PARIYATTI

DONATE NOW

Words of the Buddha...
On their way to your doorstep

Dear Friends,

We are coming to the end of another year here at Pariyatti where we dedicated ourselves to providing valuable and inspirational resources related to the teachings of the Buddha. The Buddha's teaching is a precious jewel, and we are so fortunate to have access to it in our lives.

In addition to publishing books (in print, as well as eBook and audiobook formats), Pariyatti imports books from around the world and converts existing material to digital formats. We protect and provide an enormous catalog of Dhamma resources in many languages and formats that otherwise wouldn't be as easily available.

Pariyatti aims to serve people from all backgrounds. We keep the print books and eBooks affordable, provide a free PDF of most titles that we publish, and offer many other resources at no cost. All our audiobooks are available free of charge, as is most of the audio and video material—as well as a large number of resources for students of S.N. Goenka. Our free services include the Pariyatti Learning Center, the Treasures, the online Pariyatti Journal, the Pariyatti Presents… online event program, and the Daily Words for inspiration (available via email, RSS feeds, and mobile app). We also offer donation-based residential Pāli workshops and facilitate pilgrimages for Vipassana meditators.

As a non-profit organization, Pariyatti relies on the generosity of donors and volunteers to supplement the revenue received from sales, in order to make up for our annual deficit. Once a year we run a **fundraiser** and today we are kicking off the 2025 campaign. This year's goal is **$100,000**.
Pariyatti operates with a small team, accomplishing all the above-mentioned operations on a modest budget. We stretch your hard-earned donations to operate two locations and an online store where we store well over 1,000 products with over 36,000 items in inventory. We strive to make wise use of the danā we receive and we continually look for ways to improve efficiency and reduce costs as we move forward.

Learn more about Pariyatti's finances.

Your support will make it possible for us to keep disseminating the words of the Buddha and make additional materials freely available. We appreciate any support you are able to offer us. Donations of all amounts are appreciated.

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. **Many employers in the USA will match donations** to nonprofit organizations; if yours does, please take advantage of this to double the value of your gift! You are welcome to make a one-time donation or may consider making a monthly recurring donation. Donations of any amount can be made online, by check, or by phone. For **US residents** the most profitable way to donate is via **PayPal Giving Fund (USA)**, as there are no fees on donations given via the PayPal Giving Fund; we receive the full 100%. To make a donation in **Euros** or **Pounds** please contact us at eu-uk-donations@pariyatti.org.

We will send a receipt for your records; donations are tax-deductible in accordance with US tax regulations.

We wish you a Dhamma-filled December,
Pariyatti

Donate - PayPal Giving Fund (USA)

View all Ways to Donate

Towards the end of each year we like to look back and evaluate to what extent we have been able to fulfill our mission. The goal of Pariyatti is to make Dhamma resources widely available; over time the variety in shape and form of those resources has increased substantially. All that we offer today is the result of the joining of many minds, hearts, and hands over the course of four decades, sprouted from a collective intention of sharing the gift of Dhamma with the world. Our 2025 year-end fundraising campaign will run throughout December; across the various newsletters we will look back and feature resources that were released during the course of 2025.

