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Pariyatti is a nonprofit organization dedicated to enriching the world by

- disseminating the words of the Buddha,
- providing sustenance for the seeker's journey, and
- illuminating the meditator's path.



International Meditation Centre
31-A Inya Myaing Road, Rangoon.

प्रिय उपासक : उपासिका :

धर्म विहारी बनो

शील शुद्ध रहे, समाधि दृढ़ रहे और
प्रज्ञा जाग्रत रहे इसलिये सुबह शाम
नित्य नियम से आनापान और
विपश्यना साधना करते रहो.
यही मंगल मार्ग है.

गुरु जी के आशिर्वाद

(BU BA KHIN)

C-2 56

PLACE
STAMP
HERE

POST CARD

ADDRESS

Nover Printing & Litho Inc.

This postcard was given to Indian students by Sayagyi U Ba Khin after they completed a course with him in IMC, Rangoon. The Hindi text on the back was provided by S.N. Goenka, and the card was signed by Sayagyi U Ba Khin.

TRANSLITERATION TO ROMAN SCRIPT:

Priya Upaasak, Upaasika,

Dharma Vihaari bano. Shila shuddha rahe, Samaadhi dhruda rahe our Pragnya jaagrut rahe.

Isiliye subaha shyam, nitya niyam se Aanapaana our Vipashyana saadhana karte raho.

Yehi Mangal maarg hai.

Guru ji ke Aashirvad
(U Ba Khin)

TRANSLATION:

Dear meditators,

Apply Dhamma in your lives. Purify your sīla. Strengthen your samādhi. Develop your paññā.

For this, diligently practice Anapana and Vipassana every day, morning and evening.

This is the path to liberation.

Blessings from Guru ji
(U Ba Khin)