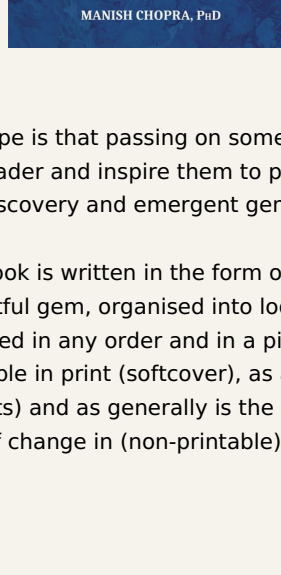


During a test run of [Island of Dhamma](#), Pariyatti pilgrims meditate at the Vessagiriya cave complex, a site that once housed hundreds of monks who ordained under Mahinda, the son of Ashoka, after he brought the teachings of the Buddha to Sri Lanka.

New Pariyatti Release

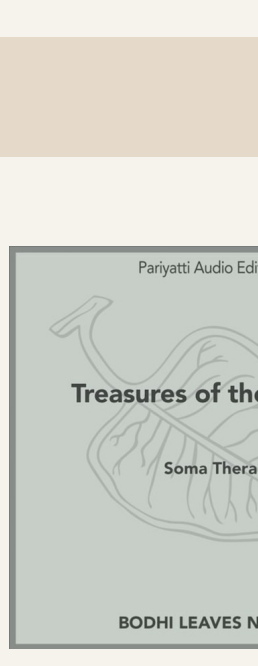


Manish Chopra, author of [The Equanimous Mind](#), has just released a new book, [Emergent Gems](#). The concept of this book came about when the author observed insights emerging spontaneously during periods of silent meditation. Introspective contemplation producing wisdom in itself isn't surprising, yet the effortless nature of certain deeper mysteries of life revealing themselves left a lasting imprint on the author's mind.

His hope is that passing on some of these ideas and life-lessons might benefit the reader and inspire them to pursue their own path to enrich their lives with self-discovery and emergent gems.

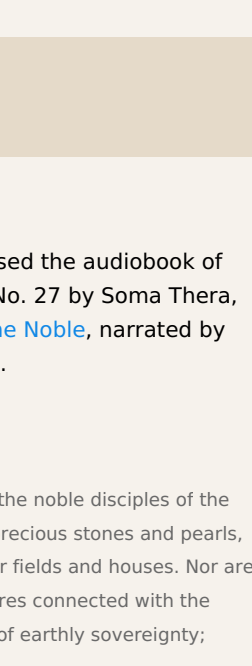
The book is written in the form of short distinct vignettes that each present an insightful gem, organised into loosely defined sections—although they can be explored in any order and in a piecemeal manner as well. [Emergent Gems](#) is available in print (softcover), as an eBook bundle (including ePub and Mobi formats) and as generally is the case with Pariyatti Editions, it is also available free of charge in (non-printable) PDF format.

[Order 'Emergent Gems'](#)



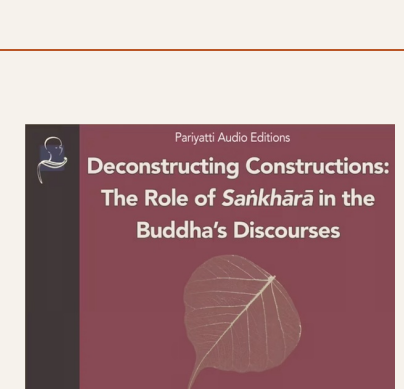
Other Recent Pariyatti Releases

These Pariyatti titles are available in softcover, eBook bundle (ePub & Mobi), free PDF.



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 web browser (via the link provided at the cut-off point) to read it in its entirety.

Audiobooks



We have released the audiobook of [Bodhi Leaves No. 27](#) by Soma Thera, [Treasuries of the Noble](#), narrated by Takae Ishizuka.

