

Midwest Vipassana Newsletter

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

Dhamma Pakāsa
February 2009 Issue 5

The Sweetness of Dhamma - by S. N. Goenka

(The following is the opening address by S. N. Goenka at the Annual Conference at Dhamma Giri on 9 January 1997.)

In the work you are going to accomplish here sweetness is important. If there is Dhamma, there is bound to be sweetness. This is the yardstick: sweetness must come in life. You have come here to exchange your views and experiences, but if you are attached to your views and argue that whatever you say is correct, you will lose all the sweetness.

The Enlightened One's words should keep ringing in your ears: be like milk and water mixed together, inseparable, full of sweetness. The whole Dhamma field must always be full of sweetness.

By mistake you might use certain harsh words to justify your view. If you know that you have hurt somebody but think, "What else could I do? I was correct and that fellow couldn't understand it," then your thoughts are still full of aversion. Don't try to justify your mistakes, accept them: "I made a mistake, either from ignorance or my weakness which allowed anti-Dhamma forces to overpower me. I will be careful not to do this in future." Give the balm of metta now.

How quickly do you realize your mistake and start generating metta? How long do you work on metta, and how deeply? That is the yardstick of your progress. Understand this and see that the atmosphere always remains full of Dhamma, full of sweetness.

You are all gathering here now because you want Dhamma to spread. Why do you want Dhamma to spread? Not to establish a sect. If a sect is established and more people start calling themselves Buddhists what would anyone gain by that? Let people keep calling themselves Hindu, Muslim, Christian, Buddhist or Jewish, what difference will it make? The human mind keeps on generating impurity, negativity and misery. If one calls oneself by this name or that, does the mind change? No, the mind remains the same with the same habit pattern. Names won't help. Change the habit pattern of the mind, and here is a wonderful technique which will do this. By practising Vipassana one realizes: "Yes, it works! It has purified my mind, if only a little, and whatever impurities have gone, that much misery has gone. Oh, this is such a wonderful technique! Everyone, all around the world is miserable. May more and more people get this wonderful technique and come out of their misery!"

When you see others really enjoying happiness, peace and harmony, then sympathetic joy arises. Seeing others joyful makes you feel joyful, and this joy multiplies. You smile seeing so many people smiling. You are serving others for this purpose, not to develop ego. There should be no status, no power, no position. You serve whether you have this or that responsibility. You are serving to make yourself happier and to make others happier. This is Dhamma.

Keep this in mind and work. Distribute this wonderful Dhamma for your good and for the good of so many suffering people around the world. May pure Dhamma spread. May more and more people start practising Dhamma to enjoy real peace, harmony, happiness.

Bhavatu sabba mangalam. (May all beings be happy!)



Screenings of "The Dhamma Brothers"

In March, the Vipassana Prison Trust will be co-sponsoring two free screenings of the documentary film "The Dhamma Brothers" to be held at the University of Wisconsin. The first screening is scheduled for March 25 and will be hosted by the UW Milwaukee Helen Bader School of Social Welfare. The next day the film makes it way to the Center for Creating a Healthy Mind at UW Madison. Following each of the screenings will be panel discussions with leading experts in the fields of psychiatry, corrections, counseling and social welfare.

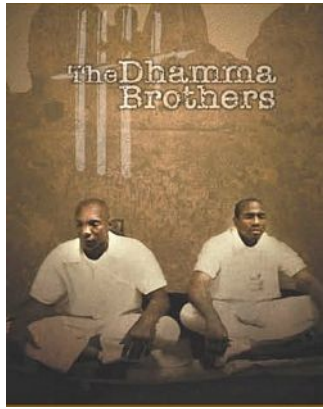
The Dhamma Brothers is a remarkable film, one that documents the impact of Vipassana courses on a maximum security prison in Alabama. The film is told primarily through the moving narration of the inmates and staff. The panel discussion that follows the film will be geared toward a criminal justice and social service-oriented audience.

Panelists will include filmmaker and psychotherapist, Jenny Phillips; world renowned neuropsychiatrist, Richie Davidson; Lucia Meijer, former correctional administrator of the North Rehabilitation Facility, (NRF) Seattle, Washington, which has hosted 20 Vipassana courses; and Stan Stojkovic, Dean of the UW Milwaukee School of Social Welfare. The panel will be moderated by a Dhamma Pakāsa trust member, who is also a UWM faculty and a counselor.

