

# पुस्तकों की सूची : Catalogue of Books

विपश्यना विशोधन विन्यास, धम्मगिरि, इगतपुरी

## पंजाबी प्रकाशन

- P01 - धर्म: आदर्श जीवन का आधार (पंजाबी)** २०१२, पृष्ठ ११४, रु. ५०/-  
इस पुस्तक में 'धर्म: आदर्श जीवन का आधार' हिन्दी सरल तरीके से धर्म की व्याख्या की गयी है।
- P02 - निर्मल धारा धर्म की (पंजाबी)** २०१२, पृष्ठ १६८, रु. ७०/-  
धर्म न हिंदू है न बौद्ध, न मुस्लिम है न जैन, न सिक्ख है न ईसाई। धर्म सार्वजनीन है। इन्हीं प्रवचनों का संक्षिप्त संकलन इस पुस्तक में संगृहीत है।
- P03 - मंगल जगे गृही जीवन में (पंजाबी)** २०१४, पृष्ठ ११२, रु. ५०/-  
बुद्ध की वाणी पर आधारित इस पुस्तक में यह समझाया है कि गृहस्थ गृही जीवन में कैसे सामंजस्य स्थापित कर सकता है।
- P04 - किसानगोतमी (पंजाबी)** २०१४, पृष्ठ ४०, रु. ३०/-  
“किसानगोतमी” अपने प्यारे बच्चे की मृत्यु होने पर भगवान बुद्ध के पास आयी और भगवान की वाणी सुनकर नितांत दुःख-विमुक्ति के मार्ग पर प्रतिष्ठित हुई।

## उर्दू प्रकाशन

- UR01 - जीने का हुनर (उर्दू)** २००९, पृष्ठ २२०, रु. ७५/-  
इस पुस्तक में विपश्यना के बारे में पूरी जानकारी दी गयी है। साधकों तथा जो साधक नहीं हैं— दोनों के लिए उपयोगी है। कहानियों के माध्यम से विपश्यना के महत्त्व को स्पष्ट किया गया है और साधकों के प्रश्नों के उत्तर भी यहां दिये गये हैं।

## Other Publications

- OT01 - The Global Pagoda Souvenir 29 Oct. 2006 (English & Hindi)** 2006, 290 pages, Rs. 60/-  
This souvenir brought out in 2006 contains several very important articles, one being the excerpts of Goenkaji's message to meditators in the one-day course at the Global Pagoda on Oct 1, 2006 the first ever course within the completed main dome.
- OT02 - Message from Global Vipassana Pagoda (English, Hindi and Marathi)** 2009, 32 pages, Rs. 15/-  
This small booklet containing couplets composed in Hindi by respected Guruji and their translation in Marathi and English brings out the importance of sila, Samadhi, prajna & mind. How to worship the Buddha, Dhamma & Sangha has also been explained here. It is through these couplets that the important message from Global Vipassana Pagoda is given.

## Malayalam Publications

- MAL01 - Pravachan Saransh (Malayalam)** 2008, 110 pages, Rs. 45/-  
Summaries of the evening discourses by S.N. Goenka given during a ten-day course of Vipassana.
- MAL02 - Nirmal Dhara Dharm Ki (Malayalam)** 2010, 102 Pages, Rs. 60/-  
Condensed from three-day public talks of S.N. Goenka explaining the true meaning of Dhamma (Dharma in Sanskrit), which has now been mistakenly used to refer to 'sect' or 'sectarianism'. Goenkaji explains in detail how to live a good Dhammic life - a life full of peace and harmony through the practice of Vipassana.

## Bangali Publications

- B01 - Pravachan Saransh (Bangali)** 2007, 136 pages, Rs. 65/-  
Summaries of the evening discourses by S.N. Goenka given during a ten-day course of Vipassana.
- B02 - Dharam: Adarsh Jivan ka Adhar (Bangali)** 2008, 124 pages, Rs. 60/-  
Dhamma has been explained in this Book in a simple manner
- B03 - Mahasatipatthana Sutta (Bangali)** 2012, 200 pages, Rs. 90/-  
An annotated translation of 'Mahasatipatthana Sutta', the primary discourse in which the Buddha described the practice of meditation in detail.

