

# Goa Vipassana Bulletin

20 February 2005

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## WORDS OF DHAMMA

*Yathapi ruciram puppham,  
vanavantam agandhakam.  
Evam subhasita vaca,  
aphala hoti akubbato.*

As a flower that is lovely and beautiful  
but is scentless,  
even so fruitless is the well-spoken word  
of one who does not practice it.

## IMPORTANT ANNOUNCEMENTS

### Ten-day course in Goa in April-May 2005

A ten-day course will be conducted in Goa from Sunday 24 April to Thursday 5 May 2005 at the Dominican Training Centre in Moira, Bardez, Goa. After a long time, a 10-day course open to the public is being organised in Goa. Seats on this course are limited to about 25; preference will therefore be given to new students.

Meditators are requested to take efforts to give maximum publicity to this course, and to particularly share the information with those who may be interested in participating in a course. They should also clearly explain the course rules and requirements to any aspiring students whom they are introducing.

Copies of 'Introduction to Vipassana' (including the Code of Conduct) and the application form are available from Raj Amonkar at the postal address of the Goa Vipassana Samiti given below.

*Sevaks and sevikas* for the course are needed, not only for full-time service during the course, but also for auxiliary functions (like shopping etc.) and outside support. There is also a need for funds. Those who are in a position to avail of this opportunity to earn *paramis* should contact Raj Amonkar (2412924/2411410), Lillian D'Costa (lilliandcosta77@yahoo.co.uk), Muriel/Mario (2278276, elinks@sancharnet.in), or D. Shankar (2453632).

### Change in Samiti's address

There has been a change in the postal address of Goa Vipassana Samiti. Please take note of the new address given on this bulletin. Below are the telephone contact numbers of some meditators whom you can contact for more information on the Samiti's activities:

Aldona 2293766 (V. Gadgil)  
Dona Paula 2453632 (D. Shankar)  
Caranzalem 2464376 (Gayathri Konkar)  
Margao 2737167 (Greg/Bernie)

Margao 2742053 (Anil Borkar)  
Porvorim 2411410 (Raj Amonkar)  
Saligao 2278276 (Mario/Muriel)

### ONE-DAY SITTINGS IN GOA

One-day sittings are held once a month in both North and South Goa.

#### North Goa

The one-day sitting in North Goa is held on the first Sunday of every month from 9.30 a.m. to 4.30 p.m.

The venue for the one-day courses in Porvorim is a room in a bungalow called 'Queen Laura' opposite Patrao Plaza. 'Queen Laura' is located about one-and-half kilometres from the 'O Coqueiro' junction in Porvorim. On the road from Panaji to Mapusa, turn right at Coqueiro. This road, called B.B. Borkar Road or Brittona Road, goes past the Xavier Centre for Historical Research and the Thomas Stephens Konkni Kendr. It forks after the Konkni Kendr. Take the road on the right, which has a signboard pointing to Patrao Bar and Restaurant. This road leads on to Patrao Plaza, opposite which (to the left of the road) is 'Queen Laura', a chocolate-coloured bungalow. The Vipassana room is on the first floor, to your right as you come up the stairs.

For more information, please contact D. Shankar (2453632) or Raj Amonkar (2412924).

#### South Goa

One-day sittings are being held on the third Sunday of every month in Madgaon. The venue is 'Jan Ugahi', which is on the fifth floor (the building has a lift) of Vikrant Building in Malbhat. (Vikrant Building also houses the personal banking branch of SBI.)

For more information, please contact Anil Borkar (2742053) or Bernie D'Souza (res: 2786767, off: 2737167).

## THE IMPORTANCE OF DAILY MEDITATION

by S.N. Goenka

(The following is a short excerpt from a translated adaptation of a discourse given by Goenkaji to about 5000 old students at University Ground, Nagpur, on 8 October 2000.)

My dear Dhamma sons and Dhamma daughters,

I am very happy that we have sat together and practised pure Dhamma. Meditating together is of great importance.

Two thousand six hundred years ago, Gotama Buddha arose in this country and taught pure Dhamma resulting in great happiness for the world. People started living in accordance with this teaching. They started meditating together just as we have done today: there is no greater happiness than this. If one meditates alone, one becomes liberated from mental defilements and becomes truly happy. But when Dhamma brothers and sisters sit together and meditate in such large numbers, if someone's meditation is a little weak, it is strengthened because the meditation of others is strong and the entire atmosphere is charged with Dhamma vibrations. Whenever possible, meditators should have joint sitting at least once a week. If in the past week anyone's meditation has become weak, it is strengthened by the group meditation and he is able to face the vicissitudes of life for the whole week with renewed strength.

Every meditator has to develop the strength to face the ups and downs of life. For this, it is necessary to meditate one hour in the morning and evening daily, to meditate together once a week, and to take a ten-day course at least once a year. Then we will keep progressing on the path of Dhamma. Householders face many difficulties, many obstacles. What to speak of householders, even those who have renounced the household life tell me that they are not able to meditate regularly. But we must not give up in spite of all difficulties; we must meditate daily, morning and evening.

We do physical exercise-yoga, jogging or walking-to keep the body healthy and strong. Otherwise, the body becomes weak and diseased. In the same way, it is even more necessary to keep the mind healthy and strong. The mind is more important; one should not allow it to become weak or diseased. Vipassana is exercise of the mind. Meditating morning and evening makes the mind strong and healthy; it is not a waste of time. We live in a complex and stressful world. If the mind is not strong, we lose the balance of the mind and become miserable. Those who do not

know pure Dhamma, who have not learned this meditation, are unfortunate. But those who have received this benevolent teaching and are not using it are even more unfortunate. They have found such a priceless gem but have discarded it as if it is a useless pebble. What can be a greater misfortune?

Sometimes meditators come to me and say: "I have stopped meditating. What to do, I am so busy." It is a poor excuse. Do we not give food to the body three-four times a day? We do not say, "I am such a busy person, I don't have time for food today." This meditation that we do every morning and evening makes the mind strong. And a strong mind is more important than a strong body. If we forget this, we harm ourselves. We should never make this mistake. Even if there is too much work, we must do this exercise. Sometimes it is not possible to meditate at the same place at a fixed time. Though desirable, it is not a must. What is important is to meditate twice in twenty-four hours. In rare circumstances when one is not able to sit with closed eyes, one may meditate with open eyes; sitting with others with the mind directed inwards. We should not make an outward show of meditation; the others need not know that you are meditating. We may not be able to meditate as well as we could have done while sitting alone with closed eyes, but at least we have calmed and strengthened the mind a little. Without regular practice, the mind becomes weak. A weak mind makes us miserable because it reverts to its old behaviour pattern of generating craving and aversion.

We have learned the art of living. How can there be sorrow in our lives? Sorrow is caused by defilements, not by external events. An external event has occurred, we do not generate a defilement, we do not become miserable. An external event has occurred, we generate a defilement, we become miserable. We are responsible for our misery. Unfavourable external events will continue to occur and if we are strong and do not generate defilements, our lives will be filled with happiness and peace. We do not harm others; we help ourselves and help others. Every meditator should understand that one has to meditate regularly so that one is happy and peaceful for the whole life. All those who have come on the path of Vipassana should understand that they have received an invaluable jewel.

May all beings be happy, be peaceful, be liberated.

To,

If undelivered, please return to:

Goa Vipassana Samiti, c/o Raj Amonkar, 2nd Floor, Above Apurbai Clinic, Behind P&T Colony, Alto Porvorim, Bardez, Goa – 403 521