

Dear Friends,

One day to go! The goal of this year's fundraiser, ending tomorrow, is **\$100,000**. We are indeed very grateful for the **\$54,066.26** in donations we have received to date from **429** generous donors.

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

Like the imperceptible change created by a butterfly's wings, your contribution, however small, can have a great impact when given with a pure volition.

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

Donate–PayPal Giving Fund (USA)

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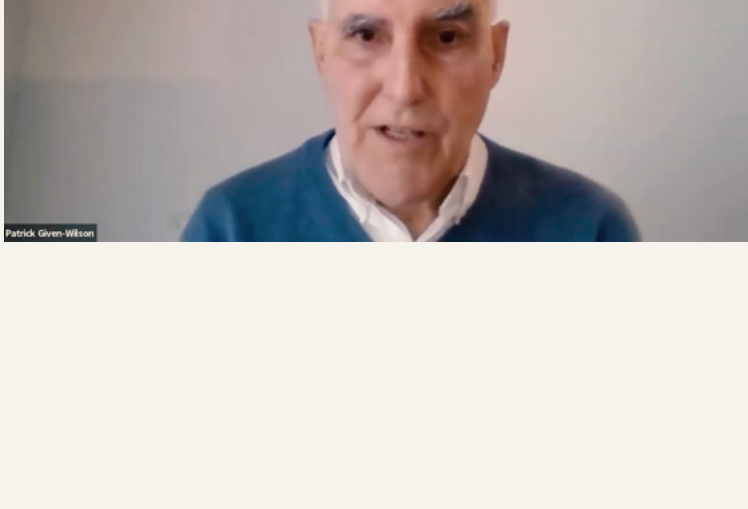
View all Ways to Donate

Pariyatti is a 501(c)(3) nonprofit.
All donations are tax-deductible
in accordance with U.S. tax law.

Pariyatti Presents... events

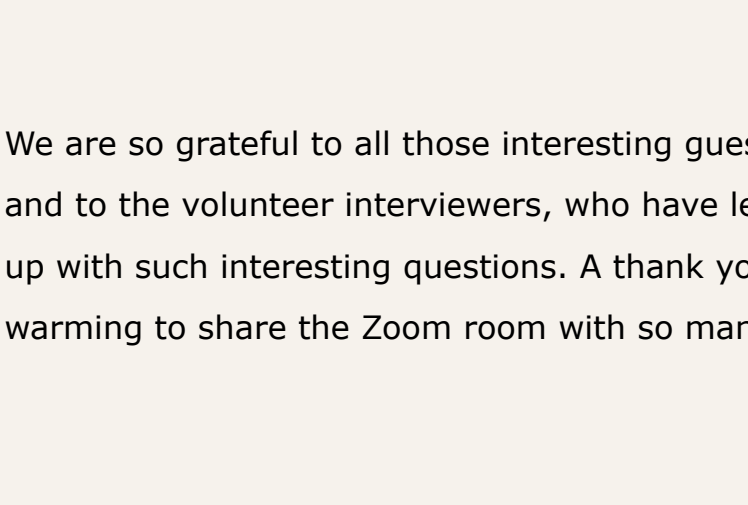
In the [Pariyatti Presents... online events program](#) we host author talks as well as other talks, interviews, and lectures with guests from all over the world. The program is set up to learn from the authors about their works and writing processes, and explore a wide range of topics—from vipassana meditation and its implication in daily life, to the Tipitaka, the Pāli language, pilgrimages, and other topics related to the practice and theory of the Buddha's teachings. Although presenters may share their thoughts on different topics, the goal is the same—that all of these offerings serve as inspiration to help support those walking on the path of Dhamma. All events are recorded and posted on our website for reference. In 2024, four Pariyatti Presents... events took place. May you enjoy and find inspiration from watching the recordings!

