



Midwest Vipassana Newsletter

Vipassana Meditation as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin

[Dhamma Pakāsa](#)

August 2008 Issue 2

I Cannot Forget Their Help

- by S. N. Goenka

I am in the twilight of my life; I have entered the eighty-fifth year of my life. The list of people towards whom I wish to express my gratitude is very long. It is impossible to include all the details of their Dhamma service in this small article. If I find the time to write a book about my journey on the spiritual path, I may be able to do justice to all of them. Those whose names could not be included in this article should not feel hurt. They should understand the constraints of time and space and should generate mettā.

My deepest gratitude is towards my virtuous parents and family. I also feel grateful towards my primary school teachers, Pandit Kalyandutt Dube and Madan Mohan Sharma. I am profoundly grateful to my Dhamma father, revered Sayagyi U Ba Khin, who gave me a new birth in Dhamma. I am also grateful to my Dhamma mother Daw Mya Thwin, to my companions and supporters in the field of Dhamma: Prof. U Ko Lay, U Ba Po, U Tint Yee and fellow-writer, U Pargu.

Among my other family members, I am grateful to my eldest brother, Bal Krishna, who supported me from my early days as a Vipassana teacher. While serving in India for the spread of Dhamma, I saw many cases of Indian relatives ill-treating refugees who had arrived here after leaving their jobs or businesses in Myanmar. In one case, a person was cheated by his own son. On the other hand, after arriving here, I did not serve a single day in the industries or businesses of my extended family in India. Despite this, eight years after my arrival, when my brothers divided their business assets, my generous elder brother gave me an equal share. During those eight years, he provided for all my necessities. He paid for my travel and meals as well as for donations in all the Vipassana courses in India, right from the first course. On arrival, he instructed a newly appointed Hindi typist in his office, Ram Pratap Yadav, to serve me day and night. Since then, he has been serving me as my devoted assistant along with Narayan Dasarwar.

Despite following a different spiritual path at that time, my brother Bal Krishna supported me in the spread of Vipassana. Now, as a full-fledged Vipassana teacher, he is supervising the meditation centres of South India with the help of L. Shivappa and others. My late brother Babu Lal also supported me and later became a Vipassana teacher.

My sons also supported my Dhamma service. I had handed over all the businesses and cash from my share of the family business to them. I did not sit with them for even a single day to help in these businesses. They continued to bear my travel and other expenses while serving courses. They took full care of my medical expenses as well as all my other necessities. So I was able to devote all my time to serve Dhamma. If my elder brother had ordered me to participate in the family business, how could have I accomplished the noble task of revival and spread of Vipassana in India? Similarly, after the division of family assets, none of my sons had sufficient

experience in business. If they had insisted that I help and guide them in business, and fully knowing and understanding their inexperience, if I had got involved in the business, how could have I accomplished the task of spreading Vipassana in the world? How could have I spread the knowledge of Dhamma to thousands of people? Due to their inexperience, my sons had to face some initial setbacks. However, they still kept me free from all worldly responsibilities to allow me to serve in a detached way. Now, my sons are growing old and their children—my grand children—have joined them in business. Soon it will be time for my sons to free themselves from their business responsibilities. My son, Sri Prakash is looking after the publication of Vipassana books, CDs and DVDs, which was earlier the responsibility of my younger brother, Radhe Shyam. I would be happy if any of my sons wishes to accumulate merits by serving in other spheres of Dhamma.

Finally, how can I forget my life partner? How could I have completed this long Dhamma journey so successfully without her?

Amongst bhikkhus, I am grateful to late Venerable Rewata Dhammaji and Venerable Bhikkhu U Ratanapalaji. I am also grateful to Anagarika Munindraji for his wholehearted support of my mission.

Boundless mettā towards all other servers

The first course in Mumbai was organised by Dayanand Adukia and his son, Vijay Adukia. After the Mumbai course, the first course in Chennai was organised by my elder brother and the first course in North India was organised by my friend, author Yashpal Jain. After that, courses began to be held at different places.

