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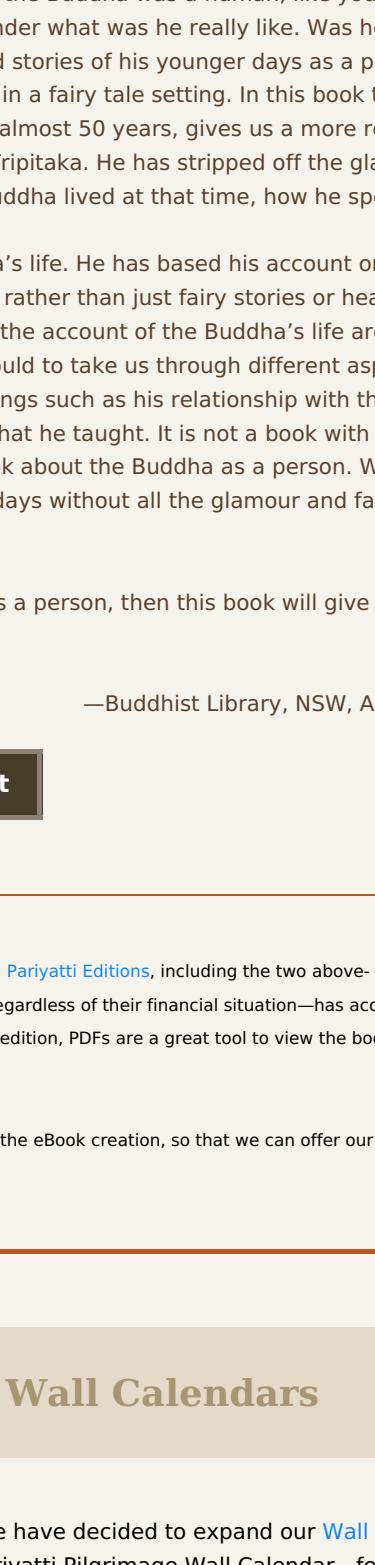
New Pariyatti Editions

Journey of Insight Meditation

After a few decades having been out of print, *Journey of Insight Meditation* by Eric Lerner is now available again—in Pariyatti Edition print and eBook versions (ePub, Mobi, free PDF).

"Journey of Insight Meditation not only gives a fine introduction to Vipassana but sets a standard of excellence for spiritual journals of its kind. It is so good because Lerner is highly aware of the difference between the twin pitfalls of over-enthusiasm and over-analysis. His book is readable, thought-provoking and very real. Strongly recommended."

—Library Journal



Excerpt:

For three days I waged war with my mind. But when Hover described the process as "putting a ring through the nose of a bull," the metaphors of combat, struggle, and progress made the operation totally familiar. I was operating within the framework of my entire life. Here is what you want; here are the obstacles, here is how to eliminate them; this is what indicates your progress. In-breath, out-breath, in-breath, out-breath. Great pleasure at watching seven in a row. Fury at the thought of my wife. Not at her at me for thinking of her. A savage blow squashed the image. In-breath, out-breath, in-breath... great calm and then its description! How wonderful it was, how I would explain it to Hover. YOU ASS! This time I couldn't even remember whether the last one was an in or an out. How much time did I waste on that thought? Who was I fighting with?

Somehow, though, this crude struggle worked. Longer and longer spans of attention to the breath alone developed. Finally I became attentive enough to feel the thoughts just as they arose, and then even to anticipate them. I aborted them mercilessly, smiled at my prowess, and was dumbstruck when the brunt of my own assault hit me squarely between the eyes.

Journey of Insight Meditation

Footprints in the Dust



The Pariyatti Edition of *Footprints in the Dust* by Venerable Dhammika has just come out too: also in print and eBook.

Venerable Dhammika has pieced together the life events of the Buddha from very early texts. This truly authoritative biography shows that as a man, as well as a teacher, the historical Buddha was remarkable indeed.

"As Sarah Shaw says in the foreword: 'What was the Buddha like as a human being? How did he relate to others?'

We have always heard remarks that say the Buddha was a human, like you and I; he was not a god. Naturally then we wonder what was he really like. Was he a human but a superman as well? We read stories of his younger days as a prince living in palaces, with a large entourage in a fairy tale setting. In this book the author S. Dhammika, himself a monk of almost 50 years, gives us a more realistic picture of the Buddha according to the Tripitaka. He has stripped off the glamour and glitter and tells us about the difficult and in different settings such as his relationship with the monastics, as a teacher, and how and what he taught. It is not a book with suttas and Buddhist doctrines, but rather a book about the Buddha as a person. We can imagine him as a person from his early days without all the glamour and fantasies but as a person we can relate to.

