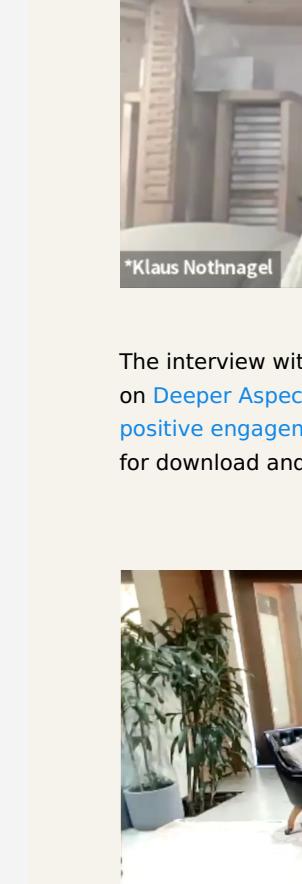


The Maya Devi Temple, Lumbini, Nepal, is one of the sites visited during our [Along the Path](#) pilgrimage. It is the birthplace of the Buddha.

We wish the Pariyatti pilgrims currently along the path through India and Nepal a fruitful, beneficial, and enjoyable journey!

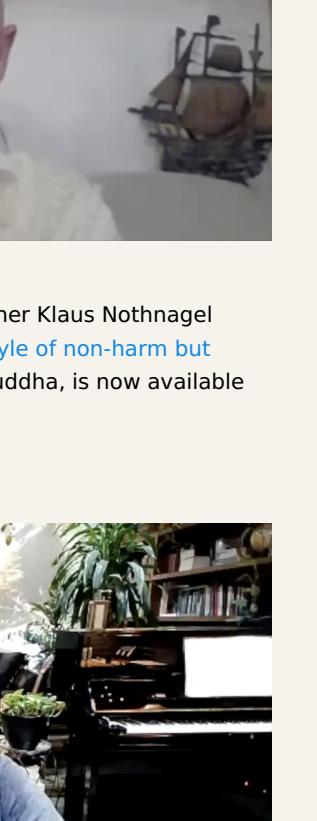
## New in the Children Section

### Barb Loves to Sit



Join Barb as she sits with her feelings. The only constant? The feelings always change.

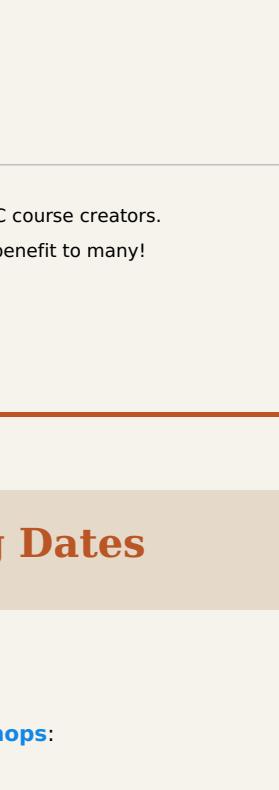
[Order Print / eBook](#)



"What a beautiful book. Barb and her family and their world (our world, too!) are presented in stunning illustrations. The narration is spare and poetic. The brief statements somehow build on one another in a way that lets the reader feel the ebb and flow of noise and stillness, distraction and attentiveness that arise during a sitting practice. The family's loving kindness meditation at the end drew me right in, watching as the goodwill Barb pours out grows and grows her own reservoir of love and compassion."

## Audiobooks

With the release of the audiobook of [Bodhi Leaves No. 90, Your Best Friend](#), there are now 75 free Pariyatti audiobooks available for streaming or download from our website (from where you usually get your audiobooks).



*Your Best Friend* has been beautifully narrated by the newest voice in the Pariyatti 'stable,' volunteer reader Tejendra Patel.

