Helping My Son take Small Steps on His Own Path

From Myanmar to the World is a three-part series that tracks the phenomenal story of Vipassana from Myanmar to the rest of the world.

The first film, Caves to Pagodas, tells the story of how Vipassana Teacher, Sayagyi U Ba Khin, introduced Vipassana to the world. The second film, The Power and the Promise, was completed with the third film, the story of how and why Goenkaji introduced Vipassana to the rest of the world.

The series includes wonderful 'miracles', rather than 'miracles'.

Pariyatti Presents... events are free events. It is necessary to register so we can make sure we have a large enough Zoom room available. Upon registration you will be sent a link and Zoom ID.

The Jwala Foundation and Pariyatti are proud to announce two more not-to-be-missed events:

1. Meditation in Action - Ian Hetherington, Vipassana Teacher and editor of Vipassana and Pāli teacher—will be interviewing two of our own Vipassana teachers—about their own experience of Vipassana.

2. The Middle Way and the Lay Disciple According to the Buddha and the commentaries—will be given to us by Bhikkhu Bhadadeva.

To book your seat, please register through the link provided.

These are free events. It is necessary to register so we can make sure we have a large enough Zoom room available. Upon registration you will be sent a link and Zoom ID.

The second event will be held on October 23–November 13, 2023.

As we complete them, the Jwala Foundation and Pariyatti will release them as books, essays, and videos.

The Vimuttimagga is broadly about four years— enough time for the ethical growth of the meditator.

The story includes wonderful ‘miracles’, or rather, ordinary situations that show ‘that Dhamma works’, that meditators no doubt will find inspiring.

The series will provide a host of examples that show ‘that Dhamma works’, that meditators no doubt will find inspiring.

We are also happy to announce the release of the second audiobook, Regular Pariyatti audiobook narrator Jonathan Nelson has just completed.

The first essay from this book is released in audio format was released by the Jwala Foundation.

What Does Mindfulness Really Mean?

By Bhikkhu Bodhi

This book provides a clear guide to the five stages of mindfulness, with examples that illustrate how these stages work in real life.

The book is divided into five parts:

1. Mindfulness of the Body
2. Mindfulness of the Mind
3. Mindfulness of the Situation
4. Mindfulness of the Cause
5. Mindfulness of the Result

Each part includes a brief introduction, followed by detailed explanations of the stages of mindfulness, with examples of how these stages work in real life.

The book also includes a section on how to develop mindfulness, with practical advice on how to cultivate this important spiritual practice.

The book is available in print and digital formats, and can be downloaded from the Jwala Foundation's website.

The book is also available as an audiobook, narrated by narrator Jonathan Nelson.

Happy reading!

Pariyatti

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Pariyatti