At Bodhgaya, courses were organised by Dwarko Sundarani. Jay Prakash Narayan who came to a couple of these courses to listen to the evening discourses was deeply influenced. However, due to his wife Prabhavati's ill-health, he could not join a course. Nonetheless, he invited me to the annual gathering of Sarva Seva Sangha at Nashik and arranged my discourse there. As a result, the head of the Sangha, Siddharaj Dhaddha and other prominent Sangha leaders attended courses.

Mrs. Nirmala, Gandhiji's daughter-in-law, organised a course in

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Sevagram, Wardha which was attended by many elderly companions of Gandhiji. The participants of the course took me to Vinoba Bhave's ashram at Pavnar and organised a meeting with him.

On being challenged by him, the first course for children was held in a school at Bagaha, Bihar. Later, the first course for prisoners in jail was held in the Jaipur Central Jail. These two kinds of courses continue to be held all over India.

The Home secretary of Rajasthan, Ram Singh and his wife benefited from a course at Jaipur. Many other high-ranking officers of Rajasthan such as S. N. Tandon and S. Adaviyappa and their wives benefitted from Dhamma and they all played an important role in the spread of Vipassana. Vimalchand Surana, Sher Singh, late Ram Niwas Sharma and late Paliwal helped them in the spread of Vipassana in Rajasthan.

By successfully organising a course in Tihar Jail, my Dhamma daughter Kiran Bedi cleared the path for prisoners of many countries in the world to gain benefit from Vipassana.

Sriram Taparia had a major role in the establishment and management of Dhamma Giri at Igatpuri. In addition, others from the Maheshwari community such as late Laxmi Narayan Rathi and late Ramsukh Mantri from Pune, Toshniwal family and S. S. Taparia also joined Vipassana courses and helped in spread of Vipassana.

Vipassana flourished greatly in the Jain, Gujarati and Kutchi communities with the support of Shivjibhai, Harakchand Gala, Dipchand Shah, Mukundrai Badani, Dr. Bhimsi & Mrs Pushpa Savla, Premji & Madhu Savla, Veena Gandhi, late Natubhai & Kaushalya Parekh, Ratilal & Chanchal Savla, Mahasukh & Manju Khandhar, Shanti Shah, Sudhir & Madhuri Shah and family, Kashyap & Kamala Dharmadarshi, Jayesh Soni, Manhar Patel, Rajubhai Mehta, Jayantilal Thacker, Anil Dharmadarshi, Indravadan Kothadia, Bachubhai Shah, late Ratilal Mehta and his family and many others.

Terapanth's Acharya Tulsiji ensured that almost all his ascetics, males and females, benefited from Vipassana courses. Similarly, Pramukh Acharya Dr. Shivmuniji, Rajgir's Amarmuniji, Munishri Amarendra Vijayji, Acharya Munishri Bhuvanachandraji, Mahasati Karunabai and many other prominent Jain Acharyas benefitted from Vipassana. Therefore, many people from the Jain community joined Vipassana courses.

With the support of my Dhamma daughter Usha Modak, N. O. Patil, Prakash Borse, Vishwambhar Dahat, Dr. Dhananjay Chavan, Dr. Hamir & Dr. Nirmala Ganla, Dinesh Meshram, Prakash Mahajan, Vimla Mahajan, Mahavir Patil, Champalal Khinvasara, Sudhakar Funde, N. Y. Lokhande, Digambar Dhande, Kamalatai Gavai, late Rajaram Beri, Arun Suryavanshi and others, Dhamma spread in the entire state of Maharashtra. The following also helped in spread of Dhamma in India: Gita Kedia, Sabrina Katakam, Khaddaria, Kurup, Jaya Modi, Pai family, Rajendra Singh, Iladevi Agrawal, Balraj Chaddha, Chikkanarayanappa, Dr. Chokhani, Sudha and Mohini Dalal, Chothmal Goenka, Dr. Subramanyam, L. N. Todi, Mohan Raj Adla, Ravi Reddy, Praveen Bhalla, Sajjandevi Dhariwal, Rameshwar Sharma, Madan Mutha, late J. K. Tibrewala and Vasudeo Kamath.