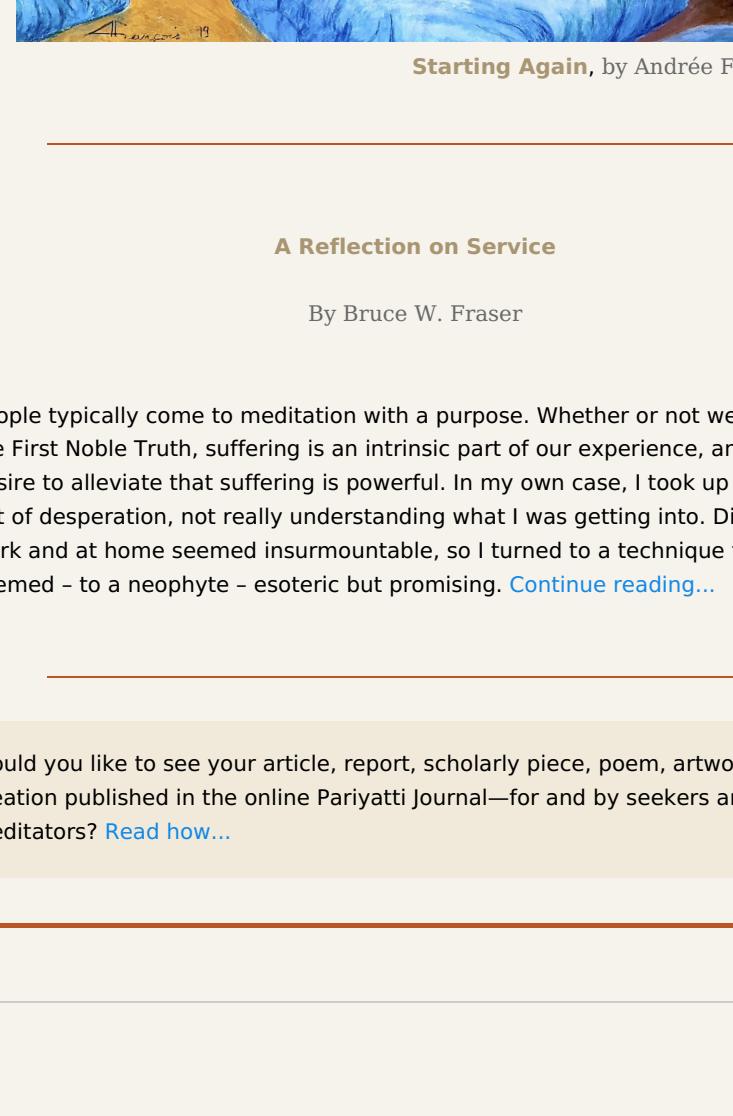
[Stream or Download](#)

#### Excerpt:

To understand ourselves, we must live with ourselves and know all about ourselves. The mind for that matter is flickering, fickle, difficult to guard and control and flutters like a fish taken out of its watery abode and thrown upon the land. Somebody causes you hurt and although the aggressor has disappeared from sight, the hurt grows within you and every so often keeps surfacing with an overpowering intensity to give you a warp. Then again, you see something that has captured your attention and your mind has instantly photographed it from every conceivable angle with a see-through lens, developed it in your mental dark-room, brought out the prints and enlargements with the skill of an expert cameraman and processor rolled into one. Similarly, all the sense faculties and the mind are of high sensitivity and respond to anything and everything exciting. If the degree of excitement is not sufficiently satisfying, you step it up with the use of drugs, intoxicants and poisons. This activity goes on unabated and makes of you a human derelict. A wise person living in his mind protects himself holding himself dear. Such a person whose senses are subdued, whose pride is destroyed and is free from corruptions, is calm of mind, speech and action and rightly knows, and is perfectly peaceful and equipoised.

## Pariyatti Presents...

### Two Recent Event Recordings Now Available



The interview with Vipassana and Pali teacher Klaus Nothnagel on [Deeper Aspects of Sila, the ethical lifestyle of non-harm but positive engagement](#) as provided by the Buddha, is now available for download and streaming.



Rivers Cuomo, lead singer and guitarist of the Californian band Weezer, is a meditator in the tradition of S.N. Goenka. In [this recent Pariyatti presents... interview](#) he talks about how he got into Vipassana meditation, how practicing Vipassana helps him navigate the life of a musician, the effects Vipassana has on his relationships and his creativity, and about practicing metta.

[Watch All Pariyatti Presents... Event Recordings](#)

## PARIYATTI Learning Center

The section [Translation of Sentences from Tipitaka of Unit 14: Present Particles](#), of the online Pali course [Evam me sutam](#) (Thus I have heard) is now available in the Pariyatti Learning Center.

[Go to the Pariyatti Learning Center](#)



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

[View All Upcoming Pariyatti Presents... Event Recordings](#)

## Upcoming Dates

### Pali Workshops:

**Introductory Workshop** (Kuantan, Malaysia): April 5-14, 2024 (a few seats available)

(Temecula, California, USA) —**20 days**  
September 7-28, 2024

**Pilgrimages:**  
[Along the Path, India & Nepal](#)  
October 12-November 2, 2024

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### 20-day Residential Pali Workshop



In this 20-day residential Pali workshop, following a basic introduction to Pali grammar and pronunciation, participants will spend most of their time reading, reciting, and understanding the suttas and the Pali language. The goal of this longer workshop is to help participants gain a good enough grasp of the Pali language to be able to experience the benefits from exploring the Buddha's words in its original language. Pali resources and aids for future individual learning will be provided so that if they wish, participants will be able to continue their Pali studies after the workshop. The teacher for this course is Mor Ifrah.