## Telugu Publications

- TL01 - Mangal Jage Grihi Jivan Men (Telugu)** 2007, 120 pages, Rs. 55/-  
It has been explained in this book based on the teaching's of the Buddha how a house holder achieves harmony in his life.

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## Tamil Publications

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- T01 - The Art of Living by William Hart (Tamil)** 2003, 184 pages. Rs 90/-  
A full-length study of the teaching of Vipassana useful both for meditators and non-meditators alike. Includes illustrative stories as well as answers to student's questions that convey a vivid sense of the teaching.
- T02 - The Discourse Summaries (Tamil)** 2005, 116 pages Rs. 55/-  
Summaries of the evening discourses by S.N. Goenka given during a ten-day course of Vipassana.
- T03 - The Gracious Flow of Dhamma (Tamil)** 2005, 100 pages Rs. 55/-  
Condensed from three-day public talks of S.N. Goenka explaining the true meaning of Dhamma (Dharma in Sanskrit), which has now been mistakenly used to refer to 'sect' or 'sectarianism'. Goenkaji explains in detail how to live a good Dhammic life - a life full of peace and harmony through the practice of Vipassana.
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## Spanish Publications

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- SP01 - For the Benefit of Many (Spanish)** 2006, 344 pages, Rs. 190/-  
This book contains a valuable compilation of Goenkaji's talks and question-answer sessions.
- SP02 - The Art of Living (Spanish)** 2009, 238 pages. Rs 130/-  
A full-length study of the teaching of Vipassana useful both for meditators and non-meditators alike. Includes illustrative stories as well as answers to student's questions that convey a vivid sense of the teaching.
- SP03 - The Path of Joy (Spanish)** 1993, 44 pages, Rs. 300/-  
It is a very useful book for teaching Ānāpana to the children through pictures.
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## French Publications

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- F01 - Gotama the Buddha: His Life and His Teachings (French)** 2004, 58 pages, Rs. 50/-  
A brief sketch of the life and teaching of the Buddha and a description of the six historical Councils.
- F02 - Meditation Now - Inner Peace through Inner Wisdom (French)** 2004, 152 pages, Rs 80/-  
A collection of articles by Goenkaji commemorating his tour of North America in 2002 including The Universal Message of Peace (Millennium World Peace Summit, New York), The Meaning of Happiness (World Economic Forum, Davos, Switzerland) etc.
- F03 - The Path of Joy (French)** 1993, 48 pages, Rs. 300/-  
It is a very useful book for teaching Ānāpana to the children through pictures.
- F04 - For the Benefit of Many (French)** 2011, 218 pages, Rs. 195/-  
This book contains a valuable compilation of Goenkaji's talks and question-answer sessions.
- F05 - The Discourse Summaries** 2016, 128 pages. Rs 105/-  
Summaries of the evening discourses by S.N. Goenka given during a ten-day course of Vipassana.
- F06 - Discourses on Satipaṭṭhāna Sutta (French)** 2016, 140 pages, Rs. 115/-  
Evening discourses by S.N. Goenka during the 8-day course of meditation during which he expounds the Mahasatipatthana Sutta.
- F07 - Mahasatipatthana Sutta (French)** 2016, 116 pages. Rs 100/-  
An annotated translation of 'Mahasatipatthana Sutta', the primary discourse in which the Buddha described the practice of meditation in detail.
- F08 - The Clock of Vipassana Has Struck (French)** 2016, 264 pages, Rs. 210/-  
This volume celebrates Sayagyi U Ba Khin's exemplary life. It contains a collection of his writings and discourses, a biological sketch of his life and the lives of the teachers who preceded him, and is woven together with an extensive interview with his reknowned disciple, S.N.Goenka.
- F09 - Come People of the World (French)** 2017, 32 pages. Rs 50/-  
Translations of selected Hindi couplets from Goenkaji's chantings.
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## Italian Publications

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- ITA01 - The Path of Joy (Italian)** 1993, 48 pages, Rs. 300/-  
It is a very useful book for teaching Ānāpana to the children through pictures.
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## Portuguese Publications

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- POR01 - The Path of Joy (Portuguese)** 2013, 48 pages, Rs. 300/-  
It is a very useful book for teaching Ānāpana to the children through pictures.