



Vipassana Meditation

The Art of Living

As taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin

Vipassana is a simple, practical method of meditation which makes it possible to face the tensions and problems of daily life in a calm and balanced way. It is a systematic way of developing insight, self-mastery and real peace of mind.

Vipassana is taught in 10-day residential courses where students observe silence as they learn the meditation technique. Regular instructions and discourses are provided throughout the course.



“There is no mysticism in Vipassana. It is a science of the mind that goes beyond psychology by not only providing an understanding of the mental process but actually purifying the mental process.”

S.N. Goenka, Vipassana Teacher

All course expenses are met by donations from previous students. Donations may be received only from people who have realized for themselves the benefits of Vipassana. Then, giving a donation becomes a part of the practice.

Vipassana has the capacity to transform the human mind and character. The opportunity awaits those who sincerely wish to make the effort.

Vipassana Meditation – Inner Peace Through Inner Wisdom

Ten-day residential courses in Vipassana Meditation are held regularly in Michigan and at many other centers around the world. For more information or to register, please visit:

www.mi.us.dhamma.org or call (248) 345-0529

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