Excerpt:
The treasures of the noble disciples of the Buddha are not precious stones and pearls, silver and gold, or fields and houses. Nor are the noble treasures connected with the power and glory of earthly sovereignty;

These are the seven treasures the noble have:
Confidence, virtue, the sense of shame and fear,
Learning, bounty, and understanding right.

Not poor is the man endowed with these,
Not empty is his life of worthy things.
Therefore should he who is in understanding fixed,

Be diligent working to gain confidence,
Virtue, clarity, and vision of the truth,
Mindful of the law of him who understood.

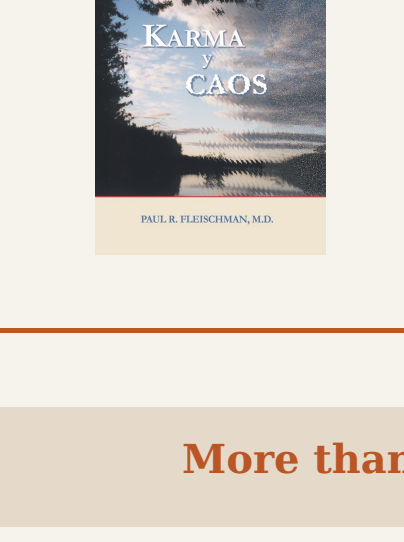


Regular Pariyatti audiobook narrator Jonathan Nelson has just completed reading another essay from [Investigating the Dhamma](#) by Bhikkhu Bodhi.

Essays from this book that we previously released in audio format are [The Jhānas and the Lay Disciple According to the Pāli Suttas](#) and [What Does Mindfulness Really Mean?](#)

This third essay is [Deconstructing Constructions: The Role of Saṅkhārā in the Buddha's Discourses](#). We will keep slowly releasing more of these essays in audio as we complete them.

A big thank you to the volunteer narrators who generously donated their time, voice, and expertise.

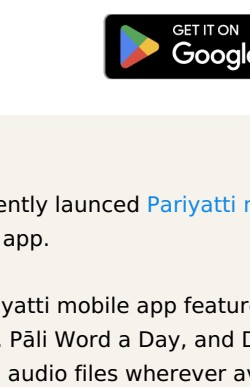


Global Community

[Search Resources per Language](#)



William Hart's [The Art of Living](#) is available in many languages and various formats, and since recent it is also available as an audiobook in Russian. Narrated by Ksenia Bogdanova and produced by Petr Ezhak.



[Karma and Chaos](#) by former psychiatrist and Vipassana teacher Paul Fleischman was already available in French, Italian, and Serbo-Croatian versions, and has now been made available (in its entirety) in Spanish as well: [Karma y Caos](#).

More than a Bookstore



The recently launched [Pariyatti mobile app](#) replaces the older [Daily Words of the Buddha](#) app.

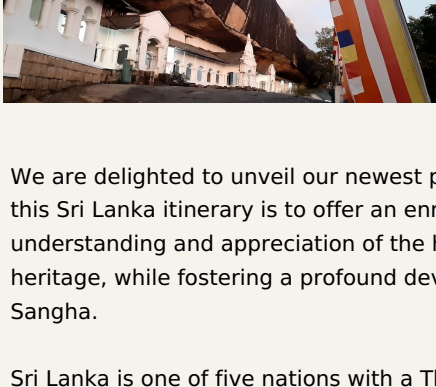
The Pariyatti mobile app features daily words of inspiration—Daily Words of the Buddha, Pāli Word a Day, and Daily Dhamma Verses of S.N. Goenka—together with the audio files wherever available. The daily words are shown in the form of 'cards'. Cards can be tapped to be bookmarked for viewing offline or to be shared with a friend. The app fully supports both light and dark mode for users who require one or the other for accessibility reasons.

