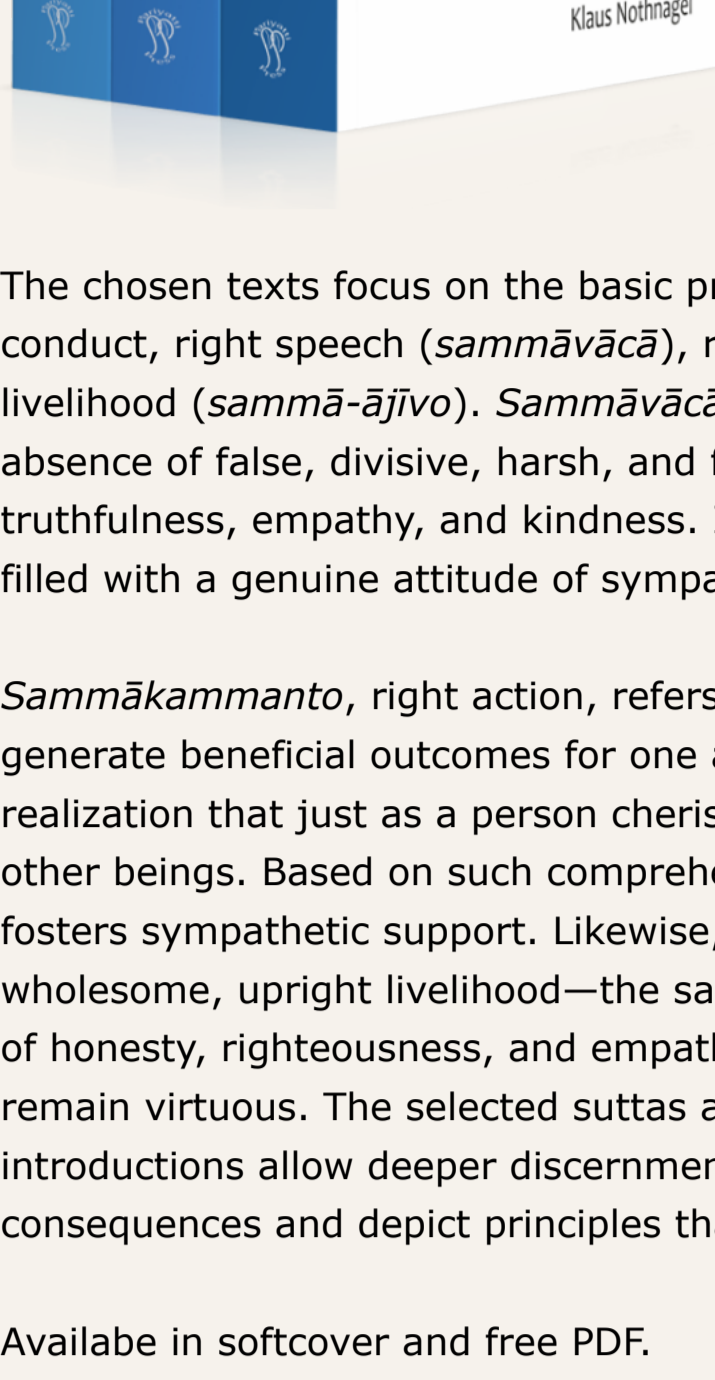


Pariyatti pilgrims get ready for a group sitting while other visitors wander the ruins of the Mahāvāna Kutugarasala Vihāra. The eminent forest monastery is part of the [Along the Path](#) itinerary; it was home to numerous teachings given by the Buddha and his disciples.

As the current Feb-March pilgrimage nears its end, we wish the pilgrims well and hope the benefits of their journey continue to unfold in their lives.

New Pariyatti Release



Part 3 of the Pāli study series *Exploring the Sacred, Ancient Path in the Original Words of the Buddha* has recently been released.

[Shunning All Evil and Doing Good! - The Necessity of Establishing a Meritorious Lifestyle](#) continues to underscore the essential role of ethical conduct (*sīla*) as the foundation for spiritual progress on the path.

