

Contents

S. N. Goenka: A Teacher for the World	5
Vipassana Meditation and the Laws of Nature	11
<i>An Interview with S.N. Goenka by Alan AtKisson</i>	
Essays by S. N. Goenka	
Hatred Is Never Appeased by Hatred	37
The Universal Message of Peace	39
<i>Address to the Millennium World Peace Summit, August 2000</i>	
The Meaning of Happiness	43
Religion	48
Anger	51
The Art of Living	55
How to Defend the Republic	65
Awareness of Natural Respiration	75
Walk the Path Yourself	81
The Importance of Daily Meditation	91
Awaken in Wisdom	97
The Essence of Wisdom	99
Work Out Your Own Salvation	105
Freedom from Addiction	113
The Merits of Dāna	125
Contact Information for Vipassana Centers	127