Due to the efforts of senior officers in the Maharashtra government such as Ratnakar Gaikwad, D. R. Parihar, Dr. Prem Singh Meena, S. Krishna and others, many government officers took Vipassana courses.

Prof Pyare Lal & Sushila Dhar, Ashok Talwar, late Dr. Om Prakash, late Dr. Vithal Das Modi, late Gurumukh Siddhu, Rajesh Gupta, Manju Vaish, Ashok & Uma Kela, Dr. Narayan & Sharda Wadhvani, Gopal Sharan & Pushpa Singh and others helped to spread Dhamma in northern and central India.

Shashikant & Dr. Sharda Sanghvi, Deshbandu Gupta, Subhash Chandra, Nayan Shah, Vallabh Bhansali, late Radhe Shyam Goenka, Durgesh Shah, Dhanesh Shah, Dr. Rohi Shetty and others played an important role in research and spread of Vipassana.

The role of Thomas Crisman, late Radhe Shyam Goenka, Priti Dedhia, Dhanesh Shah, Craig Miller, Bill Nugent, Frank Snow, Ramnath Shenoy, Gino Morena, Brihas Sarathy and Jay Prakash Goenka in establishing modern electronic mail facility, website development and data entry is equally praiseworthy. Due to their tireless efforts, the vast literature of Vipassana, the entire set of Tipitaka, Newsletters and detailed information related to meditation practice has been made available on the Internet.

S. N. Tandon, Dr. Paul Fleischman, Dr. Savitri Vyas, Bill & Virginia Hamilton, Ram Avadh Verma and others have contributed greatly in the field of literature.

One of my dear Dhamma sons is Bill Hart, whose book 'The Art of Living' introduced Vipassana to the entire world. This book has been and continues to be translated and published in many languages. Thousands of copies of this book have been sold. The merits that he has gained are immeasurable.

Nepal's Yadukumar Siddhi, Maniharsh Jyoti, Uttam Ratna Dhakhwa, Nani Maiya Manandhar, Anand Raj Shakya, Dr. Roop Jyoti, Bodhi Bajra, Bed Nath, Madan and others; Thailand's Nirand and Sutthi Chayodam; Sri Lanka's Brindley (now Ven. Siddhartha) & Damayanthi Ratwatte; Myanmar's Dr. Kay Wain, Daw Yema Maw Naing, U Thuang Pe & Daw Myint Myint Tin, Daw Saw Mya Yee, Sushila & U Shwe (Banwarilal) Goenka, Parsu Ram Gotama, Daw Win Kyi, U Kyaw Khin & Dr. Daw Mya Mya, Daw Sein Sein, U Tin Maung Shwe, U Thein Aung, and others; Iran's Daryush Nowzohour; Mongolia's Shirendev, Cambodia's Mien Tan, Klaus and Nadia Helwig serving Philippines and Vietnam; Atsushi serving Japan, George Hsiao and Venerable Minjia from Taiwan, Patrick Given-Wilson & Ginnie Macleod, late Graham Gambie, Anne Doneman, John Burchall, Steve & Christine Smith, Michael & Trish Barnes, Volker Bochmann & Doris Herrmann from Australia; Don & Sally McDonald serving Malaysia, Indonesia, and Singapore, New Zealand's Ross Reynolds, UK's late Drs. Gandhi, John & Joanna Luxford, Dr. Khin Maung Aye & Dr. Daw Kyi Sein, Kirk & Reinette Brown, Chris & Sachiko Weeden, Steve & Olwen Smith serving France, Andy & Caroline, Drs. Shwe & Sann Sann, Ian & Dr. Shelina Hetherington, Spain's Martin & Deni Stephens, Belgium's Dirk & Meike, Germany's Floh Lehman, Heinz & Brunhilde, America's Barry & Kate Lapping, Harry & Vivian Snyder, Bill & Anne, Dr. Jacques & Denise, Rick & Gair Crutcher, Bruce & Maureen Stewart, Ben and Cathy, Tim and Karen, Parker & Laura Mills, Philix Lee & Yu Yen serving China, Arthur Nichols and Daniel Mayer serving South America, Canada's Dr. Geo & Cathy Poland, Bob & Jenny, Alain & Rachel, Evie Chauncey and others have played a major role in the spread of Dhamma worldwide.

