



May there be Happiness in Householder's Lives!

Translation of the Hindi Book
“Maṅgala Jage Grihī Jīvana Mein”

Vipassanācārya S. N. Goenka

Vipassana Research Institute

May there be Happiness in Householder's Lives!

Translation of the Hindi Book
“Maṅgala Jage Grihī Jīvana Mein”

Vipassanācārya S. N. Goenka



**Vipassana Research Institute
Dhammagiri, Igatpuri**

E62 - May there be Happiness in Householder's Lives!

© Vipassana Research Institute

All rights reserved

First Edition : November 2023

Price: Rs.

ISBN 978-81-7414-467-6

Published by:

Vipassana Research Institute

Dhamma Giri, Igatpuri 422 403

Dist. Nashik, Maharashtra, India

Tel: 02553-244998, 243553, 244076,
244086, 244144, 244440

Email: vri_admin@vridhamma.org

Website: www.vridhamma.org

Printed by:

Apollo Printing Press

259, SICOF Ltd., 69 MIDC, Satpur

Nashik-422007, Maharashtra

May there be Happiness in Householder's Lives!

Index

Preface	5
The Happiness-conferring Dhamma	7
What is the Highest Welfare	10
Behaviour Towards Friends	14
Householder's Dhamma	17
The Dhamma of Moral Conduct	21
A Happy Householder	23
The Means of Peace and Happiness in this World: Four Qualities	24
The Means of Happiness Beyond this Existence: Four Dhamma Accomplishments	26
The Four Dhamma Assemblies	30
A Good Householder's Four Kinds of Worldly Desires	31
The Four Wishes of a Good Householder	35
The Four Assets for Good Householders.....	37
The Four Duties of a Good Householder	41
Code of Conduct for Householders	43
Whom Should We Pay Respect To?	43
The Six Causes of the Destruction of Wealth and Property	45
False Friends.....	46
True Friends.....	48
Respecting the Six Directions	49

The Ideal Householder	56
Philanthropic Householder	56
Four Kinds of Happiness	61
Marriage Rituals	63
Four Kinds of Cohabitation	63
Auspicious Time	65
Five Prohibited Types of Business	65
Five Beneficial Rare Gems	66
Dhamma Protects.....	66
Our Future is Due to Our Actions, Not to Our Prayers.....	67
Relinquishing Blind Faith.....	69
Attainment of Nibbāna for Householders.....	70
A Virtuous Housewife	71
Ten Admonitions for a Daughter-in-Law	74
Blessings for a Newlywed Bride and Groom	77
Metta Sutta: Loving-kindness.....	85
Pristine Pure Donation	88
Giving Dāna	90
Dāna Volition	97
Parābhava Sutta: Failure	108
Mittānisaṃsa Sutta: The Advantage of Friendship.....	113
Be Happy!	116
Vipassana: an Introduction	118
Vipassana Meditation Centre	120



Preface

In the prime of his youth, Prince Siddhattha left the magnificence and luxury of the royal life, leaving behind his beautiful, virtuous wife and new-born son, as well as his wailing old parents. He cut off his hair and beard, and donned the robes of a recluse.

Later, when Gotama became a Buddha, the manner of his teaching encouraged thousands to follow his example. Like him, they too left behind unhappy parents, left behind wives and sons, to become monks. As the Saṅgha numbers grew, families and homes were destroyed. This was the result of Buddha's teaching. He left the householder's life and thereby turned people against it. This was the path of pure Dhamma, a path of renunciation. Therefore, those with a layman's inclination had neither hope nor assurance on this path.

Many falsehoods like these have been freely propagated in the last one and a half thousand years in our country. The main reason these falsehoods arose and spread was that the abundant background of Buddha's words and literature became extinct in this country. Not even a single page was saved. The practice of Vipassana, beneficial to one and all, which was prevalent in every household, was forgotten, and the name Vipassana was even erased from public memory. The word ceased to exist, even in dictionaries. Whatever the reason for this, the truth is, we lost access to this world-revered, historical person and his beneficial teaching. Thanks to our good fortune, the entire

literature and practice have come back to India from our neighbouring country of Myanmar, and it is being readily accepted by not only Indians but also by an increasing number of people from countries all over the world.

Now this truth is becoming apparent: the teaching of the Blessed One, the Buddha, was for everyone—monk or householder. His teaching was not only for those who went forth into monastic life, but was equally important and beneficial for householders. The Blessed One's teaching was full of practical aspects of how a person can live the life of a householder in a happy and peaceful manner. But people do not have detailed knowledge of this. Even today, there are still many who believe the myth that Buddha's teaching is for monks and not for householders.

To help dispel this myth, articles previously published in the Vipassana Research Institute's publication 'Vipassana', highlighting the Buddha's teachings, have now been collected for publication in this book. The beneficial teachings for householders presented here are but a small fraction of the many such teachings of the Buddha. Millions of people have benefited from them in the past and are continuing to benefit today.

May the people of our country know what wonderfully practical and beneficial teachings the Buddha has given us. May more and more people be inspired by these teachings and walk on the path for their own welfare and happiness

Vipassana Research Institute

Dhammagiri, Igatpuri

