma Sobhana.

A small but dedicated team is currently translating the 10-day discourses and instructions into Norwegian. The aim is to soon be able to meet the demand for courses in the Norwegian language. The program of courses at the Nordic Vipassana Center will then expand to include bilingual courses in Norwegian and English.

Questions and Answers from Goenkaji

Questions and Answers from Goenkaji drawn from various public talks and discourses

You talk about conditioning of the mind. But isn’t this training also a kind of conditioning of the mind, even if a positive one?

On the contrary, Vipassana is a process of de-conditioning. Instead of imposing anything on the mind, it automatically removes unwholesome qualities so that only positive, wholesome qualities remain. By eliminating negativities, it uncovers the positivity which is the basic nature of the pure mind.

How can the world function without attachment? If parents were detached then they would not even care for their children. How is it possible to love or be involved in life without attachment?

Detachment does not mean indifference; it is correctly called “holy indifference.” As a parent, you must meet your responsibility to care for your child with all your love, but without clinging. Out of pure, selfless love you do your duty. Suppose you tend a sick person, and despite your care, he does not recover. You don’t start crying; that would be useless. With a balanced mind, you try to find another way to help him. This is holy indifference: neither inaction or reaction, but real, positive action with a balanced mind.

Is it against morality to kill an enemy if you are a member of the armed forces?

Yes. But at the same time, the army is necessary for the protection of the country, for the protection of the civilians. The army should not be used just to kill others. It should be used to show the strength of the country, so that an enemy cannot even have the thought of being aggressive and harming people. Therefore, the army is necessary. But not to kill, just to show strength. If somebody is harming the country, then the first thing to do is to give a warning. Otherwise, if it becomes necessary, action has to be taken. But then again, the soldiers have to be trained not to have anger, not to have animosity. Otherwise, their minds will become
unbalanced, all their decisions will go wrong. With a balanced mind, we can take good decisions, right decisions, which will be very helpful to us and helpful to others.

Is the generation of metta a natural consequence of the purity of the mind, or is it something that must be actively developed? Are there progressive stages in metta?

Both are true. According to the law of nature – the law of Dhamma – as the mind is purified, the quality of metta develops naturally. On the other hand, you must work to develop it by practicing Metta Bhavana. It is only at a very high stage of mental purity that metta is generated naturally, and nothing has to be done, no training has to be given. Until one reaches that stage, one has to practice.

Also, people who don’t practice Vipassana can practice Metta Bhavana. In such countries as Burma, Sri Lanka and Thailand, Metta Bhavana is very common in every household. However, the practice is usually confined to mentally reciting “May all beings be happy, be peaceful.” This certainly gives some peace of mind to the person who is practicing it. To some extent good vibrations enter the atmosphere, but they are not strong.

However, when you practice Vipassana, purification starts. With this base of purity, your practice of Metta naturally becomes stronger. Then you won’t need to repeat these good wishes aloud. A stage will come when every fiber of the body keeps on feeling compassion for others, generating goodwill for others.

There is an apprehension that the pagoda coming at Mumbai might lead Vipassana into another sect.

Well, if this teacher will have at least a few more years of his life, you will see that he is so strict that he will not allow anything that we are doing to take the turn of sectarianism. If the pagoda becomes a tool for making Buddha’s teaching a sect, an organized religion, then all our teaching has gone to mud. If this pagoda is used for people who come and pray, “Oh pagoda, please give me this, please give me that, I need this, I need that,” then the whole thing will become an organized religion, certainly.

However, we are going to use the pagoda in the correct Dhamma way. That is, the pagoda is only for telling more and more people about Vipassana. They will first come to the pagoda out of curiosity to know what is in such a magnificent building. And when they come there, they get the information: “Well, look, he was the Buddha, and what sort of Buddha, and what he taught, and what happened in his life, and the Vipassana that made him a Buddha, and Vipassana that made him a good Dhamma teacher for the whole world, and people got so much benefit.” We will give this information, and out of, say ten thousand people who come, maybe at least a hundred benefit and the rest get at least the right message. So we will see that this pagoda is not allowed to build up another sect. Otherwise our purpose will be lost.