Goenkaji endorsed Pali workshops as they help meditators develop inspiration and understanding of the theoretical aspect of Dhamma.

Workshops cannot take place at a Vipassana Center, as centers are dedicated to the practice of Vipassana only; the off-center location for this course is located in the hills of Temecula, California, providing a peaceful atmosphere in beautiful surroundings.

[Info & Registration](#)



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## Pariyatti Journal



*Starting Again*, by Andre Francois

[A Reflection on Service](#)

By Bruce W. Fraser

People typically come to meditation with a purpose. Whether or not we know of the First Noble Truth, suffering is an intrinsic part of our experience, and the desire to alleviate that suffering is powerful. In my own case, I took up Vipassana out of desperation, not really understanding what I was getting into. Vipassana seemed insurmountable, so I turned to a technique that seemed - to a neophyte - esoteric but promising. [Continue reading...](#)

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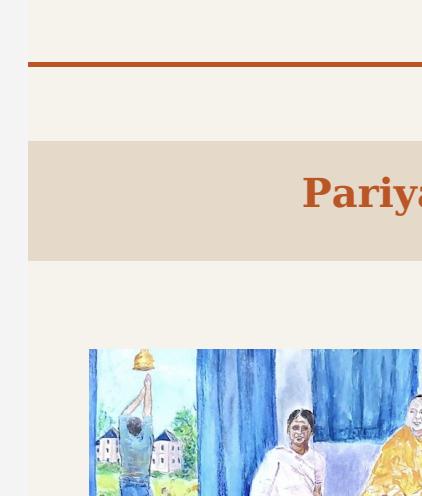
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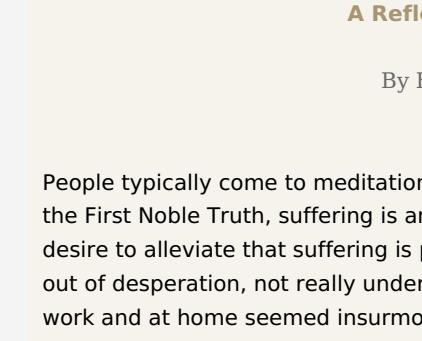


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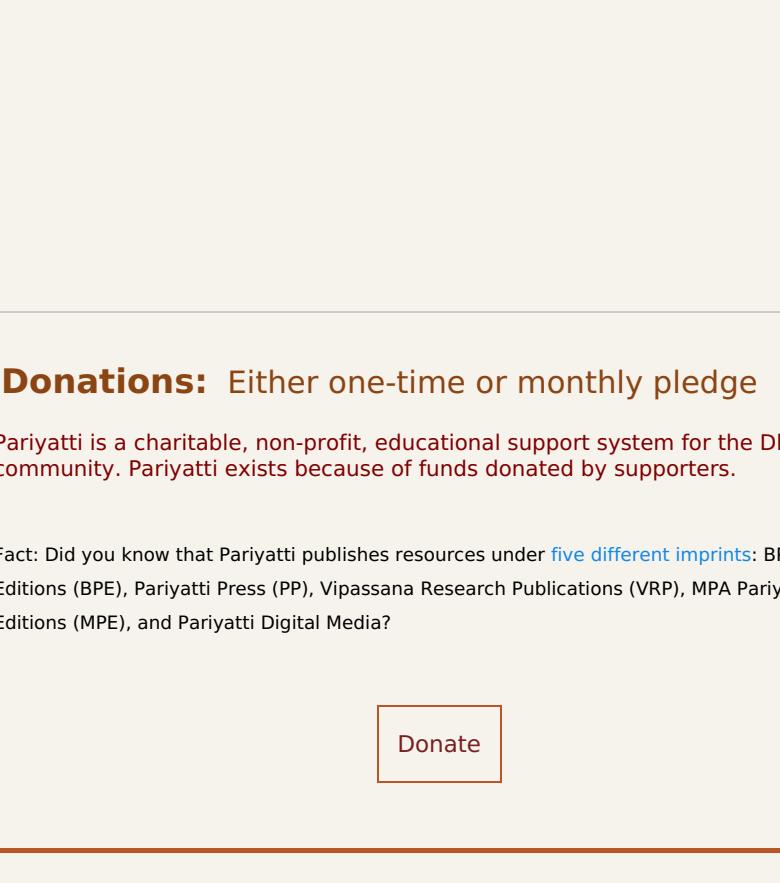


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