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Dear Friends,

We are three weeks into our end-of-year campaign. This year's goal is \$100,000. We are very grateful for the **\$35,944.58** in donations we have received so far from **266** generous donors.

If you value our non-profit services, you are welcome to [contribute](#) as well. All donations will support Pariyatti in offering resources and programs that will guide and inspire many people towards the path of liberation through 2025.

May you all experience peace and harmony in 2025. May more and more people find the path to liberation, walk on it, and grow in Dhamma...

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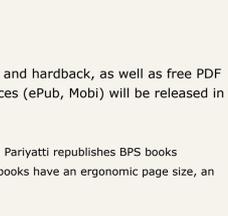
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Due to its length, this newsletter might be clipped by some email providers (such as Gmail). In that case you will have to open the newsletter in the web browser (via the link provided at the cut-off point) to read it in its entirety.

Global Community

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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.



New Spanish Release Hot off the Press!

We have just released the first non-English edition of the classic BPS Buddhist dictionary by Nyanatiloka Thera: **Diccionario Budista**.

It contains translations of important Pāli words and meditation terms arranged in alphabetical order (Roman-script - Spanish); definitions include a longer discussion of certain complex concepts and source references. There are translations of both Spanish and Pāli words mixed together, making it easy to look up important Pāli words or terms, or finding them when knowing only the Spanish equivalent.

[View More & Order](#)

Diccionario Budista is available as a paperback and hardback, as well as free PDF download. The eBooks made for mobile devices (ePub, Mobi) will be released in due time.

[BPS Pariyatti Editions \(BPE\)](#)

By agreement with the Buddhist Publication Society, Pariyatti republishes BPS books worldwide; the content is unchanged, but the print books have an ergonomic page size, an easy-to-read font, and a sturdy spine.

New German Title



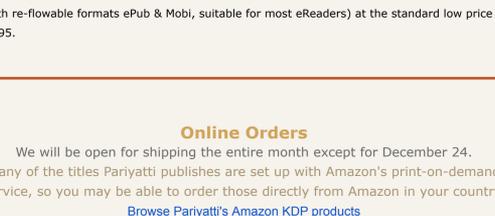
For the Benefit of Many, a compilation of students' questions answered by our late Vipassana Teacher S.N. Goenka, already existed in [English](#), [Khmer](#), [Mongolian](#), [Portuguese](#), [Spanish](#), and [Vietnamese](#). Thanks to the German translation team, we have just released a **German** version too: [Zum Nutzen Vieler](#). It is available in softcover print and free (non-printable) PDF.

Other 2024 Releases (for the Global Community)

Amazing work from the Spanish language Vipassana translation team!
[Browse all Spanish resources.](#)



Two other invaluable titles related to [Vipassana Meditation as taught by S.N. Goenka](#) in German. [Browse all German titles.](#)



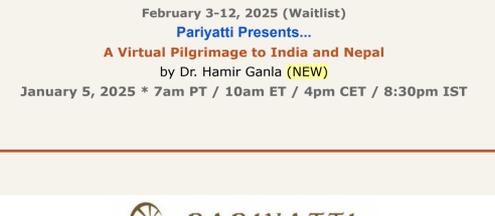
The pilgrimage guide *Along the Path (3rd edition)* was released in Chinese in 2024, as well as the collection of prose poems *In the Spirit of the Buddha* by Paul & Susan Fleischman.



[Browse all Chinese titles](#)

An Ancient Path, with talks by Paul R. Fleischman was made available in Portuguese in 2024.

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A big thank you to the various translation teams that contact us with the volition to translate a certain title and carry it out. So much wonderful work was achieved again in 2024. May the translations be of benefit to many!

As Pariyatti aims to serve people from all backgrounds, we offer our print books and eBooks at affordable prices and provide [free PDFs for most titles that we publish](#). We offer our eBook bundles (with re-flowable formats ePub & Mobi, suitable for most eReaders) at the standard low price of \$4.95.

Online Orders

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For **US residents** the most effective way to donate is via [PayPal Giving Fund](#), as there are no fees on donations given via the PayPal Giving Fund; we receive the full 100%. Of course the rest of the world can donate via PayPal too (the [regular PayPal](#))—

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or via any of the other ways to donate that we have in place.

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To make a donation in **Euros** or **Pounds** please contact us at eu-uk-donations@pariyatti.org.



Upcoming Dates

Pilgrimages

Along the Path, India & Nepal
February 1–22, 2025 (Waitlist)

March 1–22, 2025

Off the Beaten Path
February 3–12, 2025 (Waitlist)

Pariyatti Presents...

A Virtual Pilgrimage to India and Nepal
by Dr. Hamir Ganla (**NEW**)

January 5, 2025 * 7am PT / 10am ET / 4pm CET / 8:30pm IST

PARIYATTI Learning Center

[Lesson 3.2.4.1](#) of the online Pāli course Exploring the Path (ETP) has been posted in the Pariyatti Learning Center (PLC):

Saccapabbāṃpabbam, Part One:

Dukkhasaccaniddeso – Exposition of the Truth of Suffering

The Four Noble Truths are the core of the Buddha's teaching. One who realises these will inevitably walk the Noble Eightfold Path. The *Saccapabbāṃpabbam* as found in the *Mahāsātipatthānasutta* provides a clear, detailed description how every experience is interrelated with suffering (*dukkha*). The Buddha gave this meticulous explanation at a location called Kammāsadhama to the residents of Kūrū. They were renowned for their wisdom and high moral and ethical standards. After thoroughly highlighting the meditation of Satipatthāna, the Buddha concluded with the detailed elucidation of the Four Noble Truths as presented in this and the next lesson.

The current text quotes his exposition of the first Noble Truth, 'the knowledge of the fact of suffering' (*dukkhe ñāṇam*). From birth, as a starting point, the Buddha reveals all stages of life being unavoidably linked to different variations or stages of suffering. This may appear as an extremely negative approach to life, though when proceeding to the remaining Noble Truths it was understood that based on the acceptance of suffering, a 'Tathāgata removes all gloom, all manifestation of darkness' as his 'explanation of the Four Noble Truths' provides a way beyond *dukkha*.

[Take Lesson 3.2.4.1](#)

[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 that Pariyatti's mandate is to preserve and make accessible authentic Theravāda teachings to inspire, support and deepen understanding of Dhamma for Vipassana students, scholars, and seekers?

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