If you want to know about the Buddha as a person, then this book will give you that."

—Buddhist Library, NSW, Australia

Footprints in the Dust

We offer a free non-printable PDF of most, if not all, *Pariyatti Editions*, including the two above-mentioned. Our free PDFs ensure that everyone—regardless of their financial situation—has access to our titles. For those looking at purchasing the print edition, PDFs are a great tool to view the book before ordering.

A big thank you to the volunteers who help us with the eBook creation, so that we can offer our eBook bundles at low costs and PDFs free of charge.

2024 Pariyatti Wall Calendars

Following positive feedback last year, we have decided to expand our [Wall Calendar offerings](#). In addition to the Pariyatti Pilgrimage Wall Calendar—featuring photos taken during several Along the Path pilgrimages through India & Nepal—we now offer a Pariyatti Journal Wall Calendar as well—displaying one or more artistic Pariyatti journal entries each month.

The Pilgrimage Calendar is available in:

11" x 16.5" – USA & Canada

A3 (29.7 x 42 cm) – Rest of the World

The Pariyatti Journal Calendar is available in various formats:

USA & Canada:

Ledger vertical (11" x 16.5")

LT vertical (11" x 8.5")

Slim vertical (5.5" x 16.5")

Rest of the World:

A3 vertical (29.7 x 42 cm)

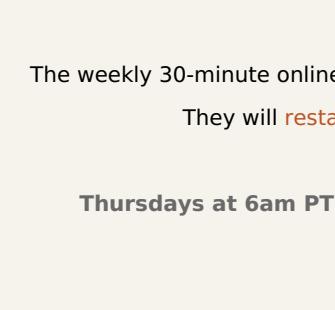
A4 vertical (21 x 29.7 cm)

Slim vertical (14.8 x 40 cm)

Please note that the prices for the calendars include shipping costs; they will be shipped directly from a third-party printer.

Due to its length, this newsletter might be clipped (cut off) by some email providers (such as Gmail). In that case you will have to open the newsletter in the Internet browser (via the link provided at the cut-off point) to read it in its entirety. It's worth doing so: you don't want to miss out on the Holiday Gift Ideas, all the Upcoming Dates, and the new Pāli course upload.

Audiobooks



We have just released for online streaming and download the *Pariyatti audiobook version of Bodhi Leaves No. 4, Of Gods and Men*, by Francis Story, wonderfully narrated by volunteer narrator Christa Michel. The print edition can be found in the *Pariyatti Edition of Collected Bodhi Leaves Vol. I*. The eBook of the individual booklet *Of Gods and Men* can be downloaded from the BPS website.

Excerpt: Although Buddhism lays all the emphasis on the importance of the human plane of existence, since it is here, and here alone, that there is freedom of choice between good and bad action, the Buddhist texts mention other spheres of being, some below and some above the human realm. In particular, there are many references to Devas and the various spheres they inhabit. The Devas, or "Shining Ones," are beings born in higher realms as the result of good kamma (= karma in Sanskrit) generated in previous lives as human personalities.

Browse Free Pariyatti Audiobooks

We are grateful to the volunteer narrators who offer their time, voice, and recording skills so that we can offer our audiobooks free of charge.

Global Community

Search Resources per Language

If you live outside the USA and are looking to order print books, please check our list of [non-US retailers](#). Ordering with them could save you in shipping costs. Many of the [titles that Pariyatti publishes](#) are set up with Amazon's print-on-demand service, so you may be able to order those directly from Amazon in your country.

Recent Releases for the Global Community

French

Lithuanian

Swedish

A big thank you to the various translation teams that contact us with the volition to translate a certain title and carry it out. Wonderful work has been achieved. May the translations be of benefit to many!

Holiday Gift Ideas

Besides the various book sections—including on [The Buddha and His Teaching](#), [Pāli Language](#), [Vipassana Meditation](#)—our website is host to several other sections that are worthwhile exploring when looking for meaningful holiday gifts.

Wall Art

We have recently enlarged our [Gifts and Art section](#) and have made several of Patrick Given-Wilson's paintings available—framed, as wood prints and as posters—in a variety of sizes. We also added a handful of inspirational aluminum photo prints.