Rivers Cuomo



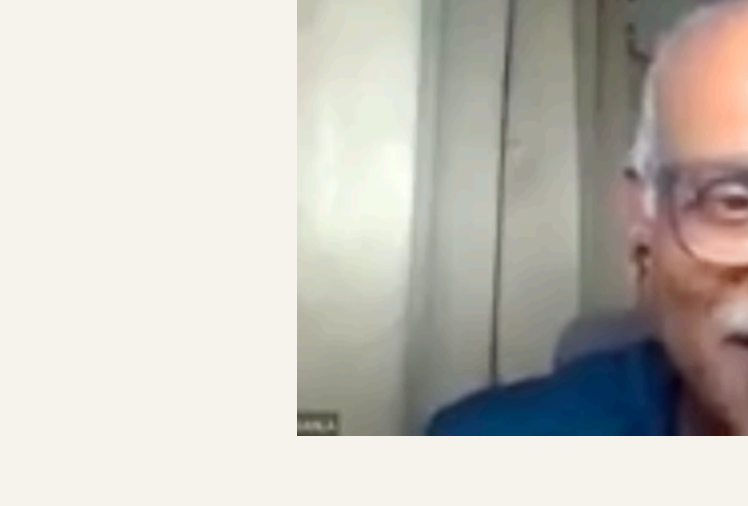
Rivers Cuomo, lead singer and guitarist of the Californian band Weezer, is a meditator in the tradition of S.N. Goenka. In the [Pariyatti presents... interview from February 18, 2024](#) Rivers talks about how he got into Vipassana meditation, how practicing Vipassana helps him navigate the life of a musician, the effects Vipassana has on his relationships and his creativity, and about practicing mettā.

Bhikkhu Anālayo



The [June 8 Pariyatti Presents... event with Bhikkhu Anālayo](#) about his book [Daughters of the Buddha](#) with Vipassana teacher and filmmaker Marta Van Patten is another must-watch. Passages from the Ekottarika-āgama are read and discussed, in comparison to relevant passages from the Pāli Canon, showing that the Buddha supported and protected the Bhikkhuni Sangha, opposite to how passages of the Pāli Canon are often interpreted nowadays.

Shravasti Dhammika



Another gem is the August 25 [Pariyatti Presents... event where Venerable Dhammika](#) discusses his book [Footprints in the Dust](#) with [Along the Path](#) co-author Kory Goldberg. Even just the introductory part, where the Venerable tells about his journey to become a monk and his various pilgrimages in India in the 70s and 80s makes viewing worthwhile. During the interview we learn various interesting facts about the Buddha, and the Venerable also counters misconceptions about the Buddha that have risen over time. Important is that the Buddha never acclaimed to be anything other than a normal human being (which means that when we human beings follow his teachings we could become liberated too).

Patrick Given-Wilson



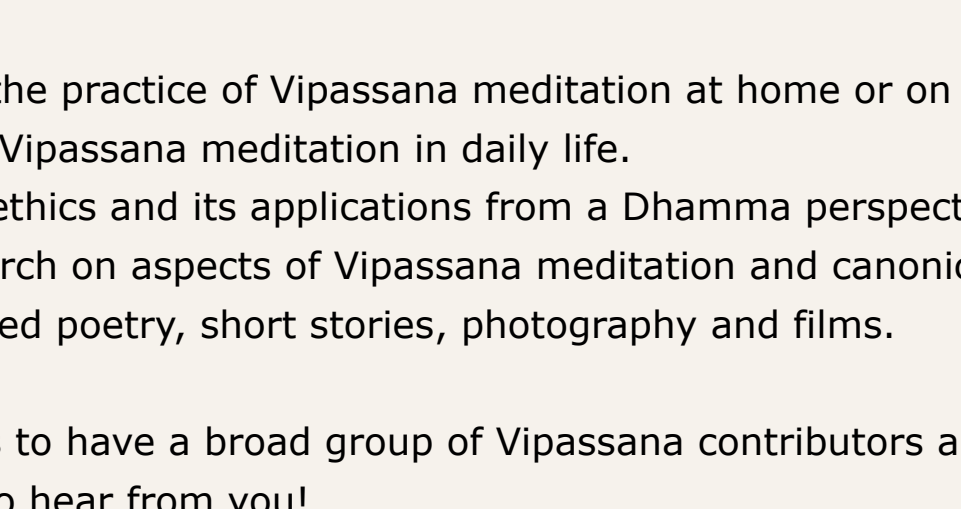
With interesting stories Australia-based Vipassana teacher Patrick Given-Wilson points out the importance of lay practitioners in our tradition in his presentation entitled [A Householder Tradition from the September 22 Pariyatti Presents... event](#) (which also includes a Q&A session). Householders already played an important role in the time of the Buddha. The ancient texts show that there has always been a reciprocal relationship with the Bhikkhu Sangha and the lay disciples of the Buddha.

