



Vipassana Meditation

in the tradition of Sayagyi U Ba Khin as taught by S.N. Goenka

Application Form Special 10-Day Course / Long Courses / Teachers' Self-Course

The Special 10-Day course, Long Courses of 20 days or more and the Teachers' Self-Course are opportunities for deep, intensive practice of Vipassana meditation. To make proper use of them one must have full confidence in the technique and must feel a personal commitment to work exclusively under the guidance of S.N. Goenka and his assistant teachers. The search for a teacher and a path must be over; only then is it possible to go to the depths of this technique. Sufficient experience in the practice is also necessary.

For those who do not yet feel this confidence, who are not ready to make the necessary commitment, who are still giving a trial to the technique or who lack adequate meditation course experience it is better to join the program of 10-Day courses. Repeated 10-Day courses also offer the opportunity for serious meditation.

In the past, some meditators out of over-enthusiasm have tried to join courses for which they were not ready and found that they could not complete the course. Some with serious difficulties deliberately concealed them fearing that their applications would be rejected and the result was that their problems became more severe. Instead of deriving benefit from their course these people in fact harmed themselves. Before applying, therefore, examine yourself honestly whether you are ready for a longer period of serious, diligent meditation. If so, please answer the following questions just as you would to the questions put to you by your doctor providing all necessary details. All information will be treated as confidential.

Type of Course			
Location		Course dates	
Full Name		Gender M <input type="checkbox"/> F <input type="checkbox"/>	Age
Address		Please attach a recent photograph here (Essential for identification by the conducting teacher.)	
Phone: Home			
Work			
Fax			
Email address			
Occupation			
Assistant teachers only: Year of appointment			

1. Are you committed fully and exclusively to the practice of Vipassana meditation as taught by S.N.Goenka and his authorized assistant teachers? Yes No

2. In the past two years have you been involved exclusively with Vipassana meditation as taught by S.N.Goenka and his authorized assistant teachers without going to any other spiritual/meditation teachers or trying other meditation techniques or so called energy based healing techniques e.g. Reiki, Qi Qong, Pranic healing? Yes No

3. Regular daily practice of Vipassana meditation is defined as two one-hour sittings, morning and evening each day.

How long have you been practicing Vipassana meditation regularly? _____

4. Part of the practice is maintaining the Five Precepts in daily life, that is:
1. To abstain from intentional killing of any living creature;
 2. To abstain from stealing;
 3. To abstain from sexual misconduct, i.e., to be in a life long committed relationship with one person, or to be completely celibate *
 4. To abstain from wrong speech;
 5. To abstain completely from alcohol, drugs and intoxicants

* It is expected that a meditator applying for a long course is not involved in self-sex, or is at least trying to come out of it. A person involved in self-sex cannot hope to eradicate sexual desire as the act stimulates and increases passion.

During the past 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 as described above? Yes No

During the past year have you abstained from all alcohol, drugs and intoxicants, i.e., have you not used any of them at all? Yes No

Course Requirements:

<u>Course</u>	<u>Minimum Courses completed</u>	<u>Minimum length Of Practice</u>	<u>Regularity of Practice</u>	<u>Surrender & Other techniques</u>	<u>Sila</u>	<u>Notes</u>
<u>20-Day</u>	5 x 10-Day courses completed, 1 x 10-Day course in Dhamma service, 1 x Satipatthana sutta course completed.	2 years	2 x 1hr daily for past 2 years	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	No part time, spouse must be supportive, 6 mos. interval between LC required. 10 day interval between LC and any other course.
<u>30-Day</u>	6 x 10-Day courses completed (1 since 20-Day course), 1 x Satipatthana sutta course completed, 1 x 20-Day course completed	2 years	2 x 1hr daily for past 2 years	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	No part time, spouse must be supportive, 6 mos. interval between LC required. 10 day interval between LC and any other course. For first 30-Day course: At least 1 x 10-Day course completed after 20-day course.
<u>45-Day</u>	7 x 10 Day courses (1 since 30-Day course) 2 x 30-Day courses completed Admission limited to ATs or persons involved in Dhamma service.	3 years	2 x 1hr daily for past 2 years	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	No part time, spouse must be supportive, 6 mos. interval between LC required. All confirmations provisional until day 29. 10 day interval between LC and any other course. For first 45-Day course: At least 1 x 10-Day course completed after 30-day course.
<u>60-Day</u>	2 x 45-Day courses completed Admission limited to ATs or persons <u>deeply involved</u> in Dhamma service.	5 years	2 x 1hr daily for past 2 years	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	No part time. 10 day interval between LC and any other course.
<u>TSC (45-Days)</u>	1 x 45-Day course completed Admission limited to ATs or those <u>deeply involved</u> in Dhamma service, and left entirely to Goenkaji's discretion.	3 years	2 x 1hr daily for past 2 years	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	10 day interval between LC and any other course. Absolutely no admission once course has begun. Additional application page required.
<u>Special 10</u>	1 x LC or 5 year fulfillment of LC entry requirements	5 years	2 x 1hr daily for past 5 years if no LC completed	Full and exclusive commitment	Abstaining from killing, sexual misconduct, all intoxicants and maintaining other precepts to the best of one's ability for past 1 year	Only for mature students unable to attend long courses