An important incident:

I was on a world tour to conduct courses. When I reached Japan, an important person spread the rumour by phone that revered Sayagyi U Ba Khin had withdrawn his blessing and support to me; and that he would not even give mettā to me in courses. This message made

everyone nervous. I too felt that if this is true, I should not conduct any more courses. I felt that all courses in Japan and elsewhere should be cancelled and I should return home. We were staying in Dhamma daughter Sachiko's home. This unpleasant news has been spread by what seemed to be a reliable source. According to this news, since I was no longer a teacher in the tradition of Sayagyi U Ba Khin, Sachiko could have told us to leave but she didn't.

John Beary proposed to all the assembled meditators that the next course should not be cancelled. This message may have been spread out of ill will. He suggested that the course should be held and if mettā is found to be weak, then the remaining courses could be cancelled. The course was conducted and it was very successful.

Everyone said that the mettā was even stronger than before. I am grateful to John Beary who ensured that the course was not cancelled. Otherwise, future courses would have stopped. Because of the success of this course, everyone including me was convinced that Sayagyi's mettā and blessing were definitely with me. Future courses continued to be held successfully without any obstacles. Whenever I recall this incident, I am filled with boundless mettā.

Another incident:

At the end of my first course in North America, I learned that money had been collected from many new students at the beginning of the course. I was saddened because this was totally against the pure tradition of Dhamma. This had never happened in the courses in India in the preceding ten years. The course organisers said that they didn't have sufficient money to organize the course. I felt that if sufficient funds were not available, the course should not have been held. I decided that henceforth I would not conduct courses in America. On hearing this, my Dhamma daughter Kate Pratt (Lapping) donated enough money for future courses. Therefore, courses began to be held regularly in America. When I recall this, I am filled with joy and mettā for Dhamma daughter Kate.

One more incident:

A course was being held in England. There were many requests to conduct courses in the West in addition to the courses in India. It was not possible for me to visit so many places and to conduct so many courses. Many students had ripened in Vipassana and had become ready to teach Vipassana. However, it was difficult for them to give the discourses every evening. France's Jean Claude and Dr. Sukhdev Soni from Chicago proposed that my discourses should be video-taped so that videotapes could be given to the students whom I appointed as assistant teachers. They made the necessary arrangements to video-tape my discourses. This opened the doors for the spread of Dhamma. Though the format used by them for recording could not be used in other countries, an important task had begun. So I remember both of them with gratitude.

When I visited America, Thomas Crisman said that he would create videotapes in VHS format from the existing set, which could be used worldwide. Thanks to his efforts of providing teaching sets to them, hundreds of assistant teachers were able to use the videotapes of my discourses in Vipassana courses and the Ganges of Dhamma began to flow in many countries. The merit of my Dhamma son Thomas is immeasurable.

Eilona and Ayelet produced the documentary film 'Doing Time, Doing Vipassana' which won many awards and led to the introduction of Vipassana in many prisons. Their other films along with films by Donnenfield played an important role in the spread of Vipassana.

The vital task of proper storage, distribution and transcription of all kinds of audio and video cassettes and CDs of course material and other tapes has been meticulously done by Larry & Ruth since many years. Now suitable arrangements have been made to ensure that these tapes are well protected.

And my Dhamma sons, Dr. Dhananjay Chavan and Dr. Rohi Shetty, while discharging their family responsibilities and sacrificing their livelihood, have been serving me and Dhamma, not for one or two days but for many years.

May the pāramīs of all servers and meditators keep growing! May all beings be happy! May all beings be peaceful! Boundless mettā towards all!

