

## Preface

Vipassana Research Publications is pleased to offer this book of Mr. S. N. Goenka's public talks.

Mr. Goenka left his homeland of Myanmar (Burma) in 1969, to come to India, the land of his ancestors, to teach Vipassana meditation. Vipassana originated in India but was lost to the country. Fortunately it was preserved in its pure form for over two millenia in the neighbouring country.

In the twenty-four years since he left Myanmar, Mr. Goenka has introduced Vipassana to tens of thousands of people worldwide. His primary focus has always been on the practical aspect of the technique. He has conducted nearly 400 ten-day Vipassana courses in India and a dozen other countries, and many thousands of people have learned Vipassana in courses conducted by his assistant teachers.

In addition to his teaching work, Mr. Goenka has presented Vipassana to the general public through hundreds of public discourses in different countries, and in different cities in India. Mr. Goenka has given the majority of these talks in Hindi; the remainder, as in the present volume, in English. Initially, these talks were given in one session. In recent years, however, Goenkaji has developed an additional format of speaking for a series of three or five consecutive evenings, in order to treat the subject in greater depth.

The three-day series of public talks contained in this book was given in Hyderabad, A.P., India from July 22 to 24, 1993. For publication purposes, it has been titled "The Gracious Flow of Dharma."

The Sanskrit word *Dharma* (which is spelled *Dhamma* in the Pāli language) originally meant "the law of nature" or "the truth." In today's India, unfortunately, the word has lost its original meaning, and is mistakenly used to refer to "sect" or "sectarianism." Using this theme as an introduction, Goenkaji explains that Vipassana meditation teaches how to live a life of pure Dharma—a life full of peace, harmony and goodwill for others. This subject is particularly relevant in India today—and indeed the whole world—where sectarianism and communalism have divided large sections of society and caused acute suffering.

May these talks give inspiration to all to walk on the path of pure Dharma and gain the lasting benefit of real peace and happiness.

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