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It is a strong volition of the Dhamma Pakāsa Outreach Committee members in Milwaukee to make Vipassana Courses accessible to under-served urban communities. We see these screenings as an opportunity to build interest and relationships with organizations who may share in this outreach vision.



For more information, please call 414-229-3004 or visit: http://www4.uwm.edu/hbssw/news_and_events/dhamma_brothers.cfm.

IL Events



Sunset at Dhamma Pakāsa

Chicagoland 1-Day Course Report

The 1-Day courses have been met with great enthusiasm among Chicagoland students. Registration was initially optional, but due to overwhelming response before the first course in October, it was decided to require registration going forward. This will allow us to prevent over-crowding at the space, and also screen to ensure that participants are old students. The first course went well: 26 students registered in advance, and 21 attended. At this course we were able to assess how to best use the space and accommodate as many students as possible. We estimate that we have capacity for a total of about 35 students.

Unfortunately, due to a double booking at the studio, the November course had to be canceled. The December course was held as planned, again with enthusiastic response. 38 registered in advance, and 22 attended the course. Generous dana has been collected at each course and sent to the center. We've also been working to encourage students to serve at Dhamma Pakāsa and develop a stronger community within the Chicagoland area. Vinnie, the yoga studio owner, has thanked us for doing an excellent job cleaning up after

the courses, and we all look forward to continuing monthly one day courses in 2009!

The year began strongly with the January course. 34 students registered in advance, and 24 attended. Courses are scheduled for February, March and May, with more dates to be announced as the year progresses. We'd like to thank the Trust and our Regional AT's for supporting the 1-Day courses; the Chicago-land students are very appreciative!

For exact dates and information about how to apply for these one day sittings, please visit the Old Student pages at the Dhamma Pakāsa website (http://www.pakasa.dhamma.org/os_portal.htm) or email onedaysitschicago@gmail.com for dates, information and registration.

We look forward to seeing you at One Day Courses in the future! Metta!

Ongoing Dhamma Service Opportunities at IVMC

There are always service opportunities at the Center. You do not have to be a member of the Trust or a committee to help out. In addition to full time and part time course service, specific help is needed just for days 0, 1, 10, 11.

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: Erin Malone at 309-454-1712.

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.

Some of these specific tasks can be accomplished in a day, or over a weekend. Please sign up through www.pakasa.dhamma.org if you are interested in any service opportunities.

Committees needs (You do not have to be a member of the trust to serve on a committee)

Kitchen Committee

The kitchen committee is currently looking for old students who live close enough to the Center to participate in giving service for Days 0, 1, 10, and/or 11. Duties involve prepping for the upcoming course, preparing day 0 evening meal, 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 restocking

the kitchen for the next course. Members of this committee can rotate days on and off in overseeing these areas. If you enjoy being in the kitchen and working with others, please contact the committee at kitchen-committee@pakasa.dhamma.org.

Outreach Committee

Outreach work consists of old students willing to help out in these areas: publicity, public talks, movie screenings, info packs, organizing and maintaining metta day library, organizing and facilitating yearly open house, help in creating monthly newsletters. This is a committee that is in much need of revival and is vital in spreading Dhamma to those in our community. There are things on and off site that can be done and time commitment may vary depending on task. If you are interested, please contact the committee at outreach-committee@pakasa.dhamma.org.

Household Committee

The household committee at Dhamma Pakāsa is in need of members willing to help out in these areas: preparing and maintaining dorms and Dhamma hall, organizing and supervising after-course cleanup on day 11, checking and maintaining cleaning supplies. These tasks are best for those who are able to be at the center before and/or after courses when most maintenance is to be done. Great local server opportunity!!! If interested, please contact Jennie Williford at spiritofb@sbcglobal.net.

Dhamma Service Committee

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. If interested, please contact: Jennie Williford at spiritofb@sbcglobal.net.

Technology Committee

The technology committee maintains the electronic equipment at the center. This includes the phone system, the computers and other electronic equipment. The technology committee also works very closely with the outreach committee to create and post periodic newsletter.