Help Wanted

Future versions of the app will provide access to Pariyatti's library of resources, and include access to audiobooks and video content. We are looking for help from a [Flutter developer](#) to make this update. Get in touch: volunteer@pariyatti.org

We are also looking for individuals to help us with [Social Media projects](#), including the creation of posts, and with experience with [photo/video/audio editing](#) programs (Adobe, Keynote). Get in touch: volunteer@pariyatti.org

Pariyatti Presents...



On Saturday, June 8 [Bhikkhu Anālayo](#) will join us on Zoom again. The Venerable will be interviewed by filmmaker / Vipassana teacher Marta Van Patten on [Daughters of the Buddha](#), his 2022 book from Wisdom Publications.

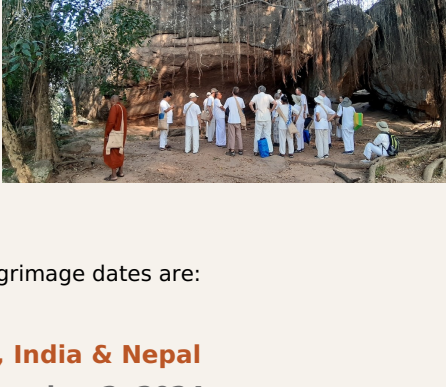
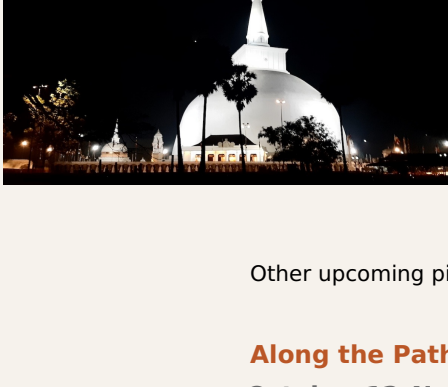
With the [conversation between the bhikkhu and Marta](#) in mind, on his Pariyatti title [Deepening Insight](#) in 2021, we think you will be in for a treat! It's truly inspiring to hear someone speak who practices both pariyatti and patipatti—the Venerable is a leading scholar in research on Early Buddhism with a special interest in the topics of the position of women in Buddhism and Buddhist meditation, who spends most of his time in meditation.

NEWLY scheduled! [S. Dhammika: Interview on Footprints in the Dust](#)
Sunday, August 25 * 4pm PT / 7pm EST / Monday August 26 * 9am AEST

[Register for Events](#)

[Watch Event Recordings](#)

Pariyatti Pilimages



We are delighted to unveil our newest pilgrimage, [Island of Dhamma](#). The goal of this Sri Lanka itinerary is to offer an enriching journey aimed at deepening your understanding and appreciation of the historical backdrop of our spiritual heritage, while fostering a profound devotion to the Buddha, Dhamma, and Sangha.

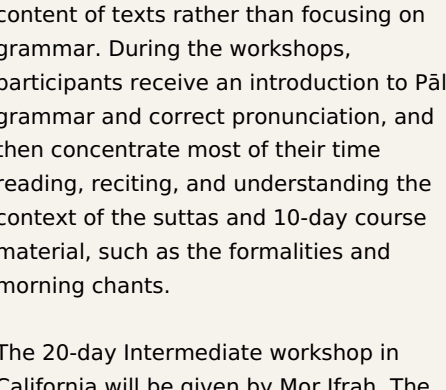
Sri Lanka is one of five nations with a Theravada Buddhist majority; Theravada Buddhism is the official religion of Sri Lanka, practiced by over 70% of the population. Sri Lanka also is the oldest continually Buddhist country, since in the 2nd century BC the Tipitaka was transmitted to the island from India by Mahinda and Sanghamitta, the son and daughter of the Emperor Ashoka.

Sri Lanka has played a major role in the preservation of the teaching of the Buddha. The Tipitaka, initially preserved orally, was written down on palm leaves during the Fourth Buddhist Council in the first century BC, held at the Alu Vihara, Matale, Sri Lanka.

