

Vipassana Meditation for Teachers

Date – 16th September, 2023

“Meditation means dissolving the invisible walls that unawareness has built.”

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It is a way of self-transformation through self-observation. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

Adani Public School conducted a session of Vipassana meditation for teachers on 16th September 2023. A team of volunteers from **Kutch Vipassana Kendra Mandvi** visited the school and conducted an enriching session for the teachers. They were given a formal welcome by Ms. Meeta Jadeja (Director, Kutch region) and Principal Dr. Mayur Patadia.

The session started with an Introduction to Vipassana meditation video and then made the teachers practice 10 minutes 'Anapana meditation'. It is the first step in the practice of Vipassana meditation. It means observation of natural, normal respiration, as it comes in and goes out.

In this session they briefed the teachers about

- 'Dhyan' and its benefits in day – to – day life.
- The benefits of meditation
- Guided about the conscious and sub conscious mind.
- How wisdom or insight can be achieved by Meditation.





