



Chronicles of Dhamma: Selected Articles from the Vipassana Newsletter

S. N. Goenka

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This collection of articles from the Vipassana Newsletter provides unique insights into the history of Vipassana meditation as taught by S. N. Goenka from the time he left Burma in 1969 to go to India until the present. The newsletters also provide a vehicle to present the teachings of the Buddha, and encourage students as to how Vipassana can be integrated into everyday life. The articles are divided into five general categories. The first is "Vipassana Teachings" starting with the Buddha's first discourse. The second is "Messenger of Dhamma" which follows Goenkaji through milestones of his years of teaching. The third is "In the Footsteps of the Buddha" which first focuses on pilgrimages through India and into Myanmar and also covers later journeys into North America and Europe. The fourth is "Applied Dhamma" reflecting on the use of Vipassana in prisons, addiction, at the World Economic Forum, and with students and young people. It also includes Mr. Goenka's encouragement to students from the first newsletter in 1974. The fifth is "The Spread of Dhamma" focusing on development. Overall, the articles show an ancient teaching that has taken on new life and is changing the lives of many for the better.

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