

It is time to meet yourself...
It is time for Vipassanā!



विश्व विपश्यना पगोडा
Global Vipassana Pagoda





Vipassana Meditation

We are pleased to introduce to you the unique method of Vipassanā.
Millions across the globe have practiced and benefitted from this ancient
Indian tradition technique.

The practice of Vipassanā helps one to face the challenges of life with
equanimity, without fear.

Vipassana Research Institute (VRI), recommends Anapana Meditation as an
effective tool to deal with Fear and Anxiety. To practice Anapana

Download the Vipassana Meditation through Mobile App

Google Android


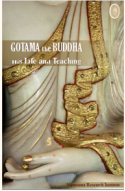
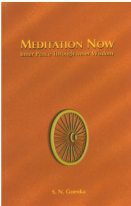
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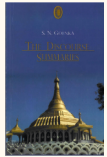

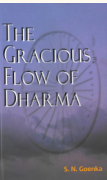
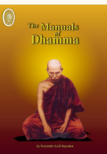
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We are pleased to share with you a few books which will introduce
Vipassanā to you. Happy reading!



Sr. No	BOOK NAME	LANGUAGE	BRIEF
01	 Dhammapada	Hindi	The priceless teachings of the Buddha are preserved in the Pāli canon, an extensive, detailed, systematic and analytical record. The Tipitaka (which means, literally, "three baskets") is arranged in three divisions: Vinaya Pitaka, Sutta Pitaka, and Abhidhamma Pitaka.
02	 For the Benefit of Many	English	For the Benefit of Many
03	 Gotama The Buddha: His Life and Teaching	English	Sixth century B.C. was an important era in history. This was the period when a great benefactor of mankind was born and became renowned as Gotama, the Buddha.
04	 Key to Pali Primer	English	Twenty-five centuries ago, Pāli was the lingua franca of northern India, the dialect in which the Buddha taught.
05	 Key to Pali Primer Hindi	Hindi	Hindi Version of the Key to Pali Primer
06	 Key to Pali Primer Marathi	Marathi	Marathi version of the Key to Pali primer
07	 Meditation Now: Inner Peace through Inner Wisdom	English	In 2002, Mr. S. N. Goenka, Principal Teacher of Vipassana meditation, was invited to participate in the Annual Meeting of the World Economic Forum in Davos, Switzerland along with global leaders in politics, business and media. In this meeting, Mr.

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Sr. No	BOOK NAME	LANGUAGE	BRIEF
08	 Pali Primer by Lily de Silva	English	Twenty-five centuries ago, Pāli was the lingua franca of northern India, the dialect in which the Buddha taught.
09	 Pali Primer Hindi	Hindi	Hindi version of the Pali Primer by Lily de Silva
10	 Pali Primer Marathi	Marathi	Marathi version of the Pali Primer by Lily de Silva
11	 Sayagyi U Ba Khin Journal	English	This book is a tribute to Sayagyi U Ba Khin, teacher of Mr. S. N. Goenka and an outstanding civil servant from Myanmar. U Ba Khin's career was that of an ideal householder, combining unwavering dedication to Vipassana meditation with unwearying commitment to public service
12	 The Discourse Summaries	English	In a Vipassana course, the participants learn how to free the mind of the tensions and prejudices that disturb the flow of daily life. By doing so, one begins to discover how to live each moment peacefully, productively and happily.
13	 The Gem Set In Gold	English	In a 10-day course, the meditators undertake the delicate and demanding task of examining their own minds in a surrounding which intermingles long stretches of meditation with periods of instructions from Mr. Goenka.
14	 THE GRACIOUS FLOW OF DHARMA	English	This book contains three-day series of public talks given by Mr. S. N. Goenka at Hyderabad, India from July 22 to 24, 1993. For publication purposes, it has been titled as 'The Gracious Flow of Dharma.'
15	 The Manuals of Dhamma	English	Venerable Ledi Sayadaw was an invaluable link in the chain of teachers that preserved Vipassana in its pristine purity in Myanmar. This is a collection of English translation of the Venerable Sayadaw's writings.

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