View all Pariyatti Presents... Event Recordings

We are so grateful to all those interesting guests we have had the pleasure to welcome online, and to the volunteer interviewers, who have lead the conversations so warmly and have come up with such interesting questions. A thank you well as to our audience, as it has been heart-warming to share the Zoom room with so many Dhamma friends.

Upcoming Pariyatti Presents... Event

We recently listed a new online event, for January 5 already, that will be an interesting one to join. Dr. Hamir Ganla, Vipassana teacher and retired pediatricist from India will take us on a [Virtual Pilgrimage to India and Nepal](#), where we will visit—among others—the four important places related to the life and the teaching of the Buddha. As usual, the event is free to attend; registration is needed to instantly receive the Zoom ID, link, and password. The event will last for about an hour and a half and consists of a presentation (pilgrimage) and a Q&A session. Questions will be collected and selected from the audience present.



A Virtual Pilgrimage to India and Nepal

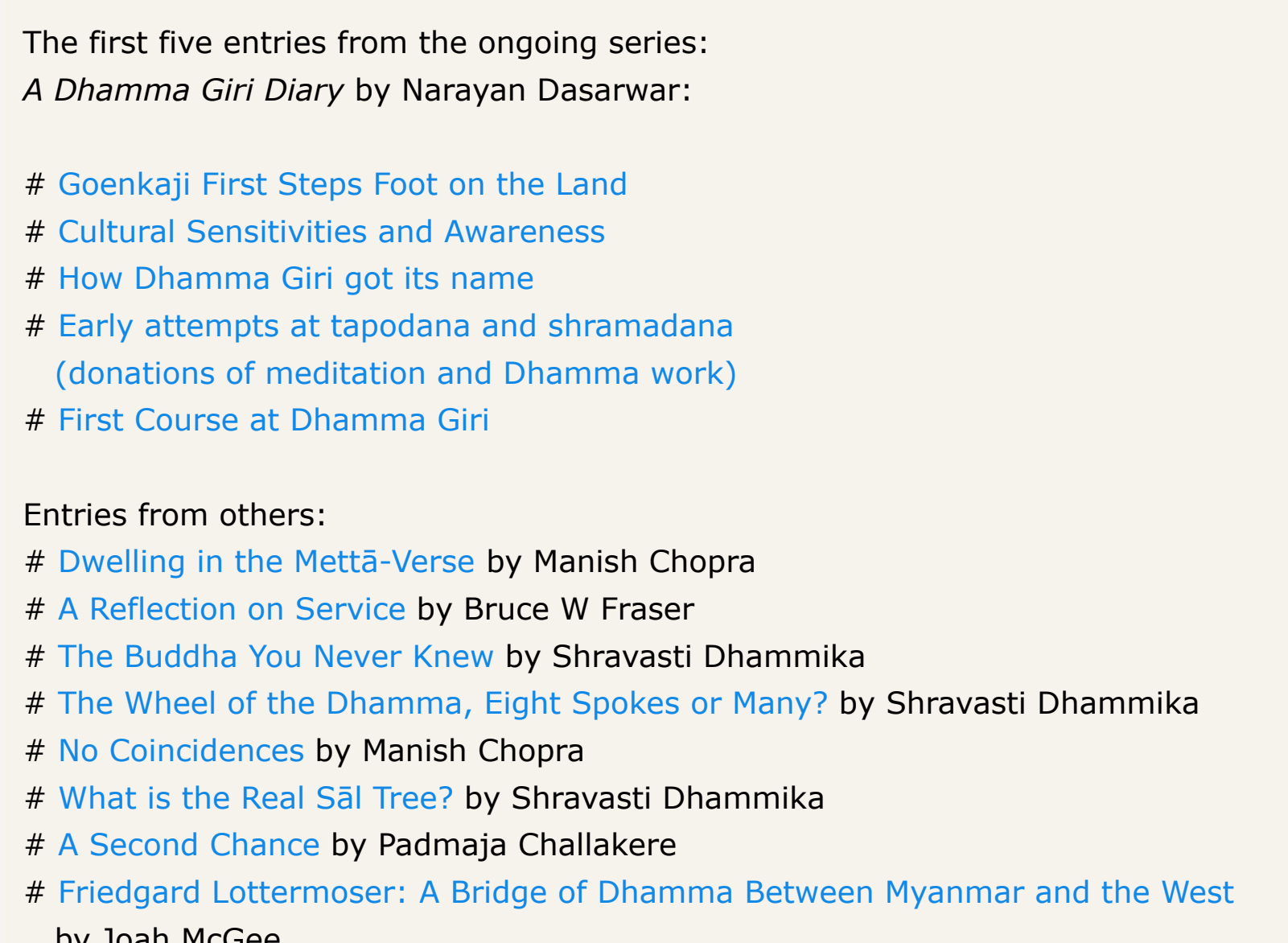
by Dr. Hamir Ganla

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

Event Info & Registration

More than a Bookstore

Shop in Person



A recent course-end sale at our Onalaska location

We open our doors at our **Onalaska**

location on days course end at

[Dhamma Kuñja](#).

Opening hours: 7:30-10am (-ish)

January 1 & 21

February 4 & 11

March 3, 17, 31

[867 Larmon Rd](#)

Onalaska, WA 98570, United States

We open our doors at our **Hillsboro**

location for about an hour after one-day courses held at the Hillsboro Hall next door, at 4:30pm.

January 26

Future one-day courses held in Hillsboro will be listed at the [Dhamma Kuñja course schedule](#)

[2840 SE 39th Loop, Unit B](#)

Hillsboro, OR 97123, United States

[Support Pariyatti in reaching the 2024 fundraiser goal of \\$100,000.00](#)

Make a Donation

Pariyatti Journal

Latest Entries

Water, Water, Everywhere

By Shravasti Dhammika

The Buddhist virtue of generosity (*dāna*) or sharing (*cāga*) are well-known. That food is the main thing given is also well-known and a well-established custom. However, the Buddha often spoke of giving things other than food and giving to recipients other than the *Saṅgha*. One of these gifts that receives little attention and which could perhaps be re-emphasized is the giving of water. [Continue reading...](#)

Mind Creates Matter

By Manish Chopra

