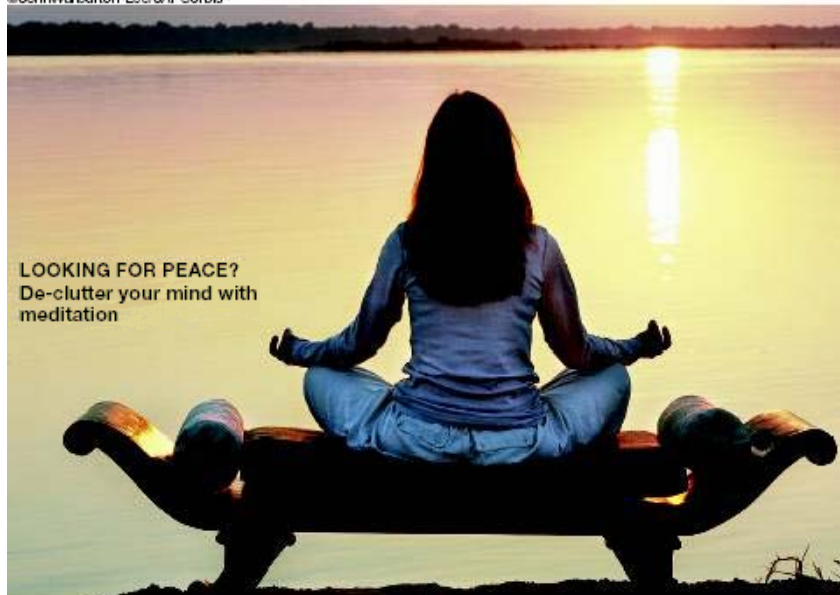


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LOOKING FOR PEACE?
De-clutter your mind with
meditation

Liberate yourself with Vipassana

Are your thoughts spinning out of control? Do you experience overwhelming anxiety and restlessness? Vipassana can empower you to take stock of your life

Happiness seems to have become elusive for most of us. In fact, it has become more elusive than ever. The constant chase for success has made us miserable. Our lives are ridden with stress and anxiety. We are always on the run — chasing money, deadlines, targets and goals. Is it any wonder then that most of us are overwhelmed with worry and restlessness? Thankfully, meditation techniques like Vipassana can help people take stock of their lives. It can empower them to de-clutter their minds and experience real peace and happiness.

There is accumulating evidence that meditation offers a host of benefits — both psychological and physical. Meditation is known to calm the agitated mind and help the meditator find peace and solace. Vipassana meditation, as taught by S.N. Goenka, not only offers psychological and physical benefits but also helps them take concrete steps towards liberation — liberation from misery, defilement, bondage and ignorance. The universal technique can be practiced by one and all irrespective of colour, creed, race and religion — it is totally non-sectarian. In the words of Goenka, Vipassana involves the conversion from misery to happiness, defilement to purity, bondage to liberation and ignorance to enlightenment.

Vipassana, a Buddhist meditation technique, is a pragmatic and result-oriented approach to mind over matter. It helps train the mind to think healthy thoughts and lead a life free from anxiety and misery. The technique needs you to observe your respiration and subsequently your sensations. By observing sensations throughout the body, your mind is slowly and steadily purified at the deepest level. Observing your sensations is not the easi-

est thing to do; however, once you start practicing diligently and persistently, you are bound to reach the final goal. The transformation does not happen overnight, it is in fact a lifelong, ongoing process of observing bodily sensations without reacting to them. You need to meditate on a daily basis in order to reap rich benefits of Vipassana. You also need to meditate the right way.

Vipassana meditation is not a temporary respite from the daily grind, it is a long-term tool that is bound to cleanse your mind and empower you to see things as they are. It is a way of life that will help you change the regular pattern of your mind. Slowly and steadily, you will stop reacting to anger, pain and anything that would have otherwise made you miserable. The powerful tool will help you find calm in a chaotic situation. Incidentally, the daily grind creates a great deal of inner turbulence. Our on-the-run lifestyle leaves us with little time for relaxation. How are we to be happy and peaceful in a harrowing scenario like this? Also, we are deeply immobilised by the actions of others. We get disturbed by their actions and allow them to overpower our state of mind. Not only that, we become miserable when things don't work our way. Practicing Vipassana patiently and persistently leads to mastery over mind. Vipassana will help you live the life you deserve to live — a life free from hatred, ill-will, animosity and mental unrest. A life of love and compassion, happiness and liberation!

Retreat within to experience real happiness, real peace and real harmony. Embark on the road to liberation from misery. Be a mental slave or a mental master, the choice is yours.

Swati R Chaudhary