



The Art of Living

William Hart

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Vipassana is one of India's most ancient techniques of meditation. 2500 years ago it was re-discovered by the Gotama the Buddha and taught by him as a universal remedy for universal ills. At first the technique flourished in India but gradually it became corrupted, lost its efficacy, and disappeared from the land of its origin. Fortunately the neighbouring country of Burma preserved the original form of Vipassana through the millennia. Since 1969 it has been re-introduced into India, where it is now striking deep roots. Vipassana is a Pali word meaning insight, seeing things as they really are. It is not a blind faith or philosophy, and has nothing to do with sectarian religion. Instead Vipassana is a practical method that can be applied to anyone. Its goal is to purify the mind, to eliminate the tensions and negativities that make us miserable.

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