

VIPASSANA

Literally 'To see in a special way'; introspection, insight which purifies the mind. Specifically insight into the impermanent, suffering and egoless nature of the mental - physical structure.

Vipassana-bhavana: the systematic development of insight through the meditation technique of observing the reality of oneself by observing sensations with the body.

Vipassana is a simple technique which permits us to confront, to enter into the ever-changing nature of life.

It permits us to do so with detachment and without reaction. We learn to accept all sensations, gross or subtle, pleasant or unpleasant, without judging, without condemning, without praising, without conflict, realizing that they all pass away.

Vipassana is not a means of escape or isolation from problems by entering into some ecstatic state and dwelling there. Although states of bliss might well occur, they should be considered only in terms of being transient and like sleep meant only for recuperation and not escape.

The Importance of Balance

Let us not misuse the technique as a means of building a protective wall or isolation barrier, which imprisons us.

Likewise

Let us not misuse the technique as a means of escape or dropping out. The technique properly used, permits:

Involvement - without attachment

Confrontation - without conflict

With proper balance we become silently aware of a free flow of energy which we have come to know as Anicca.

MAY ALL BEINGS LIBERATE THEMSELVES FROM THEIR SELF-CREATED CONDITIONINGS –

J.Coleman



International Meditation Center Italia

e-mail: info@imcitalia.it

web: www.imcitalia.it