

WORDS *of* DHAMMA

**Sukhā saṅghassa sāmaggī,
samaggānaṃ tapo sukho.**

Happy is the unity of the Saṅgha & Happy are those who meditate together.

KN Dhammapada, 14. Buddhavaggo

Dear Dhamma Brothers & Sisters,

It is our great opportunity to connect with you and join hands along with the worldwide Vipassana Teachers' fraternity who selflessly render Seva to Dhamma and to our Pujya Guru ji's method of teaching Vipassana Meditation in the tradition of Sayagyi U Ba Khin.

All of us have realized that regular practice generates best, beneficial results. We are better equipped to handle day-to-day stress without taking a leave of absence from study/ work and also take fewer sick days. Regular practice has also helped to curb the tendency for distractions and thus strengthens our ability to concentrate and boost memory and morale. We all finally strive to achieve improved positive mental health for stress reduction, prevent burnout to build resilience in this time of change and remain healthy and happy.

We are very excited to share with you all that Global Vipassana Pagoda plans to **organize & celebrate the Centenary Birth Year of our Principal Vipassana Teacher Pujya Shri S.N. Goenka ji from Sunday, 29th January 2023 till Sunday, 4th February 2024.**

We cordially invite you, dear students, for participation in the above celebrations. It can be successful only if you wish to join the Dhamma-celebration. Pujya Guru ji would tell us that when we even if students meditate together, the vibrations of some, might be good vibrations and it may help the others to meditate better. ('For the benefit of Many'- S.N Goenka) and during a Mega-Course, inside the main dome of the Global Vipassana Pagoda with thousands of meditators meditating together, it will be a wonderful opportunity to strengthen our practice and reap rich benefits.

We shall be happy if you would attend the Mega Courses and join in the Group Meditations. Please consider this personal invitation and accept it wholeheartedly.

Let us all pay homage to Pujya Guru ji by honoring the words, “**This is the Dream of Your Teacher**” who guided the world to seek refuge in the triple gems – the Buddha, Dhamma and Saṅgha and helped mankind to strive to realize the four noble truths. Let us make the Mega One Day Vipassana courses successful and memorable.

With humble homage to Reverend Principal Teacher of Vipassanā, Pujya Goenka Guru ji, we take this opportunity to suggest a few endeavors to follow and request all to please give Dhamma hand in the following: -

I] Volunteer to be a Dhamma Server, at the Centre near you for a One-Day Course on the same dates as Mega-Course held in Global Vipassanā Pagoda. (For schedule see page No- 3). By attending the One-day mega Course; we could all share the Mettā & contribute in the spread of goodwill and harmony collectively;

II] Volunteer to be a Dhamma Server at the Centre near you to Organize Mega event on the two most important dates to celebrate the Centenary Birth Year of Pujya Guruji. Either you can **meditate together or serve the one-day course** at the centre near you on these two important dates.

✓ 29th January 2023, Sunday

AND

✓ 4th February 2024, Sunday

III] Attend the Mega Courses planned throughout the year.

The schedule of mega courses is attached herewith. The year-long Dhamma celebration will conclude with a momentous finale on Sunday 4th February 2024 at the Global Vipassana Pagoda, Gorai, Mumbai which is the Closing Ceremony, a major mega event.

We strongly feel the need to share with worldwide centres the merits accrued through mega group meditation. The schedule of the Mega Courses herewith shall help you all to plan and book your date of the month in the whole calendar.



SCHEDULE OF MEGA COURSES
During Centenary Celebrations of Birth Year of Pujya Guru ji

Month	Proposed Mega Course Day & Date	Occasion
January 2023	29 th Jan 2023, Sunday	To launch the Centenary Birth Year celebrations and Guruji's Birth Anniversary
February 2023	19 th Feb 2023, Sunday	Centenary year Mega course
March 2023	19 th Mar 2023, Sunday	Centenary year Mega course
May 2023	7 th May 2023, Sunday	Buddha Purnima
June 2023	11 th Jun 2023, Sunday	Centenary year Mega course
July 2023	2 nd Jul 2023, Sunday	Guru Purnima
August 2023	27 th Aug 2023, Sunday	Centenary year Mega course
September 2023	10 th Sept 2023, Sunday	Centenary year Mega course
October 2023	1 st Oct 2023, Sunday	Sharad Purnima (Pujya Guruji)
November 2023	19 th Nov 2023, Sunday	Centenary year Mega course
December 2023	10 th Dec 2023, Sunday	Centenary year Mega course
January 2024	14 th Jan 2024, Sunday	Sangha dana and Mega Course
February 2024	MEGA EVENT 4 th Feb 2024, Sunday	Documentary Film on Pujya Guruji & other events
<p>TO BE HELD AT THE GLOBAL VIPASSANA PAGODA, GORAI, MUMBAI Registration link:- oneday.globalpagoda.org For any other information- Tel :- 022-50427500 / +918291894644 Email:- guruji.centenary@globalpagoda.org</p>		

3. Flyer for information

S.N.GOENKA-JI CENTENARY YEAR CELEBRATIONS

100 Years
S.N.GOENKA
1924-2024

**KEEP THE TORCH OF DHAMMA ALIGHT !
LET IT SHINE BRIGHTLY IN YOUR DAILY LIFE.**

www.globalpagoda.org

One of the world's largest Pillar-less stone dome is a Beacon of Peace and Harmony; conceptualized and completed by Pujya Guru ji. The QR Code has following information

1. Goenka ji Centenary Year Celebration Programme
2. Mega Course Registration
3. Global Vipassana Pagoda Audio Tour App
4. Global Vipassana Pagoda Donation
5. Global Vipassana Pagoda Social Media

We request your cooperation and wholehearted participation.

With Mettā

From - **Global Vipassanā Foundation,**
Gorai, Mumbai.
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