

Vipassana Newsletter (HK Edition)

January 2010

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

HONG KONG VIPASSANA MEDITATION CENTRE
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Words of Dhamma

*Yogā ve jāyatī bhūri
ayogā bhūrisa, khayō.
Etaṃ dvedhāpathaṃ ñatvā
bhavāya vibhavāya ca,
tathāttāmaṃ niveseyya
yathā bhūri pavaḍḍhati.*

Verily, from meditation arises wisdom.
Without meditation, wisdom wanes.
Knowing this two-fold path
of gain and loss,
let one so conduct himself
that wisdom may increase.

— Dhammapada 282

Inauguration of the Global Vipassana Pagoda

A long-cherished dream of Goenkaji was fulfilled on February 8, 2009, with the inauguration of the Global Vipassana Pagoda on the outskirts of Mumbai. Attending the event were thousands of meditators, dignitaries and guests from around the world, including the President of India, Mrs. Pratibha Patil.

President Patil hailed the Global Vipassana Pagoda as a monument of peace and harmony that would help to dispel hatred and violence. She noted that she herself had taken a 10-day Vipassana course, and described Vipassana as a way to gain control over the mind, develop purity of heart and live a more balanced life.



The President of India, Mrs. Pratibha Patil, greets Goenkaji at the inauguration ceremony.

In his speech, Goenkaji stressed that the Buddha was not the founder of a religion but instead the teacher of a simple, scientific way to develop peace and harmony for oneself and others—a way that can be applied by people of any religion or background. Goenkaji also emphasized that the Global Vipassana Pagoda was not a site for religious ceremonies but instead a place for the practice of Vipassana meditation.

A day earlier, on February 7, Goenkaji, Mataji and thousands of Vipassana meditators and guests watched the traditional raising of the *Dhamma dhaja* (flag of Dhamma) and crystal to their position at the very top of the Pagoda, completing the structure. This was followed by *sangha-dāna* (offering of a meal and gifts) for bhikkhus from Myanmar, Thailand, Sri Lanka and India.

Towering 325 feet, the Global Vipassana Pagoda is a symbol of gratitude to the Buddha and the chain of teachers who preserved the Dhamma for 2,600 years. Modelled on the Shwedagon Pagoda in Yangon, it also gives visible expression to India's debt to Myanmar, from where the teaching of Vipassana returned to the land of its origin in modern times.

Unlike the Shwedagon, the Global Vipassana Pagoda is a hollow structure containing a domed hall. At the apex of the dome, a golden Dhamma wheel marks the point where relics of the Buddha have been enshrined, donated by the government of Sri Lanka and the Mahabodhi Society of India.

The hall has a capacity of about 10,000 and has already been used for one-day Vipassana courses.



The completed structure of the Global Vipassana Pagoda. The brass umbrella at the top stands approximately 20 feet high.

The Global Vipassana Pagoda is Asia's tallest stone monument and took 11 years to build. For the structure, a system was devised of interlocking stones grooved to stay in place. Each stone had to be cut individually and adjusted by hand to match the intricate design. Some stones weigh as much as 700 kilograms. The use of stone and lime mortar provides far greater strength and longevity than concrete and steel; the Global Vipassana Pagoda is expected to stand for hundreds of years.

This is the largest dome in the world without interior support. It is 280 feet in diameter and 90 feet high.

Two 60-foot pagodas flank the main structure. One of these will contain meditation cells. The Pagoda complex will also house libraries and information galleries presenting the life and teaching of the Buddha.



A close-up of the very top of the Global Vipassana Pagoda. The natural rock crystal is over two feet long and has been carved in the shape of a lotus bud.

Next to the Global Vipassana Pagoda stands a Vipassana meditation centre, *Dhamma Pattana*, where 10-day and old-student courses have been held regularly since October 2007.

The Pagoda was opened to the public after the official inauguration. It is expected to attract thousands of pilgrims and seekers of peace, and to help large numbers of people from India and around the world become aware of the teaching of the Buddha.

For more information, visit the Global Vipassana Pagoda website: www.globalpagoda.org

Bhavatu sabba mangalam — May all beings be happy!

Questions and Answers from Goenkaji

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

Question: How does one escape anger?

Goenkaji: With the practice of Vipassana! A Vipassana student observes respiration, or the bodily sensations caused when angry. This observation is with equanimity, with no reaction. The anger soon weakens and passes away. Through continued practice of Vipassana, the habit pattern of the mind to react with anger is changed.

Question: I can't suppress my anger, even if I try.

Goenkaji: Don't suppress it. Observe it. The more you suppress it, the more it goes to the deeper levels of your mind. The complexes become stronger and stronger, and it so difficult to come out of them. No suppression, no expression. Just observe.

Question: How can the mind remain balanced when we are in pain?

Goenkaji: Whenever something happens in the external world that we do not like, there are unpleasant sensations in the body. A Vipassana meditator focuses the entire attention on these sensations without reacting, just observing them very objectively. It is very difficult in the beginning, but slowly it becomes easier to observe the gross unpleasant sensations - what we call pain - with a balanced, calm mind. Pleasant, unpleasant, makes no difference. Every sensation arises only to pass away. Why react to something that is so ephemeral.

Question: How does Vipassana solve the problems of society?

