

CONTENTS

SO SAID SAYAGYI U BA KHIN <i>(The late Sayagi U Ba Khin was the teacher of Sayagi S.N.Goenka and the first Accountant General of Independent Myanmar)</i>	1
WHY THE GRAND PAGODA? -S.N. Goenka <i>(Sayagi S.N. Goenka is the Principal Teacher of Vipassana)</i>	3
VIPASSANA IN GOVERNMENT -Ram Singh <i>(Former I.A.S officer and Home Secretary, former Chairman, Public Service Commission, Rajasthan)</i>	6
MEDITATIVE EXPERIENCES.....	9
VIPASSANA: A TOOL FOR LIVING IN A STRESSFUL WORLD <i>Thomas Crisman (Lawyer, U.S.A.)</i>	18
VIPASSANA - AN ART OF CORPORATE MANAGEMENT <i>Roop Jyoti (Industrialist, Kathmandu)</i>	22
PRODUCTIVITY AND HARMONY THROUGH VIPASSANA <i>Jayantil Shah & Bhadrash Patel (Shri Jayantil Shah, chemical engineer, industrialist, Mumbai & Bhadrash Patel is A.C.C.A.(Lon.), industrialist, Mumbai)</i>	25
EHI PASSIKO - Shriram Taparia <i>(Industrialist, Mumbai)</i>	28
DHAMMA GIRI: THE EARLY DAYS - Dr Geo Poland <i>(Medical Practitioner, Canada)</i>	30
THE GROWTH OF DHAMMA GIRI -P.G. Savla and M.M.Khandhar <i>P.G. Savla (B.E) and M.M Khandhar (B.E. Bom. & M.S. U.S.A)</i>	33
THE RISE AND SPREAD OF DHAMMA IN INDIA <i>Vipassana Research Institute</i>	35
THE SPREAD OF VIPASSANA OUTSIDE INDIA - Bill Hart <i>(Writer, Editor, USA)</i>	40
DHAMMA DHARĀ - Barry and Kate Lapping <i>(Investor, USA)</i>	43
SPREAD OF DHAMMA IN NORTH AMERICA - Thomas Crisman <i>(Lawyer, U.S.A.)</i>	45
VIPASSANA IN EUROPE - Drs B. and K. Gandhi <i>(Medical Practitioners, U.K.)</i>	46
THE SPREAD OF DHAMMA IN AUSTRALIA -Patrick Given -Wilson <i>(Computer Technologist, USA)</i>	49
VIPASSANA IN NEW ZEALAND - John Luxford <i>(Computer Technologist, New Zealand)</i>	51
THE SPREAD OF VIPASSANA IN NEPAL <i>Kuldharma Ratna Tuludhar</i>	53
<i>(Truder, Nepal)</i>	
VIPASSANA IN SRI LANKA -Brindley Ratwatte <i>(Vipassana Teacher in Sri Lanka)</i>	55

THE SPREAD OF VIPASSANA IN EAST AND SOUTH EAST ASIA <i>John Beary (English Lecturer, Japan)</i>	57
HOW I HAVE BENEFITED FROM VIPASSANA MEDITATION <i>Venerable Sanghabodhi (Former Governor of Cambodian Province, now a leading monk and Vipassana Teacher)</i>	60
THE SPREAD OF DHAMMA IN LATIN AMERICA <i>Arthur Nichols (Investor, USA)</i>	62
TIPITAKA PROJECT - AN OVERVIEW -Dr Dhananjay Chavan <i>(M.D. psychiatrist, Nashik)</i>	63
PUBLISHING ANCIENT PĀLI LITERATURE - Dr R. Panth <i>(M.A., Ph.D. Director of V.R.I., Igatpuri)</i>	65
TECHNOLOGY AND THE SPREAD OF THE DHAMMA <i>Richard Crutcher (Computer technologist, USA)</i>	68
THE MAKING OF THE CHAṬṬHA SAṄĀYANA CD-ROM <i>R.S. Goenka (B.E., retired industrialist, Mumbai)</i>	72
A GLOBAL MEDIUM FOR THE DISSEMINATION OF VIPASSANA <i>Ruth Senturia (Technician, USA)</i>	74
VIPASSANA, HEALTH, HEALERS - Dr R.M.Chokhani <i>(M.D. Psychiatrist, Mumbai)</i>	77
NATURE CURE, VIPASSANA AND MENTAL CONDITION <i>Dr Vithaldas Modi (Naturopath, India)</i>	78
DRUG ADDICTION AND THERAPY: A VIPASSANA PERSPECTIVE <i>Dr R.M.Chokhani (M.D. Psychiatrist, Mumbai)</i>	79
ANAPANA COURSES FOR CHILDREN - Shanti Shah <i>(M.Sc., Teacher, India)</i>	82
CHILDREN'S COURSES IN THE WEST <i>Kirk and Reinette Brown (Teachers, U.K)</i>	85
VIPASSANA AMONGST THE YOUTH OF INDIA <i>Dr Raman Khosla (M.D. neuro-psychiatrist, Pune)</i>	87
VIPASSANA AND THE CULTURING OF EMOTIONS <i>Prof. P.L Dhar (Mech.-Div., LLT., New Delhi)</i>	91

VIPASSANA FOR THE UNDERPRIVILEGED <i>Amyt Bhatia (Editor, Mumbai)</i>	95
VIPASSANA COURSES IN PRISONS <i>Raja. M (Freelance journalist, Mumbai)</i>	97
BREAKING THE SHACKLES OF BONDAGE <i>Tarsem Kumar (Superintendent of Police, New Delhi)</i>	100
VIPASSANA IS NON-SECTARIAN <i>Usha Modak (Retd. Professor of Sociology, Pune)</i>	101
MY WONDERFUL EXPERIENCE OF VIPASSANA <i>Yuvācārya Dr Shiv Muni (Senior Jain muni)</i>	103
THE PATH IS ONE <i>Muni Bhuvanachandra (Senior Jain muni)</i>	104
GROWING IN GOODWILL AND EQUANIMITY <i>Father Lawrence (Senior Christian priest)</i>	106
MENTAL YOGA <i>Mother Mary (Senior Christian nun)</i>	108
'KNOW THYSELF': MY EXPERIENCE OF VIPASSANA <i>Sr. Vinaya (Christian Sister and Assistant Teacher of Vipassana)</i>	110
A CATHOLIC PRIEST ON VIPASSANA <i>Fr. Peter Lourdes (Senior Christian priest)</i>	111
LETTER FROM THE DIRECTOR <i>Fr. M.A. James (Senior Christian priest)</i>	112
FEEDBACK ON VIPASSANA <i>National Vocational Service Centre, Pune</i>	114
VIPASSANA: MY SPIRITUAL PILGRIMAGE <i>Mohammed Arif Joiya (Teacher, India)</i>	120
VIPASSANA AMONG MUSLIMS: FEEDBACK FROM IRAN <i>Dr Shelina Meghani (Physician, U.K.)</i>	123
THE ART OF LIVING <i>Usha Modak (Retd. Professor of Sociology, Pune)</i>	126