

# Vipassana Scotland plan for Dhamma House

## Introduction

The Vipassana Scotland Committee exists to develop Dhamma in Scotland. Its long-term goal is to establish a permanent centre that provides an ideal environment for meditation. A permanent centre requires a large community of old students who support it with service and donations (Dana). At its current stage of development, the committee's main activities are organising courses and sits at rented sites and old student's properties. As a next stage of development, the Committee strives to acquire a small property that will serve as a permanent base (Dhamma House), where short courses can be held, and old students can meet. This plan sets out how a Dhamma House in Scotland can be achieved.

## Purpose of a Dhamma House

A dhamma house can offer many and diverse purposes. The main ones for Vipassana Scotland will be to support old students with their practice, give them access to a mini Dhamma centre and meet other old students.

### Help old students retain and strengthen their practice during everyday life.

Every evening a host welcomes the meditators, makes sure the place is tidy and comfortable, and puts on a group sitting audio. There will be time for social bonding before or after the sitting.

### A mini Dhamma centre in Scotland

Every weekend, one day or half-day meditations will be offered. There will be noble silence and segregation of sexes. Students will be guided by Goenkaji's instructions and occasionally supported by an assistant teacher. This arrangement gives old students the opportunity to strengthen their practice in a serious and meticulous manner.

### A gathering place for meetings and activities

The Dhamma house will function as a base where servers can meet and where equipment can be stored. Committees will be able to hold their meeting and discuss their plans. Inreach activities for old students like walks/excursions, screenings of Dhamma video's or Dhamma talks can take place at the Dhamma house.

## Requirements of a Dhamma House

A Dhamma house in Scotland should offer space for students to meditate and to rest, eat and drink or meet outside the meditation sessions ([Annex 1](#)). The house should be quick and easy to travel to for a large proportion of people ([Annex 2](#)). Realistically, people will travel for up to 1.5 hour to get to the Dhamma house for a one day sit. Given the fact that half of Scotland's population is concentrated in the area's around and between Glasgow and Edinburgh ([Annex 3](#)), this area is most suitable for a Dhamma House. The house should be located within short distance of a main railway station.

The committee has identified [property for sale by Church of Scotland](#) as an interesting source of affordable property. However, they only accept offers in cash, so a mortgage is not an option.

### **Managing the Dhamma House**

There are two models of how we see the Scottish Dhamma house operate. Ideally there will be an old student caretaker living in the house, renting one of the bedrooms. The caretaker will welcome visitors, run daily groupsits, and keep the house tidy. When there is no caretaker, a 'keyperson' will open the door on evenings and take the caretaker role for that time.

### **Finance**

Two-bedroom apartments in Edinburgh in the chosen areas are going for £200.000-£250.000.

One-bedroom apartments in Edinburgh in the chosen areas are going for £125.000-£175.000.

Two-bedroom apartments in Glasgow in the chosen areas are going for £200.000-£325.000.

One-bedroom apartments in Glasgow in the chosen areas are going for £140.000-£180.000.

*[Source [www.espc.com](http://www.espc.com), search July 2023]*

The Scotland Committee currently has £8.000 in the bank and an average yearly income of £2.000. Additional funds towards the Scotland Dhamma house could come in through various means:

- Old student donations
- Old student loans
- Loans from Dhamma Trusts
- Mortgage (monthly repayment of £1.000 for mortgage of £200k on 6%, interest only)

## **Annex 1 - Facilities**

### Unoccupied house (1 bedroom)

- Meditation room for minimum 10 people
- Room where students can stay/eat/drink segregated during breaks
- Kitchenette
- Toilet
- Storage space for course materials

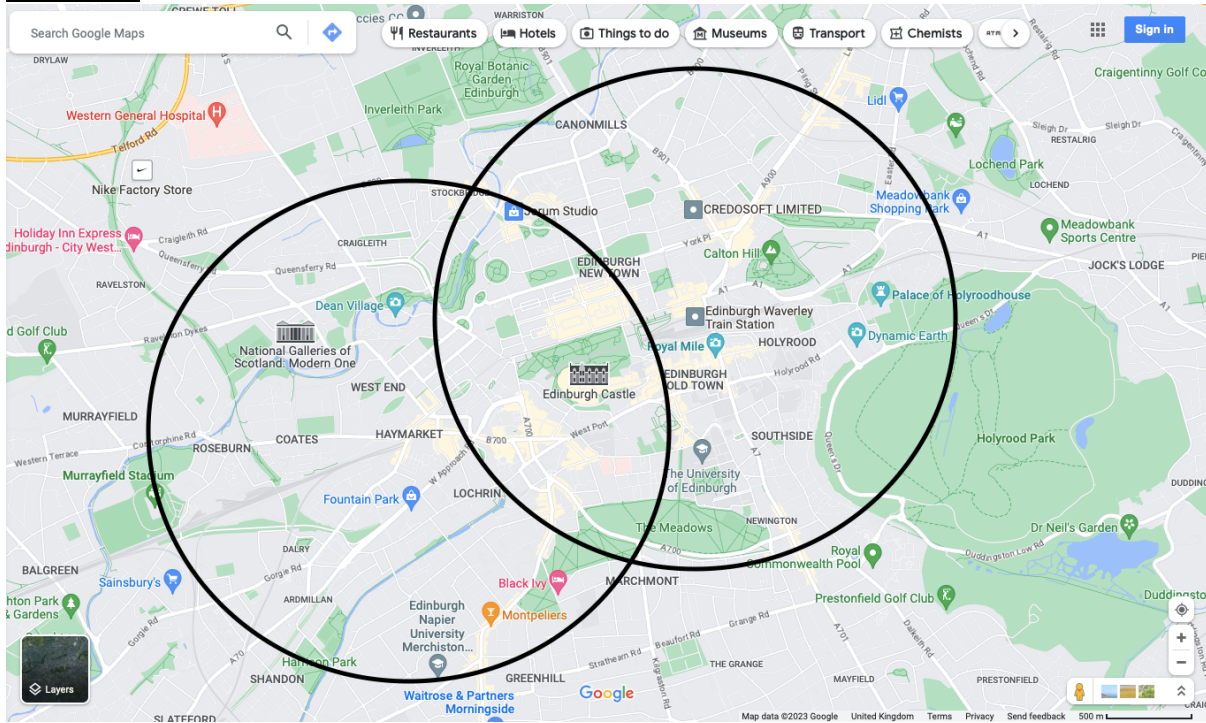
### Occupied house (2+ bedrooms)

- Meditation room for minimum 10 people
- Room where students can stay/eat/drink segregated during breaks
- Private room for permanent resident (old student)
- Kitchen
- Bathroom
- Storage space for course materials

## Annex 2 - Location

- Within the central belt and 1 hour travel from Edinburgh and Glasgow
- Within 1 mile/20 min walk from a main railway station (Edinburgh Waverley/Haymarket, Glasgow Queen Street/Central)

### Edinburgh



### Glasgow

