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Vipassana Meditation

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

Application Form

Long Courses / Teachers' Self-Course / Special 10-Day 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.

PLEASE TYPE OR WRITE CLEARLY

Type of Course	Please Select Course Type		
Location		Course dates	
Full Name		Gender M ☐ F ☐	Age
Address		Date of Birth: Yr Mo Day	
		Please attach a recent photograph here (Essential for identification by the conducting teacher.)	
Phone: Home			
Work			
Cell/Mobile			
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.

   For how many years have you been practicing Vipassana meditation regularly (i.e., two one-hour sittings daily)?

   Please give details:

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 <u>all</u> alcohol, drugs and intoxicants, i.e., have you not used any of them at all? Yes ☐ No ☐

   ** If you have ended a relationship, you must have been completely celibate for one year.

5. Course Requirements:

Course	*Minimum Courses completed*	*Minimum length Of Practice*	*Regularity of Practice*	*Surrender & Other techniques*	*Sila*	*Notes*
20-Day	5 x 10-Day courses sat, 1 x 10-Day course in Dhamma service, 1 x Satipatthana Sutta course sat.	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, minimum 6 month interval between long courses required, minimum 10 day interval between long course and any other course.
30-Day	6 x 10-Day courses sat (1 since 20-Day course), 1 x Satipatthana Sutta course sat, 1 x 20-Day course sat.	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, minimum 6 month interval between long courses required, minimum 10 day interval between long course and any other course. For first 30-Day course: At least 1 x 10-Day course completed after 20-day course.
45-Day	7 x 10 Day courses sat (1 since 30-Day course), 2 x 30-Day courses sat 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, minimum 6 month interval between long courses required, minimum 10 day interval between long course and any other course. All confirmations provisional until day 29. For first 45-Day course: At least 1 x 10-Day course completed after 30-day course.
60-Day	2 x 45-Day courses sat Admission limited to ATs or persons deeply involved 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, spouse must be supportive, minimum 6 month interval between long courses required, minimum 10 day interval between long course and any other course.
Teachers' Self-Course	Requirements may change annually					
Special 10-Day	Requirements are the same as for 20-Day course; however, this course is not classified as a long course and the six month interval between long courses does not apply.					

Do you meet all the requirements for the course you are applying to based on the information in the chart above? [If no, please explain.] Yes ☐ No ☐

6. Course experience. Details of courses sat as student:

		Date:	Location:	Conducted by:
First 10-day course:				
Most recent course:	Type of course (10-day,2	Date:	Location:	Conducted by:
Last long course:	Type of course (20-day,3	Date:	Location:	Conducted by:

Number of full-time courses sat as student (teacher-led only):

10-day courses:		45-day courses:	
Satipatthana Sutta courses:		60-day courses:	
20-day courses:		TSC (specify duration):	
30-day courses:		Special 10-day courses:	

Number of full-time 10-day courses served: _____

Other full-time courses served (specify type):

7. Are you in a relationship or have you been in the past year? ..... Yes ☐ No ☐

If yes, is it a life-long committed relationship? ..... Yes ☐ No ☐

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 ☐

8. Do you now have or have you had in the past any mental difficulties?

If yes, please give details with dates. ..... Yes ☐ No ☐

Do you now have, or have you had, any chronic health conditions, injuries, major illnesses, and/or recent surgeries? If yes please give details with dates. ..... Yes ☐ No ☐

Are you presently taking any medication (prescribed or otherwise, e.g. herbal, natural)?

If yes, please give details and dosages. ..... Yes ☐ No ☐

Have you ever been refused admission to a course or had to leave a course for any reason?

If yes, please give details. ..... Yes ☐ No ☐

Have you ever had difficulties during a course and been asked by the conducting teacher to stop/reduce meditating during the course for some time? If yes, please give details. ..... Yes ☐ No ☐

Have you had any personal tragedy in the past year, e.g. death of a near relative, etc?

If yes, please give details, including dates. ..... Yes ☐ No ☐

9. Any particular difficulties you tend to encounter during courses?

10. Any special requirements for this course? Please explain:

11. Please list all the languages you know well:

12. Any additional information you wish to provide:

13. When do you intend to arrive at the center?

For long course in India those traveling from abroad must arrive at the center at least 24 hours in advance.

I hereby consent to the storage and handling on a computer or otherwise of my above stated personally identifiable information in accordance with the Privacy Policy of the facility at which the course for which I am applying is being held. A copy will be provided on request.

IMPORTANT

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.

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 course in question? [If no, please explain] ..... Yes ☐ No ☐

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 (DD-MMM-YYYY)

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

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 and/or teacher of applicant's most recent long course?... Yes ☐ No ☐

Name of regional/area teacher | Signature | Date (DD-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

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