With over 20 people registering for each course, the center staff and registration committee are completely dependent on all of the equipment and systems working properly. There are also many other possibilities to use technology to improve work-flow at the center.

In order for this committee to serve students as it is meant to, volunteers are needed for:

- Maintain and update equipment
- Create and Post periodic newsletter
- Help maintain and add additional features to the Dhamma Pakāsa website.

If you are interested, please contact
Tech-Committee@pakasa.dhamma.org .



A flowery plant at Dhamma Pakāsa

About a Vipassana Trust

The trustees form the executive apparatus of a Vipassana organization. They fulfill the legal requirements of the state and work according to the guidelines set down from time to time by Principal Teacher, S.N. Goenka. The Trust is a way of involving, training and giving responsibility to more and more Dhamma workers in various activities of a center or area.

Serving on a trust and temporarily taking responsibility for some aspect of the operation of a particular Dhamma center or an area where courses are held, is one way students of Goenkaji can develop the quality of serving others.

Each trustee should understand that the whole purpose of their service is to progress on the path of Dhamma, to earn merits by selfless service.

Committees: A trust will usually create a number of committees which can directly and more effectively oversee the various aspects of its operation. These committees are formed by the trust with the approval of the area teacher and are responsible to it, and **members may include old students who are not trustees.**

Trust Meetings

Meetings are held monthly by the Illinois Vipassana Association Trust. 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.

Upcoming Trust Meetings at Dhamma Pakāsa

March 22nd
April 26th
May 24th

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

Friends Listserv

All Old Students who are interested in the business and maintenance of the center are welcome to join the IVA Trust/Friends listserv. You can do so by sending a blank email to

friends-subscribe@pakasa.dhamma.org.

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. Please contact info@pakasa.dhamma.org to let us know what you would like to donate, and with any contact information.

Attending Local Group Sittings

In the ten-day discourses, Goenkaji talks about how practicing Vipassana together with other old students provides support and encouragement in developing a regular meditation practice. For this reason, old students all over the world organize group sittings to practice together weekly. These sittings provide valuable opportunities to strengthen your practice of Vipassana by sitting with fellow students. Old students have group meditations in their homes throughout California and Arizona. Check the link below for the daily, weekly and monthly group sitting nearest you, and contact the host for information. Official group sittings are only for those who have taken a 10-day course with S.N. Goenka or his assistant teachers.

Those old students who host group sittings have agreed to follow specific guidelines to ensure that the sittings will be most beneficial for those attending them. To view the guidelines, or if you would like to host a group sitting, click on this link:

<http://www.pakasa.dhamma.org/os/sits.shtml>

Illinois

DeKalb : Flexible times in the evenings on weekdays and weekends
Contact: Upasana Taneja
Email: uaneja7@yahoo.com

Bloomington/Normal

Contact: Gabriel Gudding
Phone: 309-846-3621
Email: gabriलगudding@gmail.com

Chicago : Please send an e-mail to 'announce-chicago-owner@pakasa.dhamma.org' to receive most current information and any changes

Elgin, : Alternate Sunday (10 am—11 am)

Contact: Vivek and Aastha Jain. Please call before coming.
Phone: (847)-348-0349
Email: vivek_j98@yahoo.com
Address: 1188 Shawford Way Dr., Elgin, IL 60120

Naperville, : Every Sunday (6 am - 7 am)

Contact: Ajay Bawankule. Please call before coming .
Phone: (630)-961-2838
Email: ajay52@gmail.com
Address: 1952 Nutmeg Lane, Naperville, IL 60565

Lincolnwood : Most Sundays (9 am - 10 am)

Contact: Rajesh Chotalia
Phone: (847)-676-3219 / Email: rkchotalia@hotmail.com
Address: 6615 N Lawndale Ave, Lincolnwood , Illinois - 60712

Rockford : Every Sunday (4:30 pm - 5:30 pm)

Contact: Ginger Lighthouse or Jennie Williford
Ginger- Phone: 815-399-8441

Email :vglighthouse@sbcglobal.net
Jennie- Phone: 815-209-6676
Email :spiritofb@sbcglobal.net
Address: 809 Highview, Rockford, Illinois 61107

Michigan

Ann Arbor : Every Thursday (8 pm - 9 pm)