Mettā, S. N. Goenka

IL Events

Annual Weekend for Old Students and Trustees

All old students are invited to attend an informal weekend at Dhamma Pakāsa from 2pm Friday, September 19 to 5pm Sunday, September 21. This is the Center's annual Trust/Old Student weekend.

During this annual Trust weekend, old students and Trust members meditate together, plan for next year together, engage in committee meetings, eat good food together, and watch Dhamma videos in the evenings. New Trust members will also be introduced at this time. This weekend follows close upon the heels of a work period at the Center.

If you would like to attend this meeting, please fill out an online service form and submit it by September 16.

All old students are welcome.

Dhamma Service Period

September 14-18. Experience the center with a relaxed schedule that integrates Dhamma service, meditation, and time with fellow Meditators.

This program includes special Dhamma discourses and interviews with assistant teachers. Meditators will work on seasonal projects that cannot be done during courses, and enjoy three meals a day.

Old students can apply to come for as many or as few days as they wish.

For more details about the program and to apply online, please visit our old student web-site or call (815) 489-0420 to obtain an application form.

Development news at Dhamma Pakāsa

Due to some recent developments on center grounds, the Illinois Vipassana Association Trust has decided to postpone the building of a new Dhamma Hall.

We had a lot of snow and rain this year and because of that many of the issues with the buildings on site and the land itself became very apparent. The center sits on top of natural springs, so the grounds are already quite saturated. Many of the buildings were originally built at very low points on the grounds, so with the extra water the dining hall/ kitchen (previously a garage) flooded this year, and according to expert reports, the current Dhamma Hall (previously the house) could be at flooding risk as well. The recommendation is that the grounds be graded before any new construction begins.

Any new construction will also mean the need for a new well as we are running at capacity with the one we have. Construction and placement of this well will affect water flow and will be taken into account as we do what is necessary to stabilize the grounds.

The first and most important thing for us to do is prepare a Master Plan for the site. This would be a technical document that addresses the foundational and infrastructure issues before progressing with any new building development.

The specific costs of re-grading, site evaluation, and well have yet to be determined, and there have been extra costs incurred this year from extra snow-plowing to rain boots for every student to be able to get to the dining hall. But, with this Master Plan we hope to create a more stable site to build on, ultimately providing a more peaceful space to share and grow in Dhamma.

Upcoming Work Periods and Trust meetings:

September 14-18	Work Period
September 19-21	Trust Retreat
October 19	Trust Meeting
November 16	Trust Meeting
December 21	Trust Meeting

All old students are encouraged to come to all Trust meetings.

Work Periods: During work periods any old student who wants to come work and meditate at the center is most welcome. Work periods are times to work on larger projects and deep cleaning that do not get done in the short times between courses. It is also an opportunity to meditate on Dhamma land and get to know fellow meditators. In order to participate, please sign up on-line at www.pakasa.dhamma.org.

Trust Meetings: Meetings are held monthly by the Illinois Vipassana Association Trust. It is the governing body that makes decisions about expenditures for the center, outreach activities and courses, etc. As old students you are welcome to sit in on any trust meeting. If you are interested in the business and maintenance of the center, please come. There are many committees to get involved with and it is a great way to become more involved with your center and get to know other meditators in the area. Trust meeting days also are an opportunity to sit and give dhamma service.

Trust Listserve: All Old Students who are interested in the business and maintenance of the center are welcome to join the IVA Trust/Friend listserv. You can do so by sending a blank email to Trust-Subscribe@pakasa.dhamma.org.

Important Need for Dhamma Service Committee Coordinator

At Dhamma Pakāsa we need someone to fill the role as Dhamma Service Committee Coordinator. The Dhamma Service Committee fulfills the very important task of assuring that there are enough volunteers to serve the meditation courses. When there is a shortage of servers for a particular course or for ongoing maintenance and workweeks, committee members outreach to old students who have previously indicated a willingness to help out at the Center. The committee coordinator arranges monthly phone meetings and reports to the Center Trust each month. Having enough volunteers is of vital importance and serving on this committee can be done by those who live a greater distance from the Center. Serving in this way can be very rewarding and of great help to the Center.