Goenkaji: Society is after all, nothing but a group of individuals. To solve the problems of society, the problems of the individual must first be solved. We want peace in the world, yet we do nothing for the peace of

the individual. How is this possible? Vipassana makes it possible for the individual to experience peace and harmony. Vipassana helps to solve the individual's problems. This is how society begins experiencing peace and harmony. This is how the problems of the society begin to be solved.

Question: Isn't excusing a sinner encouraging sin?

Goenkaji: Never encourage sin. Stop people from committing sin. But don't have aversion or anger towards the sinner. Have love, compassion, metta. This person is a miserable person, an ignorant person, who doesn't know what he is doing or she is doing. They are harming

themselves and harming others. So you will use all your strength, physical and vocal, to stop this person from committing sin, but with love and compassion towards them. This is what Vipassana will teach you.

Question: If a negative act is committed for the good of others, is it bad ?

Goenkaji: Certainly it is bad. A negative act starts harming you. When you have harmed yourself, you can never help anybody else. A lame person cannot help another lame person. First you have to make yourself healthy, and then you will find that you have started helping others.

Hong Kong Course Information

2010 10-Day Courses (For new and old students)	
Course no.	Course Date
10D0111	January 13 ~ 24, 2010
10D0112	February 10 ~ 21
10D0113	March 3 ~ 14
10D0114	March 31 ~ April 11
10D0115	April 28 ~ May 9
10D0116	May 19 ~ 30
10D0117	June 9 ~ 20
10D0118	June 30 ~ July 11
10D0119	July 21 ~ August 1
10D0120	August 11 ~ August 22
10D0121	September 1 ~ September 12

2010 Old Student Courses (For old students only)	
Course Date	Course Type
December 31, 2009 - January 3, 2010	3-day old student course *
February 28	1-day old student course *
April 18	1-day old student course *
May 13 - 16	3-day old student course *
June 6	1-day old student course *
August 29	1-day old student course *
September 18 - 19	Dhamma worker workshop ***
September 23 - 26	3-day old student course *
October 29 – November 7	Satipatthana course **

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.

Children's Course : March 21, 2010
Teenager's Course : November 14, 2010

Children and Teenager Meditation Course are offered to children aged 8 – 12 and teenagers 13 – 16 respectively. Introductory Notes, Parent or Guardian Information Sheet, Code of Conduct and Application Form, are available at: www.hk.dhamma.org

Latest Updates of the Hong Kong Vipassana Centre

1) Group Sitting Venues

From September 13, 2009 onwards, there is one group sitting venue opened for old students on every Sunday Morning 10 am to 12 noon.

Address: 10/F., Flat A Valiant Industrial Building,
 Au Pui Wan Street.
Please call Eva Kwok 9155 7688 or Timothy Wong 90127697 for registration.

Please bring meditation cushion if necessary.

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: Jan 10, Feb 7, Mar 28, Apr 25, May 30, Jun 27, Jul 18, Aug 8, Sep19, Oct24, Nov28, Dec19

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) Servers Needed !

We are looking for old students who are able to cook to serve (full-time or part-time) the coming courses.

Help Needed!

The Hang Tau is looking for the following items:

- second hand fax-machine, and
- steel cabinet

In addition, we are also looking for old students who have had experience as a water-pipe technician for center maintenance work.

If you are able to help, please call Eva Kwok at 9155 7688.

香港內觀靜坐中心有限公司
Hong Kong Vipassana Meditation Centre Ltd

(以非牟利宗旨在香港成立有限公司)

(A non-profit making purpose to form as limited liability
company domiciled and incorporated in HK)

Postal address: GPO Box 5185, Hong Kong.

Tel: 2671 7031 Fax: 8147 3312

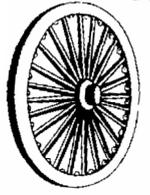
Email: info@hk.dhamma.org

Website: www.hk.dhamma.org

捐款承諾書

DANA

PLEDGE



我願意捐款給香港內觀靜坐中心有限公司(“本中心”) I would like to make a contribution to the
Hong Kong Vipassana Meditation Centre Ltd (“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經費

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\$** _____

連續每月捐款 **Monthly contribution of** **HK\$** _____

捐款辦法 Payment method:

直接存入銀行戶口 **By direct bank deposit**

• 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: 香港內觀靜坐中心有限公司

Hong Kong Vipassana Meditation Centre Ltd

支票或匯票 / **By sending a cheque or money order**

• 抬頭: 香港內觀靜坐中心有限公司

Payable to “Hong Kong Vipassana Meditation Centre Ltd”

超過港幣 100 元之捐款可獲香港稅項豁免。 如需本中心簽發收據, 請提供連絡 地址 / 電話。有關使用直接銀行存款者, 請先寄回銀行入數通知單副本, 以便寄出有關收據。

Donations over HK\$100 are tax-deductible in HK. To issue official receipt of HKVMC, please note your correspondent address and contact telephone. For those who deposit our bank directly, please send us your bank pay-in advise copy in advance. An official receipt is to be sent accordingly.

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 Hong Kong Vipassana Newsletter

Hong Kong Vipassana Newsletter can be viewed and downloaded from:
<http://www.vnl.dhamma.org/local/ap/hk/>

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PRINTED MATTER

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.vridhamma.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.

Vipassana Newsletters:

www.vri.dhamma.org/newsletters

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