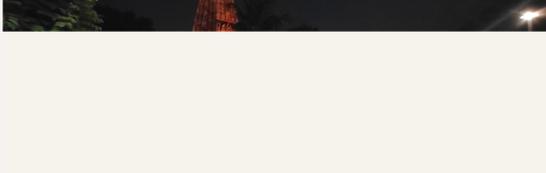


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Dear Friends,

We are three weeks into our end-of-year campaign. This year's goal is \$100,000. We are very grateful for the \$25,223.85 in donations we have received so far from 293 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 2026.

May you all experience peace and harmony in 2026. May more and more people find the path to liberation, walk on it, and grow in Dhamma...

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

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.

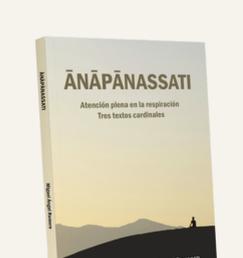
Global Community

[Search Resources per Language](#)


If you live outside the USA and are looking to order print books, please check our lists 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

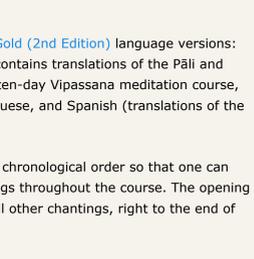
Hot off the Press!



We've now published the Spanish language edition of the illustrated children's storybook by Mélusine Martin about Anapana called *The Five Kings*. *Los cinco reyes* is available as a paperback and as a hardback edition, as well as a free PDF download.

This title is now available in three languages, *The Five Kings* (ENG), *Les cinq rois* (FR), and *Los cinco reyes* (ESP). Our publishing team is working on versions in Marathi, Hindi, and Farsi to be released in 2026. Stay tuned!

Other 2025 Spanish Releases

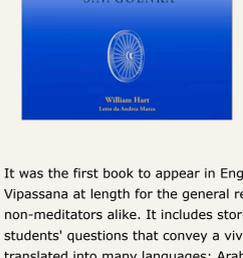


Gem Set in Gold



2025 saw the release of two *Gem Set in Gold* (2nd Edition) language versions: *French* and in *Swedish*. The work, which contains translations of the Pāli and Hindi chantings by S.N. Goenka during a ten-day Vipassana meditation course, already existed in Chinese, Khmer, Portuguese, and Spanish (translations of the first edition).

The second edition has been formatted in chronological order so that one can readily find the translations of the chantings throughout the course. The opening night, each day's morning chanting and all other chantings, right to the end of the course, are included.



2025 Audiobooks for the Global Community

In 2025 we released the French audiobook version of *Realizing Change* in French (*Réaliser le changement*)—as narrated by Oscar Lalo.

Realizing Change brings together voices from around the world, giving in-depth accounts of their apprehensions before undertaking a ten-day course in Vipassana, their experiences during the course, and the subtle yet profound experience of change activated by the practice of Vipassana.

People from every walk of life, country and culture, and every age have found Vipassana a steady anchor in the gale-force winds of change that buffet us. By facing reality head-on through direct observation, rather than reacting, impermanence itself becomes the very medium of transformation.

The work is available in English, German, and French; the English version has also been recorded as an audiobook. Pariyatti audiobooks are available for free download or streaming from our website and video streaming channels, and from where you usually get your audiobooks.



The Italian audiobook version of The Art of Living

L'Arte di vivere, was also released in 2025—narrated by Andrea Mazza.

The *Art of Living* by William Hart is the classic introduction to Vipassana meditation; it is a full-length study of the teaching of S. N. Goenka, prepared under his guidance and with his approval.

It was the first book to appear in English that accurately describes the practice of Vipassana at length for the general reader; the work is useful for meditators and non-meditators alike. It includes stories by S.N. Goenka as well as answers to students' questions that convey a vivid sense of his teaching. It has been translated into many languages: Arabic, Chinese, Czech, Danish, Dutch, English, Farsi, French, German, Gujarati, Hebrew, Hindi, Italian, Khmer, Mongolian, Polish, Portuguese, Russian, Serbo-Croatian, Sindi, Spanish, Swedish, Thai.

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 2025. 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.

Exploring the Path, Lesson 3.10.14.1

Tikapaṭṭhāna, Part One - Survey About the Paṭṭhānapāli

The side-by-side table, with a concise survey about the structure of the Tikapaṭṭhāna chapter, provides a condensed description of the whole arrangement of the Paṭṭhāna.

Applying the 'permutation method' will result in a large number of inquiries. This logical procedure needs to be employed to each condition when complete exploration should be applied to all the 1176 questions.

Then the logical method extends with additional investigating into all possible permutations beginning with 'by Ones', 'by Twos', 'by Threes' and so on. In total, the Tikapaṭṭhāna chapter consists of seven sub-chapters, culminating in the 'Chapter of Investigation of the Questions', the Vibhāṅgavāro of the Pañhāvāro. Here the same procedure likewise needs to be applied with each chapter.

[Lesson 3.10.14.1](#) is part of the online Pāli course [Exploring the Path \(ETP\)](#), one of five courses in the [Pariyatti Learning Center](#).

[Take Lesson 3.10.14.1](#)
[Browse the Learning Center](#)

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

Support Pariyatti Towards the 2025 Fundraiser Goal

We aim to raise \$100,000 by December 31



For **US residents** the most effective way to donate is via [PayPal Giving Fund](#), as there are no fees on donations given via PayPal Giving Fund; we receive the full 100%. Of course the rest of the world can donate via PayPal too ([the regular PayPal](#))—or via any of the other ways to donate that we have in place. To make a donation in **Euros** or **Pounds** please contact us at eu-uk-donations@pariyatti.org.

[Donate with PayPal Giving Fund \(USA\)](#)
[Donate with PayPal \(Rest of the World\)](#)
[View all Ways to Donate](#)

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](#)

[Gift Cards](#), [Pariyatti Calendars](#), and [Wall Art](#) (that make for wonderful inspirational gifts) are shipped directly from the third-party printer.

Upcoming Dates

Course-end Sales at our Onalaska location

We open our doors in **Onalaska** on days that courses end at **Dhamma Kufija**.

January 1, 18

February 1, 22

7:30-10am (-ish)

867 Laron 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

The Pariyatti Newsletter generally is sent out about twice a month. During December, the frequency is 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.

Donations : 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?

[Donate](#)

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

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