Local Area Group Settings

Dekalb, IL : Flexible Time

Please contact to arrange for day and time for the sitting, directions or any other questions. Please include "Group Sit" in the subject line of your email. Tape will be played for the beginning chanting and metta in the end.

Contact [Upasana Taneja](mailto:uaneja7@yahoo.com) - Email : uaneja7@yahoo.com

Elgin, IL : Alternate Sunday 10:00 a.m.

Please contact [Vivek](mailto:vivek_j98@yahoo.com) and Aastha Jain for questions and directions. Sometimes the Sundays are switched so please call before coming. Phone: (847)-348-0349 / Email: vivek_j98@yahoo.com Address: 1188 Shawford Way Dr., Elgin, IL 60120

Naperville, IL : Every Sunday 6:30 a.m.

Please contact [Ajay Bawankule](mailto:ajay52@gmail.com) for questions and directions. Sometimes the sittings are canceled so please call before coming. Phone: (630)-961-2838 / Email: ajay52@gmail.com Address: 1952 Nutmeg Lane, Naperville, IL 60565

Lincolnwood, IL : Every Sunday (sharp) 9:00 a.m. - 10:00 a.m

Chicago-Area sitting, contact [Rajesh Chotalia](mailto:rkchotalia@hotmail.com) at - Phone: (847)-676-3219 / Email: rkchotalia@hotmail.com Address: 6840 North Lincolnwood Drive, Lincolnwood, Illinois -

Rockford, IL : Every Sunday 4:30 p.m. - 5:30 p.m.

Please contact [Ginger Lightheart](mailto:vglightheart@sbcglobal.net) or [Jennie Williford](mailto:spiritofb@sbcglobal.net) if you plan to attend. Ginger - Phone : 815-399-8441 / Email :vglightheart@sbcglobal.net Jennie - Phone : 815-209-6676 / Email: spiritofb@sbcglobal.net

St Paul, MN : Every Sunday 7:00 - 8:00 p.m.

Please contact [Brad or Rosa](mailto:mnvipassana1@google.com) for directions or questions. Phone: 612 362 9190 / Email: mnvipassana1@google.com

Colombus, OH : Every Wednesday 7:30 p.m. - 8:30 p.m.

Please contact [Thomas & Heike Willburger](mailto:willburger@gmx.de) for directions or questions: Phone: (614)-986-7193 / Email: willburger@gmx.de

Milwaukee, WI : Every Sunday 7:00 p.m.

Please contact [Debbie Davis](mailto:daviddx@sbcglobal.net) for directions or questions. Phone: (414)-372-5192 / Email: daviddx@sbcglobal.net Address: 2223 N. Booth Street, Milwaukee, WI 53222

Children's Course: The children's course took place at Dhamma Pakasa on July 27th, for 8-15 years old boys and girls. This year it was attended by four girls and twelve boys. The boys were split into three different age groups. The younger ones had a lot of fun playing Badminton and Frisbee. The girls enjoyed a lot of art and craft activities, e.g. making their own meditation cushions, and outdoor activities like Badminton, etc.

The outdoors environment was ideal for children to play on large lawns enjoyed the pizza and other delicious treats.

After all the outdoor playtime and the food, the children were very disciplined in the hall and learned how to maintain noble silence. They carefully listened to Goenkaji's Anapana instructions and practiced the technique. They also interacted with the Children Course Teacher by asking interesting questions.

It is always inspiring to see how much children can take home from just a one day course.



Children meditating in the Dhamma Hall



Children enjoying outdoor games

Here is some feedback from the children:

I feel more relaxed and yet confident to overcome the obstacles in life. The rewarding part of the experience was knowing how calm I was and that I can focus.

I think it was beneficial. I learned some things that I can apply to the rest of my life. I will be able to use it before I do my homework and after a stressful day.

Thank you for everything! The cookies were good.

I think it helped me a lot and I think it will continue on helping in my everyday life. I will use it to focus, concentrate, and control my emotions and be peaceful and also to help me focus on school work.