Einstein expounded the theory of relativity with a brilliant postulate about the interchangeability of light and matter that took others a long time to bear out and verify firsthand. We also hear common-sense phrases like "mind over matter" that clearly legislate that mind is the supreme and foremost entity that is primordial and precedes all other phenomena. [Continue reading...](#)

The [Pariyatti Journal](#) is an online journal by and for meditators and seekers. It is a space to showcase articles, book reviews, and artistic endeavors. When we are in meditation centers and meet a local group sitting we are mainly in silence, but here we can share our experiences and perspectives. The aim here is to hear from our peers and stimulate deep reflection, inspiration, and intelligent conversation about meditation practice—on and off the cushion.

Anyone can send in their piece; articles can be personal reports and reflections, or even have a journalistic or scholarly tone and should range between 500 and 5000 words. Think of topics as:

Reflections on the practice of Vipassana meditation at home or on courses.
Applications of Vipassana meditation in daily life.
Reflections on ethics and its applications from a Dhamma perspective.
Scholarly research on aspects of Vipassana meditation and canonical texts.
Dhamma inspired poetry, short stories, photography and films.

Our intention is to have a broad group of Vipassana contributors and readers and we would like to hear from you!

Submission Procedure

2024 Pariyatti Journal Entries



ABOVE: [Starting Again](#) by Andrée François

The first five entries from the ongoing series:

[A Dhamma Giri Diary](#) by Narayan Dasarwar:

[Goenkaji First Steps Foot on the Land](#)

[Cultural Sensitivities and Awareness](#)

[How Dhamma Giri got its name](#)

[Early attempts at tapodana and shramadana](#)

([donations of meditation and Dhamma work](#))

[First Course at Dhamma Giri](#)

Entries from others:

[Dwelling in the Mettā-Verse](#) by Manish Chopra

[A Reflection on Service](#) by Bruce W Fraser

[The Buddha You Never Knew](#) by Shravasti Dhammika

[The Wheel of the Dhamma, Eight Spokes or Many?](#) by Shravasti Dhammika

[No Coincidences](#) by Manish Chopra

[What is the Real Sāl Tree?](#) by Shravasti Dhammika

[A Second Chance](#) by Padmaja Challakere

[Friedgard Lottermoser: A Bridge of Dhamma Between Myanmar and the West](#)

by Joah McGee

[Reflections on the Transformative Impact of the Satipatthana Sutta Course](#)

by Aviva Derenowski

Read the Pariyatti Journal

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

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

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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