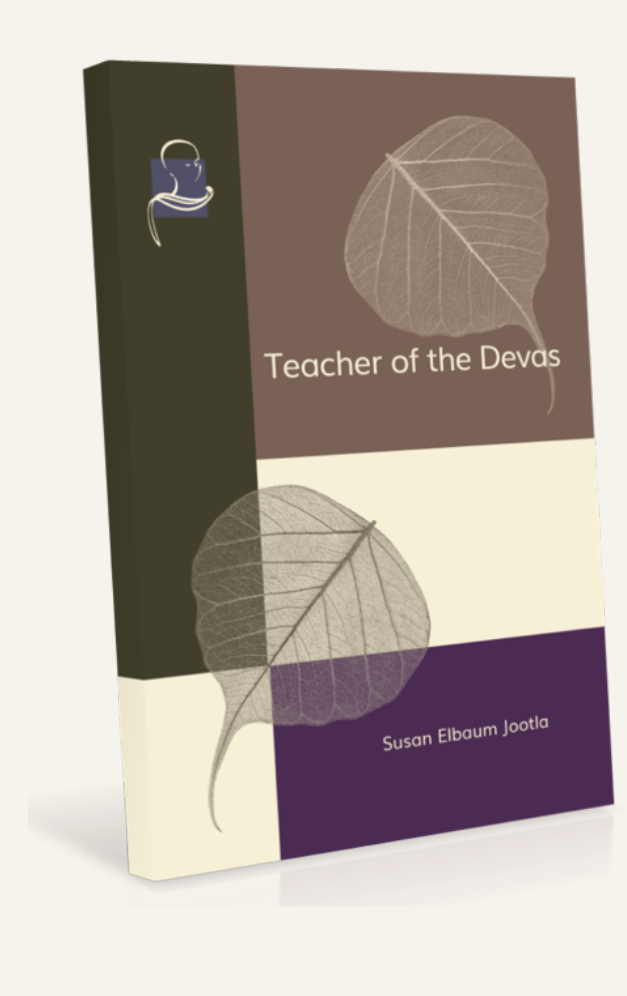
Looking Back

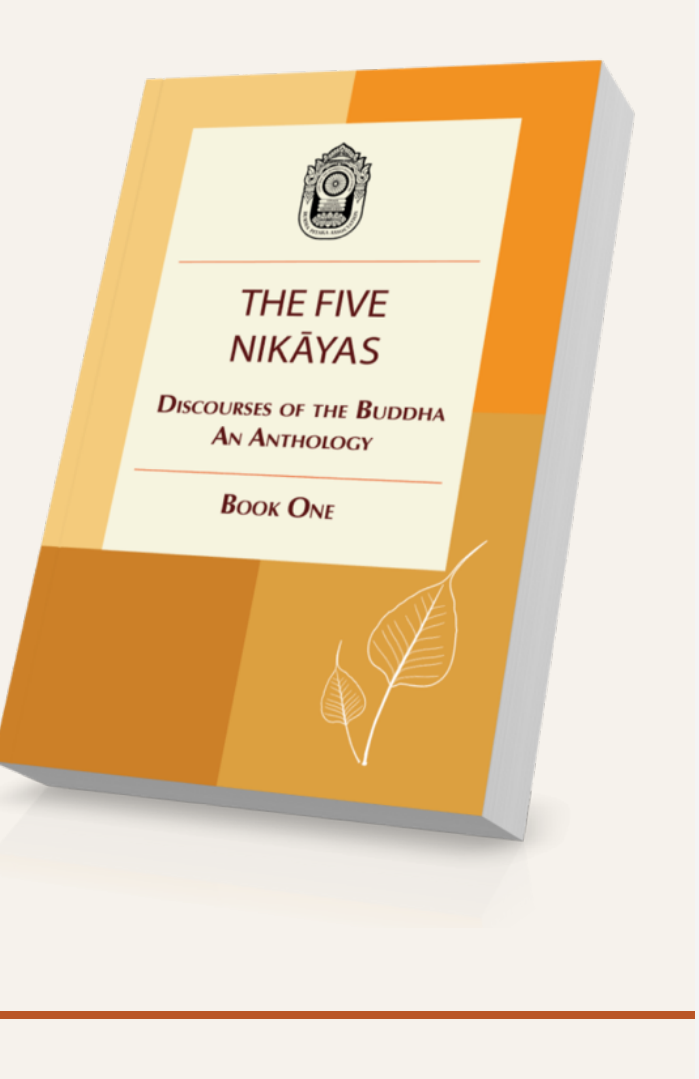
Our Mission: Pariyatti enriches the world by disseminating the words of the Buddha, providing sustenance for the seeker's journey, and illuminating the meditator's path.
Pariyatti exists to bring people into contact with the teachings of the Buddha. We provide resources in the Theravāda tradition, and support Pāli language students and Vipassana meditators, in the tradition of Sayagyi U Ba Khin as taught by S.N. Goenka. We serve meditators, scholars, educators and the public by providing ready access to hard-to-find titles, a large collection of online resources, pilgrimages, online events, and Pāli workshops.