I learned that breathing can do a lot. I would like to teach it to my family and to calm myself. To tame my mind so I could be better. My experience was awesome.

I would use to fall asleep earlier

I liked making meditation cushions and taking stroll through nature. Before I thought meditation focused on nothingness, but now I know it's focused on breathing. I will use it when I have anxiety, and to relax. I will be able to calm myself. When there are lot of things going on, I will be able to stay calm and diligent to get it done.

Opportunities for Dana: The Illinois Vipassana Center is developing a wish list for items needed at Dhamma Pakāsa. Old students are welcome to donate such items. To view the list of items, please go to <http://www.pakasa.dhamma.org/old/dana/contributions.htm> (username: oldstudent, password: behappy). Please contact info@pakasa.dhamma.org to let us know what you would like to donate, and with any contact information.

Dhamma Service Opportunities at IVMC

There are always service opportunities at the center, and on top of full and part-time course service, we are in need of specific help on any Days 0, 1, 10, and 11. Below are task descriptions and contact numbers if you are interested.

Kitchen Support/Orientation: Day 0 and day 1 needs are prepping for the upcoming course and orienting new servers to the workings of the Center Kitchen. Day 11 is making sure there is a knowledgeable old student available to oversee cleaning. Contact: Aastha Jain 847-348-0349

Housekeeping: Day 0 is making sure that all the final touches are set up in the dorm (bathmats set out, blinds down, sheets on beds, laundry done). Day 11 is overseeing the Dorm checklist as the students are cleaning their rooms and helping out as needed. Contact: Jennie Williford 815-209-6676
Dhamma Server Table day 10: Sitting at the Dhamma service table and talking with students about service and its benefits and what tasks are available. Contact: Kate Anderson, manager at center -815-489-0420

Dana Table day 10 and 11: If you currently meet certain requirements, you may qualify to be trained in taking and recording Dana from students that have taken the course. We can put you in touch with someone who can talk with you in more detail about this job if you are interested to learn more about it. Contact: Dimitri Topitzes 414-372-5192

These tasks are great for local old-students who may not have time to take off for a full course but would like to help out the center through Dhamma Service. These specific tasks can be done in a day or weekend help. Day 0 and 1 are usually a Wednesday and a Thursday, and days 10 and 11 are usually a Saturday and a Sunday (see center schedule for specific dates). Please sign up through www.pakasa.dhamma.org if you are interested in any service opportunities.

IVMC Course schedule

2008

Aug 27 - Aug 31	3-Day Old Student Course
Sep 3 - Sep 14	10-Day Course
Sep 14 - Sep 18	Work Period
Sep 19 - Sep 21	Trust Retreat
Sep 24 - Oct 5	10-Day Course
Oct 8 - Oct 19	10-Day Course
Oct 22 - Nov 2	10-Day Course
Nov 5 - Nov 16	10-Day Course
Nov 19 - Nov 30	10-Day Course
Dec 3 - Dec 14	10-Day Course
Dec 17 - Dec 21	3-Day Old Student Course
Dec 27, 2008 - Jan 7, 2009	10-Day Course

2009

January 14 – 25	10-day course
January 26 – February 10	Work Period
February 11 – 22	10-day course
February 23 – March 10	Work Period
March 11 – 22	10-day Course
March 25 – April 5	10-day Course
April 8 – 12	3-day Old Student Course
April 13– 21	Work Period
April 22 – May 3	10-day Course
May 7 – 16	Satipaṭṭhāna
May 17	Open House
May 20 – 31	10-day Course
June 3 – 14	10-day Course
June 17 – 28	10-day Course

Use <http://www.dhamma.org/en/schedules/schpakasa.shtml> to register for courses

Words of the Buddha

With good will for the entire cosmos,
cultivate a limitless heart:
Above, below, & all around,
unobstructed, without hostility or hate.

Sutta Nipāta 1.150

We hope this information is helpful to you.
With kind regards,

**Illinois Vipassana Meditation Center, Dhamma
Pakasa**

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