At the centre you will find literature on Vipassana to help you develop a deeper understanding of the technique, and there are also various recorded discourses of Goenkaji for you to listen to.

What contact will I have with the outside world?

Long-term Dhamma servers are encouraged to take regular time off to rest and maintain contact with family and friends.

Where will I stay?

You will be accommodated at Dhamma Muttā.

Are you interested?
The application form for long-term service can be found in the old student sections of the centre website: www.mutta.dhamma.org.

Please complete the form and return it to lts@mutta.dhamma.org.

May all of you who give Dhamma service become strengthened in Dhamma.

May you learn to develop your goodwill, love and compassions for others.

May all of you progress in Dhamma to enjoy real peace, real harmony, real happiness.

Shri S.N. Goenka

Dhamma Muttā

Lot 146 in D.D. 319, Tung Wan,
Shek Pik, Lantau, Hong Kong
Tel: (852) 2671 7031
Fax: (852) 8147 3312

Email: info@mutta.dhamma.org
Website: www.mutta.dhamma.org

Long-term Dhamma Service



Dhamma Muttā
Hong Kong

What is long-term Dhamma service?

After completing one or more Vipassana courses, you may feel the volition to serve so that others will be able to take courses and benefit from this wonderful technique, develop your *pāramīs*, while getting established in Dhamma.

One possibility is to stay at Dhamma Muttā for an extended period of time. This may mean from a few weeks to several months or longer.

What responsibilities will I have?

As a long-term server, you will carry out work in consultation with and allocated by the centre management team.

Possible areas of service:

- serving as a course server;
- maintain course supplies;
- household and cleaning tasks;
- building maintenance, repairs and construction projects;
- administrative and office tasks;
- preparation and setting up for courses; and
- co-ordinating the centre's work e.g. maintenance, kitchen and household.

What qualifications do I need?

To qualify for long-term Dhamma service, you must:

- have full confidence in Vipassana meditation as taught by S.N. Goenka;
- not have practised any other techniques since your last course with Goenkaji or one of his assistant teachers;
- maintain a regular daily practice including taking a 10-day course at least once a year;
- maintain the Five Precepts at the centre and in daily life; and
- have the support of family and friends for your plans to stay at Dhamma Muttā for a longer period of time.

Who will I be serving with?

You will be serving alongside the management team at the centre, the centre teachers, ATs, trustees, other long-term servers, members of the committees and other meditators.

How will I progress in Dhamma?

Long-term service is a great opportunity to immerse yourself in a Dhamma environment, to strengthen and deepen your practice of Vipassana. You get the chance to integrate what you have learned in courses and apply it while serving.

All servers attend three meditation sessions each day. In addition, you will have regular meetings with the centre teachers and opportunities to discuss your practice with any of the ATs conducting courses.

During your service at Dhamma Muttā, you will sit a 10-day course at least once every three months. You may be able to sit more if there are enough servers, in consultation with the centre teachers.