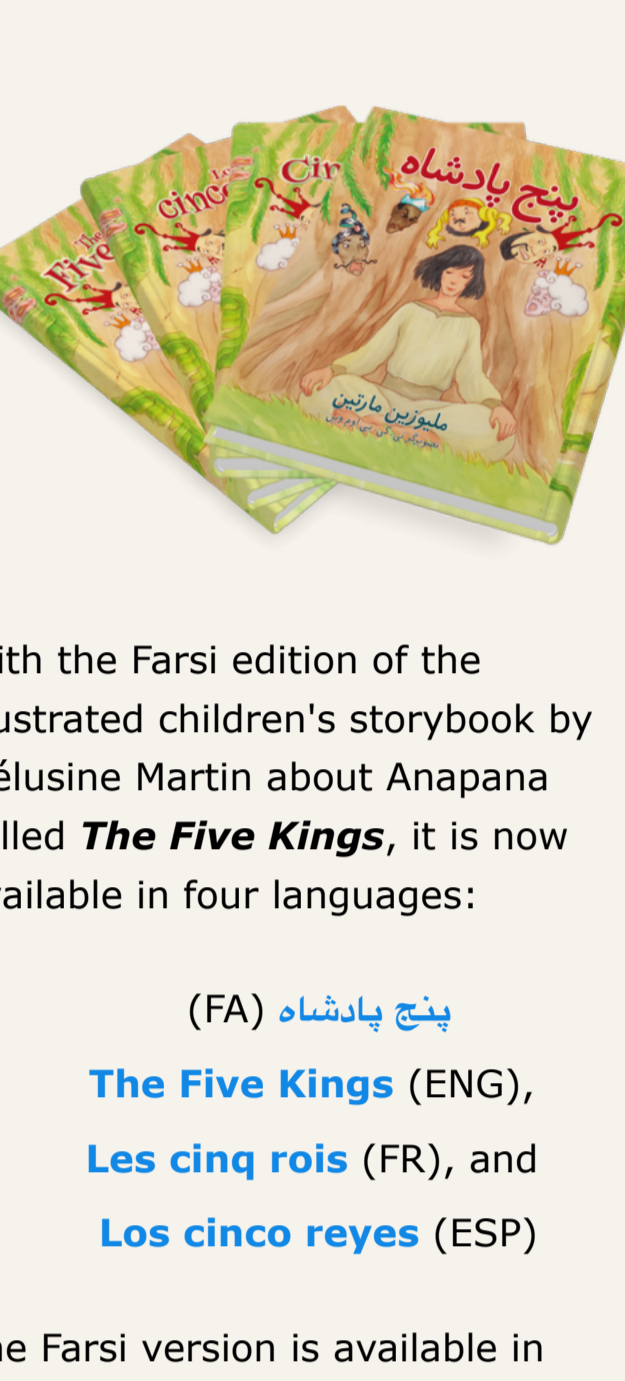
The chosen texts focus on the basic principles of the three components of moral conduct, right speech (*sammāvācā*), right action (*sammākammanto*) and right livelihood (*sammā-ājīvo*). *Sammāvācā*, noble, right speech—primarily defined as absence of false, divisive, harsh, and frivolous speech—is grounded in truthfulness, empathy, and kindness. It embraces justice and sincerity, and is filled with a genuine attitude of sympathetic feeling towards others.

Sammākammanto, right action, refers to actions that avoid harmful effects and generate beneficial outcomes for one and others. It is built on the profound realization that just as a person cherishes their own life and health, so do all other beings. Based on such comprehension, one abandons harmful actions and fosters sympathetic support. Likewise, in regards to *sammā-ājīvo*—right, wholesome, upright livelihood—the same reflection helps to maintain an attitude of honesty, righteousness, and empathy ensuring one's occupation and livelihood remain virtuous. The selected suttas along with their English translation and introductions allow deeper discernment into these moral factors, their consequences and depict principles that help to adopt them properly.

Available in softcover and free PDF.

