

Why India Needs Vipassana

What India needs -

A complete reconstruction of the moral, religious (?) social, educational political and economic fabric.

Root Cause of the Problem

Every one feels threatened by others, and in the rat race wants to climb on top of others, no matter by what means.

The perceived threat causes misery, hypertension, greed jealousy, hatred, and lack of concern for others.

The solution lies in removing this state of the mind and bringing tranquility and good will for others.

Vipassana is the only hope.

This Kind of reconstruction cannot be done by armed revolutions: we have seen that armed revolutions have replaced old tyrants by new ones but not changed anything fundamentally.

We have to go back in our history, India has done this kind of revolution in the minds of the people and that is why we have Ashoka Chakra and the Stupa as our national symbols. We shall use the same technique Ashoka used- vipassana

It does not need funds, does not provoke resistance; It spreads goodwill and will be self sustaining in the growth phase.

Misery:

No body can change the laws of nature. Therefore, nutrition, hard work, good health cannot be avoided. We have to work to get them. But In working to remove the physical causes of poverty and misery, we come across great obstacles in the form of attitudes.

lack of concern for fellow beings, greed, corruption, hatred, violence etc.

These are the real causes of misery in this world; if the causes that lie in the minds are taken care of the physical causes can be removed faster.

Ultimately misery is a state of mind arising from our not getting what we want or having to bear what we don't want.

A miserable mind not only suffers itself but also creates a bad environment for others.

Gandhiji said, there is enough for everybody's need but not for everybody's greed.

A need is stable over time or increases very slowly. - Our food and shelter needs Greed, feeds on it self and increases very steeply. - Greed for sumptuous food, more good things of life, easy money etc.

What Vipassana Aims to achieve-

If misery arises in the mind, it can be removed by treating the mind. Everybody has at least a seed of good in him. If this is nurtured, it can grow and take firm roots. Misery is like a weed. It grows, takes root and then smothers the good nature.

Remove misery from the lives of human kind by removing the roots of it, in the mind.

* Training each individual to look inside him self and learns from own experience, how the habit of forming aversions and greed are formed.

* Training him to break this habit, and thereby liberate himself from misery.

* Create an environment of goodwill towards all. A mind bereft of bitterness is very peaceful and creative. This will produce economic and intellectual progress in the society

Some concepts of Vipassana

1. All human misery arises from our habits of the mind and therefore can be removed only by changing these habits. These methods are based on the universally applicable laws of nature- Vipassana is one such technique.

2. This technique is therefore applicable to all, irrespective of creed, religion, caste, nationality etc.

3. The Laws of nature are the same inside us and outside us. The basic laws are therefore common to living as also the non living things around us. It is these laws that were known as Dharma/dhamma. The meaning of Dharma now has been narrowed and now implies sectarian beliefs

4. True learning comes only from own experience. Others can guide, help learn, but final learning comes only from own effort. Benefits come only from practicing what has been learnt, and not from the learning alone. Nothing that is truly beneficial comes with great effort. It cannot come only from praying or asking and getting favours from some one else.

5. Understanding theory is important for the proper practice of any technique. But mere understanding the theory on an intellectual plane cannot bring any benefits. It may help inspire some one to take the next step, but nothing more.

6. There should be no objections from any religion or sect to the technique of Vipassana as it uses only those features, common to all humans, and aims at what every religion and sect preaches as desirable.

7. All things that look different are made up similarly, and ultimately form a single entity. All things are continuously changing, forming, ending and again forming and so on endlessly

Vipassana Concept of how misery is created.

- * We get 'information from outside, through our senses - Vigyan

- * The information is noted in our system - Sandhya

- * This produces certain sensations in the body - Vedana

- * We form a habit of reacting to each sensation as pleasant or unpleasant - Sanskar

- * We also have the habit of 'dwelling' on old miseries and 'recreating' them

These sanskar produce the misery for our mind. It produces reactions, like weeping, abuse, aggression etc. that spread the misery outside to others also.

If we stop the habit of 'reacting' to the sensations, the misery is stopped at its source.

Vipassana teaches us the method of

- * Breaking the barrier between the outside mind and the inner mind

- * Going deep to where the sensations are felt.

- * Change the habit of reacting to each sensation

- * Thus break the chain of creating new sources of misery

- * Allow the old sores to come up and be wiped off.

How will Vipassana help India?

By reducing the misery at the individual level

By increasing good will among people

By increasing work efficiency by giving a peaceful mind

Reduce friction between communities and sections.

Restore a balance between need and greed

Reduce corruption by controlling greed

By reducing the violence in the mind

Have a new life style that can be distinctly Indian- For every year of work, at least some should spend 10 days, in a Vipassana camp, turning one's gaze inside, to recharge our mental batteries.

Give a meaning to our Ashok Chakra in the flag.

Have something to offer to the world

We have done it before. 2500 years ago. we can do again. Let us Try.