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

The Pariyatti Newsletter generally is sent out about twice a month. During December, the frequency will be higher, as we will be giving campaign updates and look back at the various (free) resources released during the course of the year 2025. In January 2026 we will only send one newsletter before being back at the normal pace in February 2026.

Latest Releases





PARIYATTI
Learning Center

Exploring the Path, Lesson 3.10.9.2
Paṭṭhānapāli – Cetasikā, Part Two
Unwholesome Mental Concomitants - Cuddasākusalacetasikā

The previous lesson provided an example of a mental state pertaining to the sensuous sphere, 'accompanied by delightful feeling and associated with knowledge' and the *cetasikā* that provided the specific 'beautiful' character to this *citta*.

It was also said that not the same *cetasikā* accompany every *citta* – but when researching in more detail it will be seen that there are six components — or according to the *Abhidhammatthasaṅgaho*, seven — that are found in every mental state. This can be either a wholesome or also an unwholesome *citta*. That is why these are characterised as 'universals'. Another group of six that occur repeatedly are called 'occasionals'. They are not found in every *citta* but can appear and accompany or may not accompany the respective consciousness.

This lesson now takes up examples of the twelve unwholesome mental states as described in the Dhammasaṅgaṇī, eight of which are rooted in *lobha*, two are rooted in *dosa* and two in *moha*.[1] These mental factors that provide the specific character of unwholesomeness to a *citta* mount up to fourteen.

It was the King Milinda who asked the Venerable Nāgasena whether it would be possible to recognise, experience or even comprehend these mental components of each *citta*. The reply of the Venerable Nāgasena is provided in the Introduction of lesson 3.10.9.2.

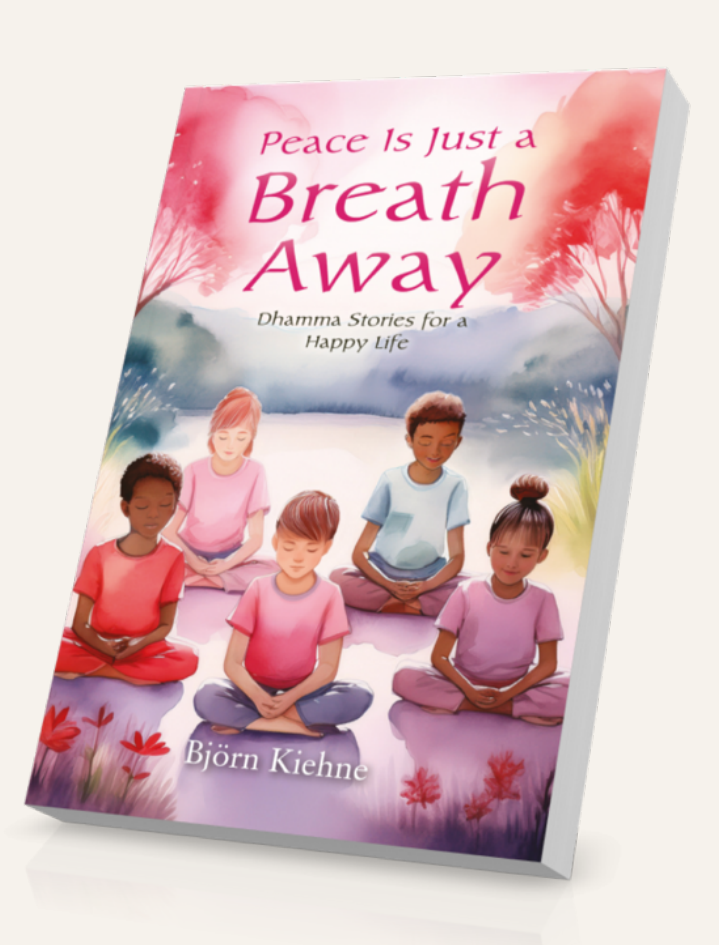
[1] A description is found in lesson 3.10.8.1 Paṭṭhānapāli – *Citta*, Part One – '*dvādasākusalā*' - States of Consciousness.

Lesson 3.10.9.2 is part of the online Pāli course Exploring the Path (ETP), one of five courses in the Pariyatti Learning Center.

