

Teenagers Vipassana Course: Code of Discipline

Introduction to the technique

Vipassana is an ancient meditation technique of India. Long lost to humanity, it was rediscovered by Gotama the Buddha more than 2,500 years ago. *Vipassana means to see things as they really are.* It is a process of objective scientific observation of one's own body and mind, a powerful exercise in mental training.

One starts by observing the natural breath to concentrate the mind. With this sharpened awareness one proceeds to observe the changing nature of body and mind. This direct experience of reality starts the process of purification of the mind.

Regular practice of Vipassana helps one overcome mental impurities such as anger, fear, sadness, hatred, jealousy, ego, greed, etc. It is an art of living leading to a happier life. Vipassana develops positive creative energy for the betterment of the individual and hence the society.

Code of discipline

Training one's mind is certainly never easy: one has to work really hard at it. By one's own efforts the student arrives at his own realizations; no one else can work for you. Therefore, the meditation can suit only those willing to work seriously and observe the discipline especially the Noble Silence.

The rules and regulations are based on the practical experience of thousands of meditators over the years. Keeping the rules creates conducive atmosphere for meditation; breaking them pollutes it.

The first and foremost rule is that a student must stay for the entire duration of seven days. All other rules should also be read and carefully considered. Only those who feel that they can honestly and scrupulously follow the discipline should apply for admission.

Those not prepared to make full-hearted efforts will only waste their time and worse still, cause a disturbance to those others who wish to work seriously.

The precepts

All students will have to strictly observe the following precepts:

- ✓ Abstention from taking any form of life
- ✓ Abstention from stealing
- ✓ Abstention from all sexual activities
- ✓ Abstention from telling lies
- ✓ Abstention from taking any intoxicant

Acceptance of the Teacher and technique

For the period of the course the student must surrender himself completely to the Teacher (meaning follow the instructions to meditate as per guidance) and the technique of Vipassana, and to all the rules, regulations, code of discipline and the timetable. Only with the attitude of full cooperation can one work diligently and thoroughly.

Noble silence

Students must observe Noble Silence from the start of the course until 10.00 a.m. on Day-7. Noble Silence is silence of body, speech and mind. Any form of communication, whether by physical gestures or written notes, is prohibited. They may speak to the Teacher whenever necessary. Students can also contact the management regarding any problems concerning accommodation, food, etc.

Rites, rituals, and other techniques

For the period of the course it is absolutely essential that all rites and rituals, such as counting beads, reciting mantras, singing and dancing, total fasting, praying, etc. be fully suspended. All other meditation practices should also be suspended. Only then the student can give a fair trial to the Vipassana technique in its pristine purity. Students joining a course will be expected to work exactly as they are instructed by the Teacher without missing any step or adding anything extra of their own.

Talismans, rosaries, sacred threads etc

All such items should not be brought to the course site. If they are brought inadvertently, they should be deposited with the management for the duration of the course.

Reading and writing

Reading and writing materials, religious works and even books on Vipassana, should not be brought to the center.

Clothing

There should be modesty in dress. Back, chest, arms, legs, etc. should be kept covered, even in summer. Transparent and revealing dresses are not allowed.

Outside contact

Students will have to remain within the course area for the entire duration of the course. Telephone calls, letters and contacts with visitors will have to be suspended. In an emergency a visitor may contact the management. Keeping mobile phones is prohibited during the course.

Items of daily use

Students should carry all their requirements such as soap, toothpaste, mosquito repellent, torch, etc. The center will provide mattresses and meditation cushions. Students should bring their own bed sheets and a shawl.

Valuables

Students are requested not to bring any jewellery or valuables with them as proper arrangement for their safe-keeping does not exist. If however these items have been brought, you will have to deposit them with the management at your own risk.

Food

A simple vegetarian menu is provided. If you have been prescribed a special diet due to ill-health then please inform the management at the time of applying for the course.

Yoga and physical exercise

Students are not permitted to do Yogasanas and other exercises as proper secluded facilities are not available at the Center. Students may exercise by walking in the areas set aside for this purpose.

Smoking, Intoxicants and drugs

Students are strictly forbidden from taking or bringing any kind of drugs or intoxicants into the center including smoking and chewing tobacco.

Cost of boarding and lodging

There is no charge whatsoever for the course. The cost of all boarding and lodging is met by donations of past students and these donations also cover all other expenses such as day-to-day administration, electricity, water and other overheads. Donations are accepted only from such students who have benefited themselves by taking a Vipassana course and who have developed a strong wish that more and more people may continue to benefit by having adequate facilities. At the end of the course, a student is welcome to express his goodwill by offering donation in keeping with his volition.

The Timetable

Students will be required to diligently follow the timetable outlined below.

05.00 am	Wake-up time
5.30 to 6.30 am	Meditation
6.30 to 8.00 am	Breakfast
8.00 to 8.45 am	First Group Sitting
9.00 to 10.15 am	Meditation and Checking
10.30 to 11.15 am	Morning Discourse
11.15 to 11.45 am	Questions and Answers
11.45 am to 1.45 pm	Lunch + Rest
1.45 to 2.15 pm	Meditation
2.30 to 3.15 pm	Second Group Sitting
3.30 to 4.30 pm	Meditation and Checking
4.30 to 5.00 pm	Tea/Milk and Snacks
5.20 to 5.50 pm	Walking (observing noble silence)
6.00 to 6.45 pm	Third Group Sitting
6.50 to 7.30 pm	Dinner
7.45 to 8.30 pm	Evening Discourse

8.45 to 9.00 pm

Meditation

9.00 to 9.30 pm

Evening Q & A