Browse Gifts & Art Section

Browse Wall Art Prints

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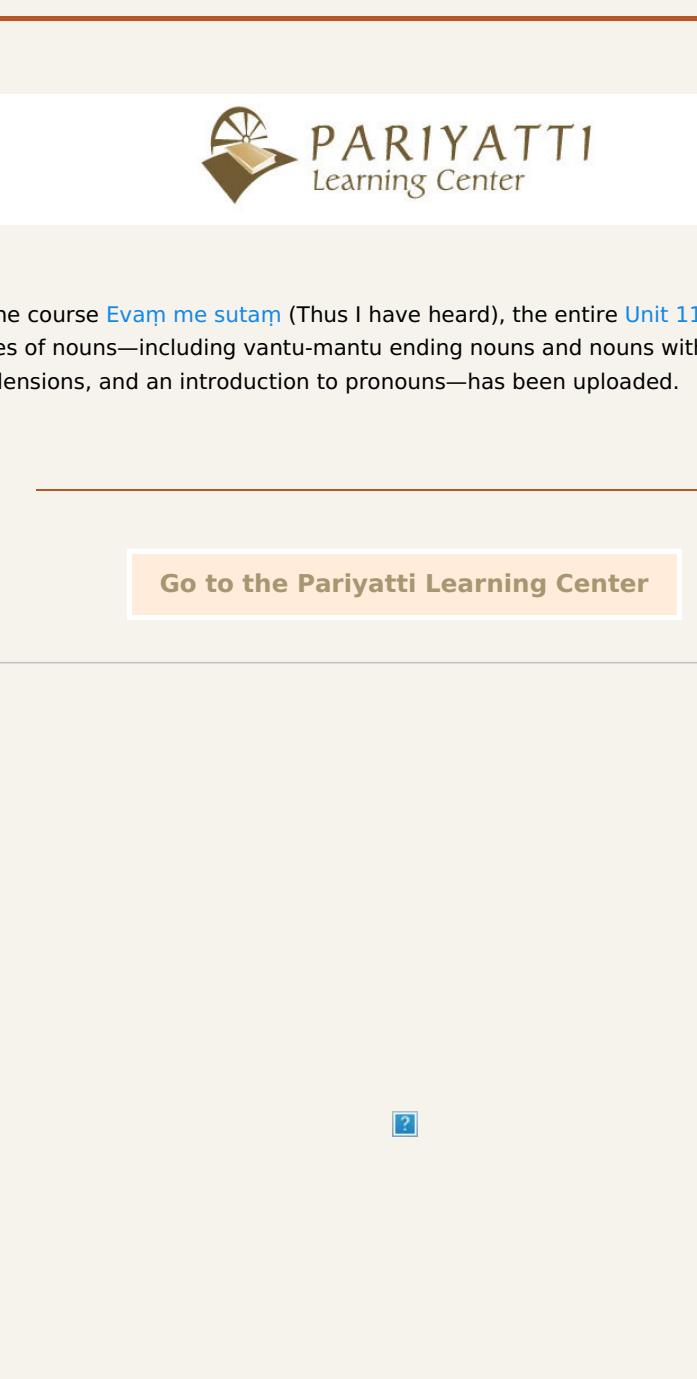
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Upcoming Pilgrimage Dates

Along the Path - India & Nepal

February 3-24, 2024

March 2-23, 2024



[Pilgrimage Information & Application](#)



PARIYATTI
Learning Center

In the course [Evaṁ me sutam](#) (Thus I have heard), the entire [Unit 11](#), on various types of nouns—including vantu-mantu ending nouns and nouns with irregular declensions, and an introduction to pronouns—has been uploaded.

[Go to the Pariyatti Learning Center](#)



A big *thank you* to the PLC course creators.
May your service be of benefit to many!

Donations: Either one-time or monthly pledge

Pariyatti is a charitable, non-profit, educational support system for the Dhamma community. Pariyatti exists because of funds donated by supporters.

FACT: Did you know Pariyatti offers an [audio & video library](#) with more than 100 audio and video podcasts from S.N. Goenka's Meditation Now Tour, Q&A sessions, talks by Paul Fleischman, documentaries, and more?

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Pariyatti
867 Larmon Rd.
Onalaska, WA 98570, USA

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