Take Lesson 3.10.9.2

Browse the Learning Center

Other Recent Releases



We offer a free non-printable PDF of most Pariyatti Editions, including the 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 those free PDFs and the eBook bundles (with re-flowable formats ePub and Mobi) at low costs.

Support Pariyatti Towards the 2025 Fundraiser Goal

2026 Pariyatti Calendars

The Pariyatti Wall Calendars are back for 2026. They now also include moon phases—for the northern and the southern hemispheres. Both the pilgrimage and the Pariyatti Journal-themed calendars are in vertical orientation and consist of one cover page and twelve inner pages—one page for each month—printed on 250 gsm / 100 lb semi-glossy silk paper. They all have a sturdy wire binding and hanging hook.

Pariyatti Journal Calendar Formats (Worldwide)

Pariyatti Journal Calendar Formats (US & CA)

Pilgrimage Calendar (US & CA)

Pilgrimage Calendar (Worldwide)

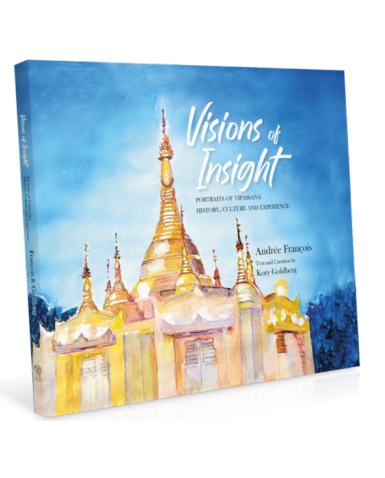
For production and shipping reasons the available variations differ when ordering from the USA and Canada versus ordering from the rest of the world. The prices listed **include shipping costs**; the calendars will be shipped directly from a third-party printer.

Other Gift Ideas

Story & Coloring Books for Children

Meditation Accesories

Gift Cards



Coffee Table Books

Adjustable air chamber
Three Chamber Design for customized comfort
Adjustable air chamber
Adjustable air chamber

Wall Art

Online Orders

We will be open for shipping the entire month of December.

Many of the titles 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.
Browse Pariyatti's Amazon KDP products

Shop in Person
Course-end Sales at our Onalaska location
We open our doors in Onalaska
on days that courses end at Dhamma Kuñja.
December 14
7:30-10am (-ish)
867 Larmon Rd
Onalaska, WA 98570, United States

Our **End-of-Year Campaign** Kicks Off Today!
Our goal is to raise **$100,000** by December 31.

Donate with PayPal Giving Fund (USA)

View all Ways to Donate

Upcoming Dates

Course-end Sales at our Onalaska location
We open our doors in **Onalaska** on days that courses end at Dhamma Kuñja.
December 14
January 1, 18
February 1, 22
7:30-10am (-ish)
867 Larmon Rd
Onalaska, WA 98570, United States

Pilgrimages
Along the Path, India & Nepal
February 24–March 17, 2026 (applications closed)

Pāli Workshops (Residential)
Introductory Pāli Workshop (🇨🇴 en español)
San Antonio de Pereira, Colombia
January 30–February 4, 2026
Introductory Pāli Workshop (🇨🇱 en español)
Sector Volcán, Puerto Octay, Chile
April 3–12, 2026

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 offer audiobooks (that we publish ourselves) for free? Volunteers lend their voices and time and record themselves narrating. May their service be of benefit to many! Read the article on the process of recording audiobooks that we featured in one of our newsletters some time ago.

Please donate now

Learn more about Pariyatti's mission

Post a book review

Donate your Time

Daily Words

Would you like to receive a dose of inspiration each day? You can choose to have ***Daily Words of the Buddha***, ***A Pāli Word a Day***, and/or ***Daily Dhamma Verses (Dohas)*** sent to your inbox. These inspirational daily messages are also available via RSS feed and mobile app. Across the services there are various translations available: English, Chinese, Spanish, French, Brazilian-Portuguese, Italian, Serbo-Croatian, and Lithuanian.

upādānanirodha — upādāna + nirodha = clinging, attachment, grasping + destruction, cessation, annihilation – a synonym for nibbāna

Subscribe to Daily Words for inspiration

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Find all Pariyatti Social Media links @ linktr.ee/Pariyatti

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For more information, visit:
www.pariyatti.org