Personal Conditions

Any old student who has sat at least two courses and served at least one course may apply to give long-term service.

It is important for those who apply for long-term service to understand that staying at the centre for an extended period of time is to serve others and at the same time strengthen their own practice.

Long-term Dhamma servers follow the regular Code of Conduct for Dhamma Servers.

A candidate for long-term service is:

- Fully dedicated to Vipassana meditation as taught by S.N. Goenka and has not practiced any other meditation techniques since the last course
- Trying to maintain the Five Precepts in daily life
- Maintaining the third precept (abstain from sexual misconduct) and the fifth precept (abstain from taking intoxicants)
- Supported by their family and/or partner and has their consent to serve long-term
- Financially independent and able to leave the centre if required

Personal Well-Being

The purpose of staying at the centre is to serve. However, some time off is necessary to take sufficient rest and to take care of personal matters.

During their days off, long-term servers may stay at the centre and rest, or they may leave the centre for the day. When going out from the centre, servers should be mindful that they will be returning directly to Dhamma land. They should avoid any activities or places that could provoke them to break *Sīla*.

Are you interested?

If you are interested in long-term service, please find the form for long-term servers on www.dhamma-mudita.at/en in the section for old students (Login: oldstudent/behappy) under "Donations/Service". Please fill it out and send it to service@mudita.dhamma.org.

Contact

Dhamma Muditā
Vipassana Meditation Centre
Naarntalstraße 2
4324 Rechberg
www.mudita.dhamma.org

"The Buddha said that the eyes of those who work in the field of Dhamma should sparkle with love.

Rare is such a person who does good to others only for the sake of service, who does not have any desire to get something in return.

Whatever work is allotted to anybody, he or she should engage him- or herself into that completely. Others should feel happy to see him or her doing service. All of us have to do our jobs, not generating rivalry or entering into competition with each other. We should not crave for authority. In the field of service there is nothing like authority. There is service only. When selfless service is done the benefits start flowing to people, and respect and honour follow as a corollary. The more one runs after honour or authority, the more one will stand deprived of the capacity to serve.

If you have to look at faults, then look at yourself.
If you have to look at virtues, then look at others.
If you do this you will keep progressing."

S.N. Goenka

Long-term Service at Dhamma Muditā





Why Long-term Service?

Dhamma Muditā is an international meditation centre under construction. It exists for everyone who wishes to walk on the Path of Dhamma. It is here for people like you, it is run selflessly by people like you, it exists solely thanks to the dedication and enthusiasm of old students like you.

As students benefit from their own practice, they wish to see others benefit as well. You are welcome to be part of the process.

Long-term service covers several areas

- Household and general maintenance of the centre
- Gardening works
- Building and construction works

Development in Dhamma

Long-term service offers a student of Vipassana the opportunity to strengthen their meditation practice. Volition to serve in order to create the best possible conditions for meditation at the centre is the baseline of service.

Students staying in the atmosphere of Dhamma begin to gain an understanding of the reasons behind the guidelines Goenkaji provided.

- Long-term servers are encouraged to sit a course regularly and to take sufficient rest.
- In your free time, you can make use of the library and of audio and video resources on Dhamma, or you can leave the Centre for a break.
- Participation in Trust Meetings and activities of the Committees is also very welcome.

Dhamma Service

"If you truly wish to immerse yourself in Dhamma and if you wish to integrate it into your daily life, then serve a Dhamma course and so benefit from its training. By giving Dhamma service during a course, you are following the teaching of the Buddha which consists not only for self-liberation, but equally to help others liberate themselves."

"The only motive for serving Dhamma must be one of compassion, a wish that more and more may benefit and gain happiness from Dhamma - "bahujana hitaya bahujana sukhaya lokanukampaya" *(for the good of many, for the happiness of many, out of compassion for the world). Whether you are a Dhamma teacher, assistant teacher or a Dhamma server makes no difference at all."*

S.N. Goenka

