

HALF DAY WORKSHOP

ON

ESSENCE OF VIPASSANA MEDITATION FOR ACHIEVING CONCENTRATION

[August 28, 2016 at ABLT Complex IIT(BHU)]

Vipassana, means to see things as they really are, on basis of our own right understanding. It is universal method and is one of India's most ancient techniques of meditation for achieving extreme concentration. It is non-sectarian technique to achieve resultant highest concentration of human mind & happiness. This never established or teaches any religion, any "ism". It teaches a method of self-transformation through self-observation & self-exploratory journey focusing deep interconnection between mind and body, which can be experienced directly by disciplined attention on one self and the body. The scientific laws that operate one's thoughts, feelings, judgments and sensations become clear through direct experience. Life becomes characterized by increased awareness, non-delusion, self-control and peace & harmony. The process helps to explorer the inner truth by experiencing the reality of mind and matter within themselves. The process of Meditation triggers a method of deep concentration by practice leading to extreme understanding of self & body.

The method is experienced in three steps. First, one must abstain from any action, physical or vocal, which disturbs the peace and harmony of others. The next step is to develop some mastery over this wild mind by training it to remain fixed on a single object, the breath. One tries to keep one's attention on the respiration for as long as possible. This is not a breathing exercise; one does not regulate the breath. Knowing the breath is like by observing the truth inside—this is by knowing oneself directly and experientially. The entire practice is actually a healthy mental training. Just as we use physical exercises to improve our bodily health, Vipassana can be used to develop a healthy mind.

These techniques will be introduced in the workshop by Vipassana teachers in theory-practice-theory mode. **THE WORKSHOP IS OPENED FOR ALL THROUGH REGISTRATION ON BASIS OF 'FIRST COME FIRST SERVE'.**

Program: AUGUST 28, 2016

The workshop is planned in Theory-Practice session mode as given below:

10.30 am-11.00 am –

Introduction to Vipassana by Shree G.S. Singh

11.00 am -.12.00 am –

Showing Video of S N Goenka (IIT MUMBAI DISCOURSE) and, Q&A session

12.00 -12.20 pm –

Refreshment

12.20 pm -1.30 pm –

Practice part (MEDITATION PROCESS) and Q/A if any by the teachers

Teachers:

G.S. SINGH

Venue:

ABLT COMPLEX, IIT(BHU)

Registration:

No fees. Students of IIT(BHU) will be given preference.

WHO CAN ATTEND?

Any one (within BHU & outside) THROUGH given **LINK:**

<http://goo.gl/forms/M96eI2jEyP>

Please fix your seat through registration.