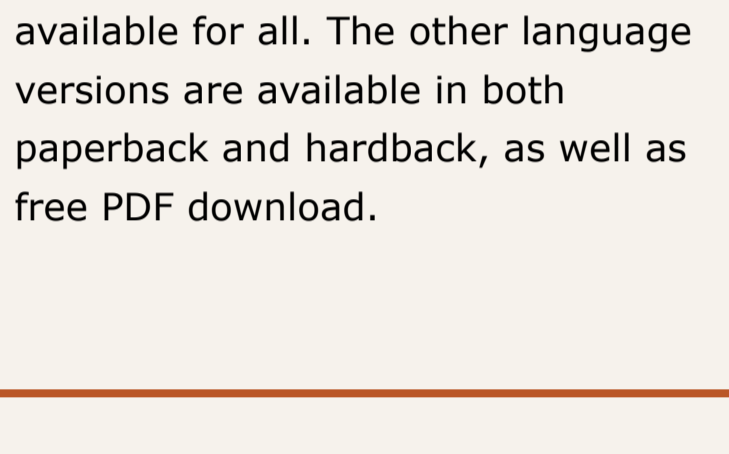
- Part One
- Part Two
- Part Three

Recent Releases



Exploring the Country, Part 2 of the guide to Myanmar for Dhamma seekers [The Golden Path](#) by Joah McGee is now available for download as a free PDF. The work brings together biographical portraits of key meditation figures and descriptions of vipassanā lineages, cultural observations, historical context, yogi anecdotes, original artwork, photographs, and voices from within the Burmese Buddhist world.

[Download The Golden Path](#)



With the Farsi edition of the illustrated children's storybook by Mélusine Martin about Anapana called **The Five Kings**, it is now available in four languages:

- (FA) پنج پادشاه
- The Five Kings** (ENG),
- Les cinq rois** (FR), and
- Los cinco reyes** (ESP)

The Farsi version is available in hardback for US & UK customers only; a free downloadable PDF is available for all. The other language versions are available in both paperback and hardback, as well as free PDF download.



This Living Tradition by Australia-based Vipassana teacher [Patrick Given-Wilson](#) explores the history of the [Vipassana meditation](#) tradition as taught by SN Goenka and its core principles. It is divided into three main sections: *The Buddha*, *Lineage*, and *The Practice*.

Audio/Video

Kamma and Karma: A Talk by Patrick Given-Wilson

In his talk [Kamma and Karma](#) Australia-based Vipassana Teacher Patrick Given-Wilson explores the intricate law of kamma (skt. karma), defined fundamentally as action, volition, or intention.



The presentation highlights that mental action is the most significant driver of our existence.

Using the metaphor of a seed, Patrick explains that kamma requires the "moisture" of craving to bear fruit; by practicing equanimity during meditation and refusing to react to sensations, a student stops providing this nourishment. This process allows old kammic "fuel" to burn away without being replaced by "new wood," eventually leading to the extinguishment of suffering.

The presentation further emphasizes that while past actions shape our current "inheritance"—such as our health, status, or even physical appearance—our present kamma is a far more powerful force for change. Through famous narratives like the redemption of the serial killer Angulimala, the talk illustrates that even the heaviest past can be transcended through diligent practice.

Ultimately, the teaching reinforces the principle of self-reliance: *Attā hi attano nātho, attā hi attano gati* (You are your own master), confirming that the future is forged by one's own current actions and mental discipline.

[Watch 'Kamma and Karma'](#)

Pariyatti Presents... Event Recordings

From May through to November last year, retired psychiatrist, author and Vipassana teacher Paul Fleischman joined us for a series of six online events in the **Pariyatti Presents...** program entitled [The Power of Small Changes](#). Each of the events focused on a specific subject, distilled from the book with the same title—a collection of Paul's public talks and university lectures from over decades.

For those who have missed it, all six [event recordings](#) are available for streaming and download from the Pariyatti website.

[Watch Event Recordings](#)

Residential Pāli Workshops

If you join one of our residential [Pāli workshops](#) you will learn to recite selected texts from the Tipitaka, draw further inspiration, and deepen your understanding of the theoretical aspect of Dhamma. We currently have three workshops listed: one in Mexico (in May – in Spanish), one in Germany (in July), and another one in California (in August).