5. Do you meet all the requirements for the course you are applying to based on the information in the chart above?

Yes No

Please provide details of your course experience			
First course:	Date:	Location:	Conducted by:
Most Recent course:	Date:	Location:	Conducted by:
Last Long Course:	Date:	Location:	Conducted by:

10-day courses:	20-day courses:
30-day courses:	45-day courses:
60-day courses:	TSC (specify duration):
Special 10-Day course	Satipatthana sutta courses:
10-Day self-courses:	Dhamma service:

6. If you are in a life-long committed relationship:

Spouse's name: _____

Are your relations harmonious? Yes No

Is your spouse in favor of you taking the course? Yes No

Is your spouse a Vipassana meditator in this tradition? Yes No

Is your spouse practicing any other meditation technique besides Vipassana as taught by S.N.Goenka? Yes No

7. Do you now have or have you had in the past any mental difficulties? Yes No

If yes, please give details with dates.

Are you presently taking any medication (prescribed or otherwise, e.g. herbal, natural)? Yes No

If yes, please give details and dosages.

Have you ever been refused admission to a course or had to leave a course for any reason? Yes No

If yes, please give details.

Have you ever been extroverted by the conducting AT during a course or been asked to stop meditating for some time during a course? Yes No

If yes, please give details

Have you had any personal tragedy in the past year, e.g. death of a near relative, etc? Yes No

If yes please give details, including dates.

8. Any particular difficulties you tend to encounter during courses?
9. Any special requirements for this course? Please explain:
10. Please list all the languages you know well:
11. Any additional information you wish to provide:
12. When do you intend to arrive at the center? (d-mmm-yyyy) For LC in India those traveling from abroad must arrive at the center at least 24 hours in advance.

Qualifications for the course must be current and accurate at the time the course begins. If any of the above information should change you must inform the course conducting teachers (or center management) immediately. Failure to do so may result in your not being admitted to the course despite your arrival at the center.

Signature:

Date: (d-mmm-yyyy)

IMPORTANT

Please send this application to an assistant teacher who knows you well. If none is available send this application to your local area teacher and anticipate that an interview (by telephone or in person) will be required to complete your application. Please make sure you have included your telephone contact information.

Applications must be submitted well in advance for processing. Please understand that having the minimum qualifications does not guarantee admission. The course conducting teacher in consultation with the center coordinator teacher will review your application and make the final decision. For the TSC the teacher gives the final approval.

To be completed by the recommending assistant teacher:

Do you know the applicant well? Yes No
[If no, have you talked directly with the applicant concerning this application?]. Yes No

Does the applicant meet all the entry requirements without exception for the Yes No
course in question? [If no, please explain]

Have you discussed with the applicant his/her practice of Vipassana in connection
with this application? Yes No

Are you confident that the student understands the practice of Vipassana sufficiently
well enough to be successful on the course? Yes No

Does the applicant understand the demands of the course? Yes No

By recommending this applicant you are personally vouching for his/her suitability
to undertake this course. Are you confident in doing this? Yes No

If application is not approved, please state reasons:

Name of assistant teacher

Signature

Date (d-mmm-yyyy)

Recommending assistant teacher: please send the signed approved application to the regional/area teacher where the student resides. Clearly mark the envelope "Special 10-Day / Long Course".

To be completed by the regional/area teacher:

Are there any course entry requirements not being met in full by the applicant? Yes No

[If yes, have you discussed this with the recommending assistant teacher?] Yes No

Are you satisfied that the applicant is well prepared for the course in question
based on the application and/or discussion with the recommending AT? Yes No

Name of assistant teacher

Signature

Date (d-mmm-yyyy)

Regional/area teacher: please send the completed application with two signatures to the center where the course will be held.

For courses in India, please send signed, approved applications addressed to the teacher at the following designated area centers:

Europe: DhammaDipa, U.K.

North & South America: DhammaMahavana, U.S.A.

Australia & New Zealand: DhammaBhumi, Australia

East Asia: area teacher in each country