



Michigan Vipassana Association ([www.mi.us.dhamma.org](http://www.mi.us.dhamma.org))  
Presents

# DOING TIME, DOING VIPASSANA

A film on Vipassana meditation courses in the prisons of India

## Wednesdays and Fridays, 9:00pm

Public Access Channel 12

Farmington, Farmington Hills, and Novi areas

Now playing through May 19, 2006



### DOING TIME, DOING VIPASSANA

A Karuna Film (1997); 52 mins.

A film by Israeli filmmakers: Ayelet Menahemi and Eilona Ariel

Vipassana is an ancient meditation technique that helps people control their lives and bring them towards their own "good". Kiran Bedi is the former Inspector General of Prisons in New Delhi who dedicated herself to bringing this form of meditation into the infamous Tihar Prison.

The film follows the stories of prison inmates turning their lives around, learning that their prison experience can be the beginning of a new and better life. The

success in the Tihar Prison was so obvious that the Indian government has decided to implement Vipassana throughout their prison system. *Doing Time, Doing Vipassana* begs the question, how could Vipassana benefit the United States, a country that locks up a higher percentage of its citizens than any other?

**Winner of the Golden Spire Award** at the 1998 San Francisco International Film Festival.

In giving **Doing Time, Doing Vipassana** its top honor, the jury for the category stated:

*"The jury was moved by this insightful and poignant exposition on Vipassana. The teaching of this meditation as a transformation device has many implications for people everywhere, providing the cultural, social and political institutions can embrace and support its liberating possibility."*

For more information about Doing Time, Doing Vipassana, please visit [www.karunafilms.com/Dtdv/Dtdv.htm](http://www.karunafilms.com/Dtdv/Dtdv.htm)

For more information about Vipassana Meditation, please visit [www.dhamma.org](http://www.dhamma.org)

Michigan Vipassana Association is a non-profit volunteer group that organizes meditation courses in Michigan.

**Doing Time, Doing Vipassana**

[www.mi.us.dhamma.org/news.shtml](http://www.mi.us.dhamma.org/news.shtml)

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