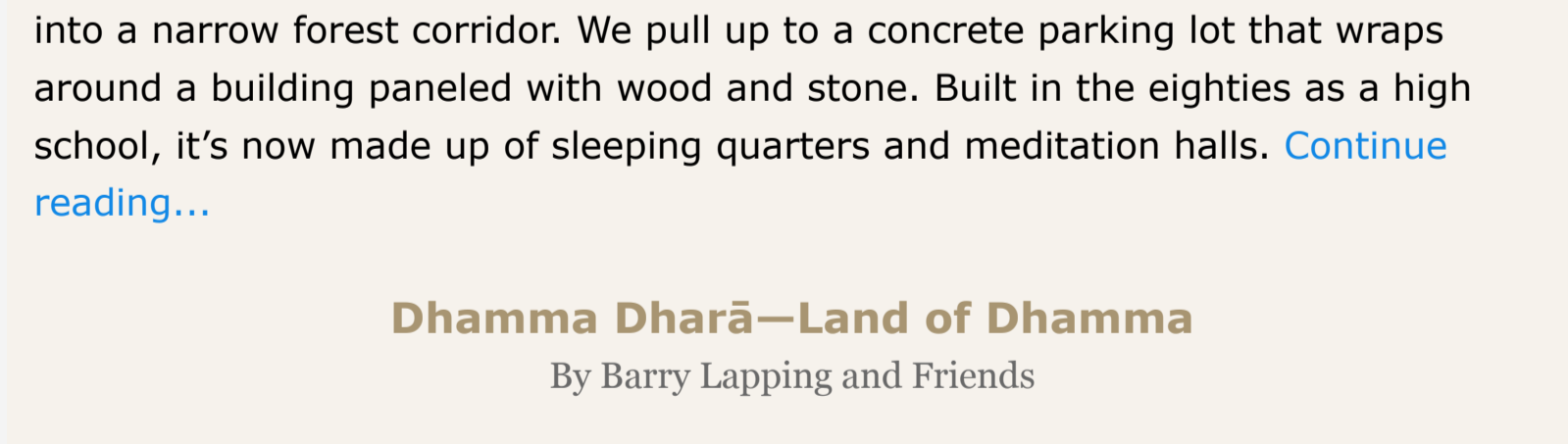


The workshops are set up similarly to a 10-day Vipassana course, with recordings of Goenkaji's chanting played in the morning and three group sittings a day.

Like Vipassana courses in our tradition, Pariyatti Pāli workshops are offered on a donation (*dāna*) basis; the teacher receives no remuneration for teaching, and all course expenses are covered by donations from previous students. Meals are prepared by volunteering Dhamma servers.

Serving a Pāli workshop is a wonderful and rare opportunity to develop one's *pāramis*, strengthen one's practice, and meet many Dhamma friends. During breaks servers can join classes and receive the benefit of learning the direct words of the Buddha.

Images: German location.



[Learn More and Register for one of the Pāli Workshops](#)

Pariyatti Journal

I've Been Surrounded by Noise My Whole Life. Could I Handle 10 Days of Silence?

By Joe Kanzangus

On a hot August Wednesday, I approach the 600-acre Dhamma Suttama silent-retreat center in Montebello, Quebec, a ninety-minute ride from Montreal, where I'm spending the summer. My driver, a Cameroonian man in his forties, hooks into a narrow forest corridor. We pull up to a concrete parking lot that wraps around a building paneled with wood and stone. Built in the eighties as a high school, it's now made up of sleeping quarters and meditation halls. [Continue reading...](#)

Dhamma Dharā—Land of Dhamma

By Barry Lapping and Friends

In June 1981, Goenkaji made his first teaching visit to the northeastern United States, conducting a large course at a rental facility in Goshen, Massachusetts. After the course, he met with local students in Boston and encouraged them to begin looking for a site that could become a permanent center for the practice of Vipassana meditation in the tradition of Sayagyi U Ba Khin. The students at once began searching for a suitable property, without his supervision. [Continue reading...](#)

The First Years of Vipassana in California

By Bill Creelius

In the early 1970s, when the first of Goenkaji's American students came back from India, there wasn't any organization in North America to provide information about Vipassana meditation. Vipassana meditators would contact others they had met at Goenkaji's courses in India. If they were in the same area, they would meet to meditate or simply to spend time together. [Continue reading...](#)

Upcoming Dates

Course-end Sales at our Hillsboro location

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.

March 29

2840 SE 39th Loop, Unit B
Hillsboro, OR 97123, United States

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

Course-end Sales at our Onalaska location

We open our doors in **Onalaska** on days that courses end at [Dhamma Kuñja](#).
7:30-10am (-ish)

March 22, 29

April 19,

May 3, 17

867 Larmon Rd

Onalaska, WA 98570, United States

Pilgrimages

Along the Path, India & Nepal

October 20–November 10, 2026**NEW**

November 13–December 4, 2026***ZH & ENG**

Pāli Workshops (Residential)

Pāli Workshop (en español) | I |

Applications open

El Pueblito, Querétaro, Mexico

May 1–10, 2026

Introductory Pāli Workshop (17D)

Obersteinbach, (Southern) Germany

July 9–26, 2026

Introductory Pāli Workshop

Temecula, CA, USA

August 14–25, 2026

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- More about our Mission

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