

My Blessings with Vipassana

I came to know about Vipassana thru my Mentor Vijay Goel who used to speak about it from time to time. A chance Reunion turned out to be a brush with destiny where Vipassana was discussed and I made up my Mind to attend this Program.

What is Vipassana – It's a Type of Meditation Technique. It means to see things as they really are

During this 10 day program

- a. No Access to Mobile Phone
- b. No Speaking to any one
- c. No Looking at anyone
- d. You are in a Room Alone
- e. No Making Signs to anyone
- f. No Reading any Books
- g. No Writing any Journal
- h. Intermittent Fasting
- i. Brahmachari during this time
- j. Men and Woman are seated Separately in the Meditation Hall
- k. Men and Woman Sections are separate

The Day

4.00 am – Wake up
4.30 am – 6.30 am Meditation in Hall
6.30 am – 7.00 am Breakfast
7.00 am – 8.00 am Break
8.00 am – 9.00 am Meditation in Hall
9.00 am – 10.00 am Meditation Group Sitting Compulsory
10.00 am – 11.15 am Meditation in Hall
11.30 am – 12.00 pm Lunch
12.00 pm – 1.00 pm Break
12.00 pm – 12.30 pm Q & A with Guruji if Any or Break
1.00 pm – 2.15 pm Meditation
2.30 pm – 3.30 pm – Meditation Group Sitting Compulsory
3.30 pm – 4.30 pm – Meditation
5.00 pm – 5.30 pm – Tea
5.30 pm – 6.00 pm – Break
6.00 pm – 7.15 pm – Meditation – Group sitting Compulsory
7.30 pm – 8.30 pm – Pravachan by Goenkaji
8.30 pm – 9.00 pm – Meditation and Questions if any to Guruji
9.00 pm – Lights out

Food – Food is Pure Veg, Intermittent Fasting and No Dinner will be served. Tea time Kurmura and Banana is served. There is a water Cooler and also a Tank of Adrak Paani (Hot Ginger Water) and Hot Water. We have slots for our Plates, Spoons, Glass and Vaati and you have to wash them after your meal and put them back in the slots.

During the course one has to commit to the below Precepts

- to abstain from killing any being;
- to abstain from stealing;
- to abstain from all sexual activity;
- to abstain from telling lies;
- to abstain from all intoxicants

The Vipassana Experience

Day 0 – You Reach the Dhamma and you surrender your Mobile Phone, Wallet and any other Electronic Devices for which you are given a Token and also token for Laundry Service. No Books or Writing Pads allowed. A Doctor speaks with you and checks you if necessary. They are very clear that you are carrying your Medicines. You are allotted your Room and in the Evening Meeting we are given Instructions. Then at 8.00 Pm the Course Starts.

The Day

In the Morning at 4am the Bell wakes you up and it's so peaceful. At 4.30 we are in the Meditation Hall, and we meditate. This Session goes on till 6.30 am. Then we all go for Breakfast where each of our Plates, Glass, Spoon & Vaati are kept in our respective Slots as per our room nos. After each meal you have to wash your own plate, spoon & Glass. It's a very humbling experience. Till 8.00 am we have a break and then we assemble in the Meditation Hall. At the End of Each Session which is close to an hour, we have a 5 Minutes Break and assemble again. The Break is a Relief to the Legs and just moving about silently makes one Happy. Group Meditation Sessions are compulsory and from day 3 onwards you are allotted Pagoda Cells. At 11.30 am you have Lunch and the break is till 1.00 Pm. Then from 1.00 Pm till 4.30 Pm we have Meditation Sessions all of about 1 hour each. At 5.00 pm we have Tea with Kurmura and then I would walk around the Garden in front of the Pagoda. At 6.00 we would go for meditation in the Hall and at 7.15 we would have Pravachan thru a Video by Goenkaji. They have both Hindi and English options. For English session one would have to sit in a Separate Hall. Then at 8.40 pm. or so we would assemble and have a small meditation session and we would end the day by 9.00 pm. Lights out. You Sleep well and you sleep Deep. Later you automatically get up at 4.00 am and Fresh. On the 10th day afternoon when you are allowed to speak, you are also returned your mobile phones etc and you settle your laundry Bill. Books on Display are for Sale. You are allowed to speak from 11am onwards on the 10th day and we all felt it difficult to speak, for a few hours it was difficult.

The Meditation

You are in a Hall with Allotted Seats. These are Gaddis which are on the Floor and you have to Sit Cross Leg. Men and Woman are seated separately. In case you cannot sit on the Gaddi on the Floor you can also request for a Chair. You can also request for the Back rest Gaddhi Chair and sit Cross Leg. Guruji will guide us thru the Meditation Technique. Every day between 12.00 Pm to 12.30 Pm one is allowed to Meet Guruji and ask him any questions related to Mediation. The first 3 days you are introduced to the technique of Vipassana Meditation and then you are also allotted a Meditation Cell in the Pagoda. I will not get into the detail Technique of Meditation since I will not do justice to it. But during Meditation your thoughts wander and they keep taking you places. You will think about your relationships, work, Worries, friends, family, events good and bad of the past, you will think about the future, everything you will think, but have to be focussed and get the mind back on track into Meditation. Silence is very important during the group sessions since any sound, cough, or Movement disturbs everybody. During the Course Guruji would call us one on one, or in Small Groups and Ask us about our experience and if we were applying the technique properly or not and Guide us.

Sewaks

They are here to help you thru the course. Only a past student can become a sewak. They help you with the initial coordination and any other help you may require. They also see who is uncomfortable during the meditation and help provide with more cushions or Chair or Back Rest. They are Selfless and helpful. God Bless them.

Passing it on

There is no Charge for taking this course. The whole institution works on Donations received by the Participants. One can Donate as he feel and his capacity. We were able to take the course since someone ahead paid for us. Pass it On.....

The Vipassana Benefits

Noble Silence – Of Body, Speech & Mind is an Experience one should have once in a life time
You are at Peace & You are much Calmer and Less Anxious
You see things as they are and not how and who is speaking. You Listen
Ones Senses also become more Alert. I felt I could hear more clearly
Your mind does not get cluttered & You are Focussed
You Think and read a situation calmly
You are Humble and appreciate everyone
You can live without Newspaper and Social Media and Mobile Phone
The World Continues - Your Friends, Your Office & your Family can Live their life without you

In the End we all want to be Happy & Peaceful

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