



GUIDELINES FOR NEWSLETTER CONTACTS AND GROUP SITTINGS

It is an important Dhamma service to act as a contact person and/or group sitting host for students of S. N. Goenka and his assistant teachers. In the eyes of others, whoever undertakes this responsibility becomes to some extent a representative of the Teaching and may sometimes be approached not only for information but also for advice. In order to ensure that the teaching of Goenkaji is properly represented and that group sittings will be beneficial to participants, the following guidelines have been established.

A contact person must be a serious old student dedicated to the technique of Vipassana as taught by S. N. Goenka, maintaining daily meditation practice and keeping the Five Precepts as much as possible, without being involved in any conflicting activities. (It is important the precepts of abstaining from all intoxicants, sexual misconduct and killing are maintained, and that the other two are maintained to the best of one's ability.)

A group sitting host must fulfill the requirements for a contact person, and must see that the following conditions are met.

On the premises where a group sitting is held, there should be no drugs or intoxicants (including alcohol), no practice of other meditation techniques and no religious objects or images of other traditions. In the room where a group sitting is held there should never be sexual activity.

The purpose of a group sitting is to allow meditators to give each other support in their practice of Vipassana meditation as taught by S.N. Goenka. They will receive that support only if they are in fact all practicing the same technique. For this reason, participation at group sittings is limited to those who have successfully completed a course with Goenkaji or his assistant teachers. Students of three-day Anapana courses or of Children's courses should not sit with those who are practicing Vipassana at an official group sitting.

Although some who have completed a course as taught by S. N. Goenka may be practicing another type of meditation outside of the group sittings, they are welcome to attend the group sittings, provided they practice at the group sittings only what S. N. Goenka has taught and create no disturbance. Those attending group sittings should be discouraged from discussing other meditation techniques on the premises where the sitting is held, and from wearing religious objects. Old students who practice energetic healing on others should not continue to attend group sittings. Group sitting hosts who would like further clarification on these points should contact an assistant teacher.

Participants at group sittings should seat themselves as at Vipassana courses: men and women separately, all facing one side of the room. They should practice only the meditation technique taught by Goenkaji. If assistant teachers are present, they should be invited to lead the sitting and should be seated higher than the students and facing them.

A tape can be played of Goenkaji's chanting and meditation instructions; otherwise students should sit silently. Sittings generally last an hour and conclude with a few minutes of *metta-bhavana*.

If you wish to serve as a contact person or host of an official group sitting, please apply for the position by supplying the necessary background details on the form attached, and sending it to an assistant teacher.

APPLICATION FOR WORLD CONTACTS AND GROUP SITTING HOSTS

If you wish to be listed as a world contact in the Vipassana Newsletter or serve as a host of an official group sitting, please apply for the position by supplying the necessary background details on this form and sending it to an assistant teacher who knows you well or with whom you have sat or served one or more courses.

Are you applying as a world contact ☐ or as a host of an official group sitting ☐ ?

Your name, address, phone number, fax number and e-mail address as they should be published (please print):

Do you have a spouse/partner? Yes ☐ No ☐ Name _____

Does your spouse/partner practice Vipassana as taught by S.N. Goenka? Yes ☐ No ☐

Please give details of your courses with S.N. Goenka or his assistant teachers:

	Date	Location	Teacher(s)
First Course	_____	_____	_____

Most Recent Course	_____	_____	_____
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Total Number of 10-Day Courses: Sat Full Time _____ Served Full Time _____

Other Courses Sat (specify): _____

Other Courses Served (specify): _____

Are you maintaining your practice of Vipassana meditation? Yes ☐ No ☐

Please give details (how much time daily, etc.).

Are you practicing any other meditation techniques (including other types of Vipassana) or therapeutic or healing techniques? Yes ☐ No ☐

a. If yes, please give details.

b. Do you teach or practice on others? Yes ☐ No ☐ If yes, please give details.

Part of the practice is to observe the Five Precepts in daily life:

- to abstain from killing any living creature
- to abstain from stealing
- to abstain from sexual misconduct, i.e., to be in a lifelong committed relationship with one person or else to be completely celibate
- to abstain from wrong speech
- to abstain completely from alcohol, drugs and intoxicants.

During the last year, have you maintained the Five Precepts as described above without breaking them in any major way? Yes ☐ No ☐

During the past year, have you abstained from sexual misconduct? Yes ☐ No ☐

During the past year, have you abstained totally from alcohol, drugs, and intoxicants? Yes ☐ No ☐

If you wish to hold group sittings at your home, does your home meet the required conditions?

Yes ☐ No ☐

Days of week and times of group sittings (if known):

Please send this application to an assistant teacher who knows you well.

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To be completed by the recommending assistant teacher:

Approved _____ Comments: _____

Name of assistant teacher

Signature

Date

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To be completed by the regional/area teacher:

Approved _____ Comments: _____

Name of assistant teacher

Signature

Date

Regional/Area Teachers, please send approved application for filing to local/regional Center. World contact information should be sent to VRI Publication Section (info@giri.dhamma.org) and Dhamma.org Website (webmaster@dhamma.org). Group sitting information should be sent to local Center (or area contact).