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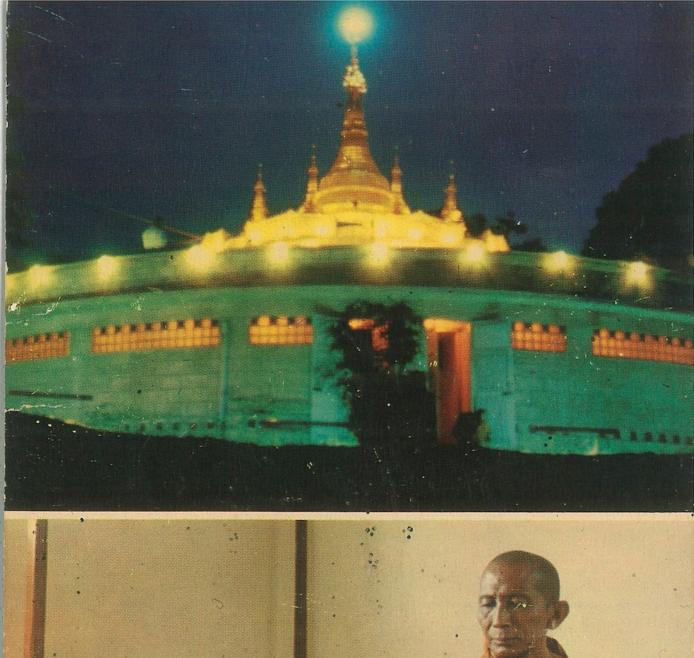


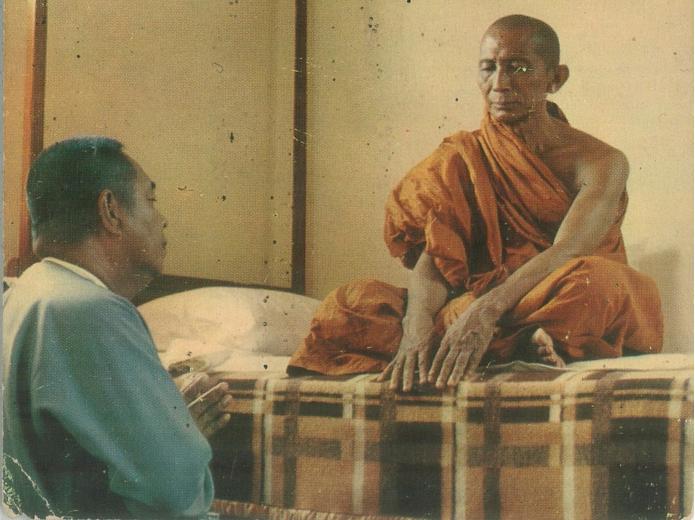
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International Meditation Centre 31-A Inya Myaing Road, Rangoon.

प्रिय उपासक : उपासिका :

धर्म विहारी बनी.

शील शुद्ध रहे, समाधि दुद्ध रहे अहै। प्रशा जाम्रत रहे इसलिए सुबह शाम नित्य नियम से आनापान और अल्प प्राप्त रही. अल्प यही मंगल मार्ग है

कुं गुरु जी के आशिवाद्

(MU BA KHIN

PLACE STAMP HERE

POST CARD

ADDRESS

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)