

“When there is darkness,  
light is needed. Today, with  
so much agony caused by  
violent conflict, war and  
bloodshed, the world badly  
needs peace and harmony...

“Peace in the world cannot be  
achieved unless there is peace within  
individuals. One way to achieve inner  
peace is Vipassana meditation: a non-  
sectarian, scientific, results-oriented  
technique of self-observation and truth  
realization.”

-S.N. Goenka

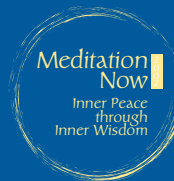
Address to world spiritual leaders  
United Nations, August 2000

“I do not wish to convert people  
from one organized religion to  
another, but conversion is involved:  
from misery to happiness  
from defilement to purity  
from bondage to liberation  
from ignorance to enlightenment.”

-S.N. Goenka

All events are presented completely free of charge

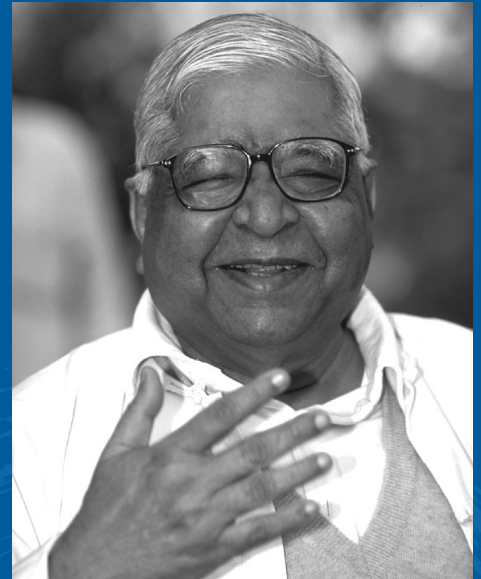
Tour organized by students of S.N. Goenka  
Sponsored by Dhamma Tour Fund



[www.MeditationNow.org](http://www.MeditationNow.org)

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## Meditation Now



## Inner Peace through Inner Wisdom

S. N. Goenka  
North American Tour

*April to August 2002*

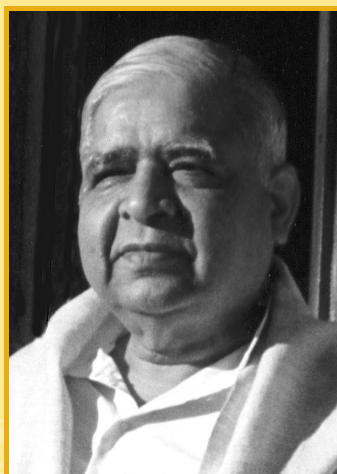
Have you always wanted to meditate but never had the time? Are you confused about how to meditate? Have you tried to meditate but given up? Do you believe that meditation is not for you but for special people? If not now, when? If not you, who?

**S. N. Goenka**, the internationally known teacher of meditation, is in North America to teach and speak about the ancient meditation practice of Vipassana, a simple and practical way to achieve real peace of mind.

**Vipassana** (vee-pah'sa-na) means "to see things as they really are." This non-sectarian technique of mental training and ethical conduct is the essence of what the Buddha taught; it is a logical process of mental refinement through self-observation. Vipassana is embraced by people of many backgrounds, many religions and no religion.

Each year hundreds of thousands benefit from practicing this 'art of living.' Eighty meditation centers worldwide offer instruction under the guidance of S. N. Goenka, and meditation courses using his approach have been held in 90 countries. All courses are offered without charge; upon completion participants may choose to donate.

This is Mr. Goenka's first extended teaching tour of the U. S. and Canada, with public talks in 35 cities, ten-day meditation courses, a meditation retreat for leaders and executives, and one-day courses for returning students.



A unique opportunity  
for anyone interested  
in meditation in its  
purest and simplest form.  
If not now, when?  
Meditation now.



## PUBLIC TALKS

### NEW YORK CITY

April 23—Lerner Hall,  
Columbia University

### BOSTON, MA

Apr 26—Brookline High  
School

### LENOX, MA

Apr 29—Kripalu Yoga  
Center

### NEW YORK CITY

May 6—Interfaith Center

### PHILADELPHIA

May 9—University  
of Pennsylvania,  
Annenberg Center  
May 10—Unionville  
H.S., Kennett Square

### CHARLOTTE, N.C.

May 13—Charlotte  
Hindu Center

### ATLANTA, GA

May 15—TBA

### HOUSTON, TX

May 18—TBA

### DALLAS, TX

May 19—Sara Ellen &  
Samuel Weisfeld Center

### DENVER/BOULDER, CO

May 24—Westin Hotel,  
Westminster

### SAN DIEGO, CA

May 30—Montezuma  
Hall, San Diego State

### LOS ANGELES, CA

June 1—Wadsworth  
Theater

### CUPERTINO, CA

June 7—Flint Theater,  
DeAnza College

### BERKELEY, CA

June 8—UC Berkeley,  
Zellerbach Auditorium

### SANTA ROSA, CA

June 10—TBA

### FT. BRAGG, CA

June 11—Colton  
Auditorium

### ASHLAND, OR

June 15—Unitarian  
Church

### PORTLAND, OR

June 18—Portland State  
University

### OLYMPIA, WA

June 19—St. Martin's  
Pavilion

### SEATTLE, WA

June 21—Town Hall

### KIRKLAND

June 22—Buddhist  
Temple (Mandarin  
translation)

### VANCOUVER, B.C.

June 24—Plaza  
of Nations  
June 25—Plaza  
of Nations (Mandarin  
translation)

### VICTORIA, B.C.

June 26—Conservatory  
of Music

### CALGARY, AB

July 3—Metropolitan  
Centre

### EDMONTON, AB

July 4—City Hall

### MISSOULA, MT

July 8—University  
of Montana

### ST. PAUL, MN

July 12—TBA

### CHICAGO, IL

July 14—TBA

### MADISON, WI

July 17—University  
of Wisconsin

### TORONTO, ON

July 20—Public talk

### OTTAWA, ON

July 24—Carleton  
University

### MONTREAL, QC

July 26—University  
of Quebec

### BOSTON, MA

July 31—Kresge  
Auditorium, MIT

### NORTHAMPTON, MA

Aug. 4—Smith College

### NEW YORK CITY

Aug. 6—Manhattan, TBA

All events are presented  
completely free of charge.

DATES SUBJECT  
TO CHANGE.

In addition to the above program, many  
events for returning students have been  
scheduled. See [www.MeditationNow.org](http://www.MeditationNow.org)  
for details.

## SELECTED EVENTS

### APRIL 21-23

#### NEW YORK CITY

Keynote speaker, *Spirit  
in Business Conference*

### APR 24—MAY 5

#### LENOX, MA

Ten-day course for  
executives and leaders

### MAY 7

#### NEW YORK CITY

Talk at United Nations  
in honor of Buddha's  
birth

### MAY 16

#### BIRMINGHAM, AL

Maximum security  
prison, course  
for inmates

### MAY 23

#### DENVER, CO

Guest speaker,  
*Colorado Economics  
Club*

### JUNE 21-22

#### SEATTLE, WA

Participate in  
ten-day course for  
jail inmates

### JULY 24

#### OTTAWA

Meet with leaders  
of Canadian  
government