### Hong Kong Course Information

#### 2008 10-Day Courses

**For new and old students**

<table>
<thead>
<tr>
<th>Course no.</th>
<th>Course Date</th>
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</thead>
<tbody>
<tr>
<td>10D0092</td>
<td>August 6 ~ 17</td>
</tr>
<tr>
<td>10D0093</td>
<td>October 1 ~ 12</td>
</tr>
<tr>
<td>10D0094</td>
<td>October 29 ~ November 9</td>
</tr>
<tr>
<td>10D0095</td>
<td>November 19 ~ 30</td>
</tr>
<tr>
<td>10D0096</td>
<td>December 17 ~ 28</td>
</tr>
</tbody>
</table>

#### 2008 Old Student Courses

**For old students only**

<table>
<thead>
<tr>
<th>Course Date</th>
<th>Course Type</th>
</tr>
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<tbody>
<tr>
<td>August 28 ~ 31</td>
<td>3-day old student course *</td>
</tr>
<tr>
<td>September 12 ~ 21</td>
<td>Satipatthana course **</td>
</tr>
<tr>
<td>September 28</td>
<td>1-day old student course *</td>
</tr>
<tr>
<td>December 6 ~ 7</td>
<td>Dhamma worker workshop ***</td>
</tr>
</tbody>
</table>

**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 3rd precept (abstaining from sexual misconduct) and the 5th 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.
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, 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) **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 Savinna Fung (Tel: 9012 6411 / Email: savinnafung@gmail.com) for enquiries or registration.

2) **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: Sep7, Oct19, Nov16, and Dec 14

3) **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 or fax to 8147 3312.

4) **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 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.

5) **Extension of the Hang Tau Center**

The Center Management has renovated an extended area next to the Hang Tau center which includes a large dormitory that accommodates 12 new male students, a separate dormitory for 6 old male students, servers area with four beds, individual room for male course manager, indoor and outdoor dining facilities as well as a mini meditation hall. The former Male Dormitory has been rearranged and transformed into Female Dormitory for old students. Most bunk beds have been refitted as single beds. With some additional purchase, students can now be allocated to single beds or the lower deck of bunk beds in most courses.

The renovation work has improved the living condition for all students as well as servers and further reinforces male and female segregation.
香港內觀中心
Hong Kong Vipassana Meditation Centre

(依據香港稅務條例規範，豁免課稅之非營利性組織)
(Non-profit making organization exempted from tax under section 88 of the Inland Revenue Ordinance)

Postal address: Box 5185, GPO, Hong Kong.
Tel: 2671 7031   Fax: 8147 3312
Email: info@hk.dhamma.org
Website: www.hk.dhamma.org

捐款承諾書
DANA PLEDGE

我願意捐款給香港內觀中心 I would like to make a contribution to the HKVMC:

- 以購買東灣土地及興建新中心
  For purchase of land and development of the proposed Centre at Tung Wan
- 以作課程及日常營運費
  For course and operating expenses

姓 名 Name : ___________________  連絡電話 Phone No. __________________
連絡地址 Address : __________________________________________________________

捐款形式 Donation:
- 一次過捐款 One-off Donation HK$ __________
- 每月捐款 Monthly contribution of HK$ __________

捐款辦法 Payment method:
- 直接轉帳 / By direct transfer
  • 恆生銀行 (024) / Hang Seng Bank (024) (Swift code: HASEHKHH)
    • 港幣帳戶 / Hong Kong Dollar account :  263-279812-668
    • 外幣帳戶 / Foreign Currency account :  263-279812-201
    • 受款人/ Beneficiary: 香港內觀中心/Hong Kong Vipassana Meditation Centre Ltd
- 支票匯票 / By sending a cheque or money order
  • 抬頭: 香港內觀中心 / Payable to “Hong Kong Vipassana Meditation Centre Ltd”
  • 地址 / Postal address:  Box 5185, GPO, Hong Kong

超過港幣 100 元之捐款在香港是可以銷稅的，請選擇本中心簽發收據之形式。
Donations of over HK$ 100 are tax-deductible in Hong Kong. Please tick the appropriate box if
you wish / or do not wish to receive any receipts.

- 每六個月 Bi-annually  - 每年 Annually  - 不需要 Not Necessary

請以正楷書寫，並寄回本中心 Please print clearly using BLOCK LETTERS and return to the above address.

VMC Office use only:
Booking by: ______________  Date received: ______________  Date commenced: ______________
Web Versions of the Vipassana Newsletter
Vipassana Newsletter and Patrika can be downloaded from:
http://www.vri.dhamma.org/newsletters/

HONG KONG VIPASSANA MEDITATION CENTRE
香港內觀靜坐中心
G.P.O. Box 5185, Hong Kong
香港郵政總局信箱 5185 號

Vipassana Websites

Vipassana introduction: 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
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
Contains information for old students of Vipassana.

Pāli Tipitaka website: www.tipitaka.org
Contains the Chattha Sangāyana Tipitaka with commentaries in Unicode Roman script.

Global Pagoda website: www.globalpagoda.org
Contains updated information including facility for online donation.

Prison course website: www.prison.dhamma.org

Executive course website: www.executive.dhamma.org