Pilgrims joining the [Island of Dhamma](#) will get to see the place where the Tipitaka was written down, meditate in caves where arahants used to meditate and at forest monasteries populated with current day bhikkhus or bhikkhunis, sit one-day courses at various Vipassana Centers, and visit other places of importance related to the Dhamma and the Sangha in Sri Lanka.

The [inaugural Island of Dhamma](#) journey is from **November 1 to 18, 2024**

[Itinerary, Eligibility, Cost & Registration](#)



Other upcoming pilgrimage dates are:

Along the Path, India & Nepal
October 12–November 2, 2024
February 1–22, 2025

[More Information on Vipassana Pilgrimages](#)

Study Pāli

Pāli is the language in which the Buddha's teachings were preserved. The Pāli Canon, or Tipitaka (ti—three + piṭaka—basket), consists of the Vinaya Piṭaka (discipline for the monks), the Sutta Piṭaka (discourses by the Buddha) and the Abhidhamma Piṭaka (higher teaching). Studying these texts is called pariyatti, applying the teaching to practice is called patipatti.

Pariyatti's aim is to provide greater access to the words of the Buddha, and one of the ways we do so is by providing ways to [study Pāli](#). For 2024 there are currently three [residential Pāli workshops](#) listed, available for Vipassana meditators, old students of S.N. Goenka, new lessons and sections are constantly being rolled out at our [online learning center](#).

Residential Pāli Workshops

Vipassana meditation is an integral part of our [residential Pāli workshops](#). The daily schedules will be similar to that of a 10-day Vipassana course—including three daily group sittings and morning chanting—however, there will be both study and meditation periods throughout the day.

NEW! San Antonio de Pereira, **Colombia** ☐☐
July 6–14, 2024
Introductory—**ESP**

The two newly added workshops will be taught by Adriana Patiño, who teaches following a method emphasizing the content of texts rather than focusing on grammar. During the workshops, participants receive an introduction to Pāli grammar and correct pronunciation, and then concentrate most of their time reading, reciting, and understanding the context of the suttas and 10-day course material, such as the formalities and morning chants.

NEW! Québec, **Canada** ☐☐
September 6–13, 2024
Introductory—**ENG & FR**

The 20-day Intermediate workshop in California will be given by Mor Ifrah. The goal of this longer workshop is to help participants who already have some experience with the Pāli language gain a deeper grasp of it and so to experience

the benefits and joy that derive from the exploration of the rare treasure of the Buddha's words in its original language. If resources and aids for future individual learning will be provided so that, if they wish, participants will be able to continue their Pāli studies after the workshop.

[Information & Registration Pāli Workshops](#)

3.10.8.1 - Paṭṭhānapāli - Citta - 'dvādasākusalā' - States of Consciousness, Part One

According to the Sutta Piṭaka, the mind-matter-phenomenon (*nāmarūpāva*) gets subdivided into five aggregates of clinging (*pañca upādānakkhandha*). According to the Abhidhamma, the universe consists of four ultimate realities (*cattudhā paramatthato*) which are the mental states of consciousness (*citta*), the so-called mental concomitants (*cetasika*), the field of matter or corporeality (*rūpa*) and *nibbāna*.

The term 'ultimate reality' points to the definition of the Abhidhamma to amend the terminology used in the Sutta Piṭaka, which is considered 'conventional' or 'conceptional' reality. While such usage of 'mind' (*citta*) may suggest a oneness of an existing entity, the Abhidhamma analyses and dissects mind into an ongoing ever-changing occurrence of interrelated mental states. According to this investigation, there exist 89 such states that appear and disappear constantly in split seconds and could even be divided further into 121, when the supramundane (*lokuttara*) states are included. The examination subdivides all those states into unwholesome (*akusalā*) and wholesome (*kusalā*).