Contact: Vijaya Nagesh
Phone: 734-786 8483
Email: nagesh_vijaya@yahoo.com
Address: 827 Asa Gray Drive, Ann Arbor, MI

Grand Rapids : Every Sunday (8 am - 9 am)

Contact: Bon Naik
Phone: 616-361-5747
Email: bon_naik@yahoo.com
Address: 2429 Holmdene Avenue NE, Grand Rapids, MI 49505

West Bloomfield : Every Sunday (1.30 pm - 2.30 pm)

Contact: Connie Grossman Please call before coming
Phone: 248-626-1509
Email: yogaconnie@sbcglobal.net
Address: 6710 Orchard Lake Rd, West Bloomfield, MI 48322

Minnesota

St Paul : Every Sunday (7 pm- 8 pm)

Contact: Brad or Rosa
Phone: 612 362 9190
Email: mnvipassana1@gmail.com
Address: 807 University Avenue, Minneapolis, MN 55413

Missouri

Kansas City: Every Wednesday (6 pm - 7 pm)

Contact: Renee & David Cerchie
Phone: 913-631-7106
Email: cerchtoo@aol.com
Address: P.O. Box 32533, Kansas City, MO 64171

Ohio

Columbus : Every Friday (7:30 pm - 8:30 pm)

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

Wisconsin

Milwaukee : Every Sunday (7pm - 8 pm)

Contact: Debbie Davis
Phone: (414)-372-5192
Email: davisdx@sbcglobal.net
Address: 2520 N. Dousman Street, Milwaukee, WI 53222

Pariyatti Products for Vipassana Students

The old student section of this website contains items for those who have completed a ten-day Vipassana course with S.N. Goenka or his assistant teachers. Old students will be able to find numerous useful resources in the form of books, DVDs, CDs, MP3 downloads to help deepen their meditation practice.

<http://www.pariyatti.org/Bookstore/client/customlogin/protectedpasslogin.cfm>

Pali Workshop in the Northwestern USA

Pariyatti—a nonprofit, educational organization—is pleased to announce its plan to offer a Pali workshop from mid-April to mid-May 2010, at a site near Seattle, in the state of Washington, USA. Conducting the workshop will be Vipassana Acharya S.N. Tandon of Delhi, India, accompanied by his wife, Mrs. Laj Tandon. Tandonji has been leading Pali workshops for Vipassana students since the mid-1990s. He works closely with Goenkaji to develop a serious program of study that emphasizes pariyatti, academic study as a means to patipatti, the practice of Dhamma. As the words of the Buddha come alive, students are better able to understand the path on which they are walking. Therefore the focus of this workshop is not on linguistics or academics, but on deepening the students' meditation practice.

For further information, interested students may subscribe to the Pali workshop e-mail list by sending an e-mail to:
pali-workshop-info-subscribe@pariyatti.org.

IVMC Course schedule

2009

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|-----------------------|------------------------------------|
| February 27 – March 1 | Work Period |
| March 6 – March 8 | Work Period |
| March 11 – 22 | 10-day Course |
| March 25 – April 5 | 10-day Course |
| April 8 – 12 | 3-day Old Student Course |
| April 15– April 26 | 10-day Course |
| April 27– May 6 | Work Period |
| May 2 –3 | Course for teens ages 13 to 16 |
| May 7 – 16 | Satipaṭṭhāna Sutta Course |
| May 17 | Open House |
| May 20 – 31 | 10-day Course |
| June 3 – 14 | 10-day Course |
| June 17 – 28 | 10-day Course |
| July 1 – 12 | 10-day Course |
| July 18 | Children's course for ages 8 to 12 |
| July 22 – August 2 | 10-day Course |
| August 5 – 16 | 10-day Course |

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

Words of the Buddha

Winning gives birth to hostility.
Losing, one lies down in pain.
The calmed lie down with ease,
having set winning & losing aside.

Dhammapada 15.201

Good are friends when need arises;
good is contentment with just what one has;
good is merit when life is at an end,
and good is the abandoning of all suffering.

Dhammapada 23.331

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

**Illinois Vipassana Meditation Center,
Dhamma Pakāsa**
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Pecatonica, IL 61063
815 489-0420
info@pakasa.dhamma.org