[Lesson 3.10.8.1](#) of the online Pāli course Exploring the Path (ETP) provides an overview of the first category, the twelve unwholesome states (*dvādasākusalā*), in the three segments of negative roots of *lobha*, *dosa*, and *moha*. It also refers to the *Mahāsatipatthānasutta* section titled *Cittānupassanā*, where a meditator is advised to observe one's mind (*sarāgaṃ ..., sadosaṃ ..., samohaṃ citta'nti pajānāti*), and the commentarial explanation.

[ETP 3.10.8.1](#)

More sections in [Unit 15](#) of the online Pāli course [Evaṃ me sutam](#) (Thus I have heard) are now available in the Pariyatti Learning Center. Newly added is the translation practice on the previously covered past participles, the section on

Unit 15

Go to the Pariyatti Learning Center



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

Pariyatti Journal

Cultural Sensitivities and Awareness
By Narayan Dasarwar

In March 1974, about the same time that the first foreign meditators came to live at the new Vipassana centre in Igatpuri, Chandra Mohan Jain, calling himself Bhagwan Shree Rajneesh, relocated from Mumbai to establish an ashram in Pune. He had already developed a reputation as a controversial guru by rejecting traditional religious and ascetic practices and expressing opinions on moral values that were opposed by most ordinary Indians. His young Western devotees, in their maroon or ochre robes, soon became a common sight in the city. Rumours circulated and began to appear in newspapers, containing allegations of drug use and sexual improprieties that tarnished his ashram's image. [Continue reading...](#)

How Dhamma Giri got its name
By Narayan Dasarwar

In mid March 1974, a Canadian meditator named Geo Polansky moved, with Goenkaji's approval, into an old stone bungalow on the newly purchased hilltop property that was to become the first Vipassana meditation centre in India. A few weeks later, Graham Gamba, an Australian, arrived. The building that they chose to live in had for years been deserted and used by local herders as a stable. It required a thorough cleaning. [Continue reading...](#)

The Wheel of the Dhamma, Eight Spokes or Many?
By Shravasti Dhammika

A wheel (cakkā) is a flat circular object that turns as it moves and is considered one of the most ground-breaking inventions in the history of technology. The ancient Indians used the wheel as a symbol for political sovereignty and dominion. The first Buddhists used it as a symbol for sovereignty too, but for spiritual rather than for worldly and political sovereignty. As most meditators will know, the Buddha's first discourse is called 'Setting in Motion the Wheel of the Dhamma' and a wheel flanked on either side by a deer has long been a symbol of the Buddha's teaching this first discourse in the Deer Park at Sarnath. [Continue reading...](#)

No Coincidences
By Manish Chopra

Growing up in the land of superstitions and astrological readings, I have had my share of beliefs ranging from walking through a street crossed by a black cat can bring ill fortune to trying to change one's destiny through the use of certain gemstones which hold the power to alter future life events. I even developed a pseudo-scientific theory to explain away why I would follow the practice of wearing multiple gemstones in specific fingers and set in rings made of suitably correlated metals to derive outcomes like "vanquish one's adversaries" ... [continue reading...](#)

Read the Pariyatti Journal

How to Submit to the Journal

Upcoming Dates

Course-end Sales

Onalaska
June 9, 23

7:30-10am (-ish)

867 Larmon Rd, Onalaska, WA 98570, United States

Pariyatti Presents... Online Events:

Bhikkhu Anālayo on Daughters of the Buddha
Saturday, June 8 * 8am PT / 11am ET / 5pm CET / 8:30 pm IST

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NEW! Québec, **Canada** ☐☐
September 6-13, 2024
Introductory—**ENG & FR**

Temecula, **California, USA** ☐☐
September 7-28, 2024
Intermediate—**20 days**

Pilgrimages:

Along the Path, India & Nepal
October 12-November 2, 2024
February 1-22, 2025

Island of Dhamma, Sri Lanka
November 1-18, 2024
NEW itinerary!



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 that we now have [Paul Fleischman](#) lectures available for free at our website? They are for streaming or downloading.

Donate

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