

10 Day Vipassana Self Shibir (Camp) Based on Teachings of Buddha As taught by Late Shri Satyanarayan Goenka

1 Objective

To build up body immunity to fight Covid 19 by learning Dhamma and thereby calming the mind in times of great uncertainty - based on real life personal experience.

2 Terminology

Ana Pan The process of observing (without any reaction) one's own natural breath to the exclusion of everything else

Vipassana The process of observing (without any reaction) sensations one's own body to the exclusion of everything else. Sensation could be as ordinary as sweating, itching or hairs touching skin. Every sensation is temporary. If itching sensation arises and we do not react, it will increase for sometime but ultimately fade away.

As such Ana Pan and Vipassana are purely scientific process of observation.

Buddha The enlightened one. Siddhart Gautam is one of the countless Buddha's who have lived amongst us.

Dhamma The reference is NOT to any religion. It means Laws of Nature which are equally applicable to all living beings. Such as ice will be cold to everyone. Fire will burn. If we create a negative thought in our mind, the process of breathing becomes irregular. Painful sensations will arise on the body. In other words, we end up harming ourselves. This is the law of nature. There are no exceptions to this.

Sangham A group of people who have surrendered to the Buddha and Dhamma

3 Discipline

Five Vow for the Duration of 10 days being to Abstain from the following:

- Killing any being
- Stealing
- Sexual Activity
- Telling lies
- Intoxicants

Surrender to Buddha, Dhamma and Sangha

Refrain from any personal religious prayers, rituals - at least for 6 hours of Shibir activity per day. Balance 18 hours of the day, one can follow one's choice.

But DO NOT MIX Ana Paan or Vipassana with own religious beliefs and practices.

Noble Silence

In this Self camp, you can communicate with the world during break but limit it as much as possible. PLEASE DO NOT DISCUSS EXPERIENCE OF THE SHIBIR UNTIL IT IS OVER

Time Table

At the start itself, be determined to follow detailed time table enclosed.

Meals

fruits for breakfast, Simple, nourishing dal (pulses) roti (wheat bread), chawal (rice) vegetables for lunch. Skip Dinner. Diabetics to follow their diet.

Yoga / Physical Exercises

Recommended during break time for 30 – 45 mins. per day

4 What to Expect and What Not To

DO NOT EXPECT

- Medical miracles
- Out of the world experiences
- End of Uncertainty

DO EXPECT

To gain mental strength to deal with present uncertainty

5 Limitations

- This Course is NOT a substitute for a 10 day regular Shibir at Igatpuri or any other Vipassana center near you. Web site: www.giri.dhamma.org
- Course designed by an old *Sadhak*, i.e. a student, who is NOT a Teacher. Hence limitations if any are due to the *Sadhak* (student) and not due to deficiency in Vipassana.
- Please listen to daily discourse of Goenkaji to dispel any doubt or confusion. *Sadhak* does not have the competence to clarify over and above what Goenkaji explains. Links gives Discourse in Hindi. These are also available in English on You Tube.
- Morning Chantings are in Pali – the languages of the masses in India 2,500 years ago. It is not necessary to understand the words. Flow with the emotions. Someone is praying for you from the bottom of his heart.

Sabka Mangal Ho

May All Be Blessed

Detailed Time Table

The links are taken from You Tube – so ads may pop up. If so please skip ads and continue to the required content. Close the link once content is played or auto play option may take you to another unrelated content.

Day 0

20.30 Sit in Sukhasan (any convenient pose) on ground or in chair, with or without back support

Click on Link <https://youtu.be/eLUR2tjgN8E?t=2>

Close your eyes

Listen to Song and Repeat the words

This is vow to surrender to Buddha/ Dhamma and Sangha – at least during the 6 hours per day of the Shibir. In a 10 day course at a Vipassana Centre, surrender is for the duration of the course.

Listen to discourse of Goenkaji in Day 1 for clarification

20.45 Take the five vows to abstain from killing, stealing, lying, sexual activity, use of intoxicants for the duration of the 10 day course

Decide not to take any meal after 5 pm

Decide to do *Athisthan* i.e. during meditation sit in one pose with eyes closed

21.00 Get up and leave for Bed.

Day 1

4.30 Get up

5.00 – 6.00 Ana Pan Meditation

6.00 – 6.35 Morning Chanting

<https://www.youtube.com/watch?v=GqEWTlawaM>

6.35 – 8.00 Break

8.00 – 9.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.30	Yoga / Physical Exercises
10.30 – 14.30	Break
14.30 – 15.30	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=r5bud1ybBDc

Day 2

4.30	Get up
5.00 – 6.00	Ana Pan Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=SU93O7nkdXI
6.35 – 8.00	Break
8.00 – 9.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.30	Yoga / Physical Exercises
10.30 – 14.30	Break
14.30 – 15.30	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be

17.00	Last Meal of the Day
18.00 – 19.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=xfltjizXA7g&t=3500s

Day 3

4.30	Get up
5.00 – 6.00	Ana Pan Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=23fUnDMKVt8&t=7s
6.35 – 8.00	Break
8.00 – 9.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.30	Yoga / Physical Exercises
10.30 – 14.30	Break
14.30 – 15.30	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=YuAgnfun0RE
17.00	Last Meal of the Day
18.00 – 19.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=mhZZmeajVy8

Day 4

4.30	Get up
5.00 – 6.00	Ana Pan Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=AJGTI07-DQw
6.35 – 8.00	Break
8.00 – 9.00	Ana Pan Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga / Physical Exercises
10.00 – 11.00	Vipassana Meditation taught by Goenkaji https://www.youtube.com/watch?v=ejlIV1IScOU
11.00 – 14.30	Break
14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=EnAm6QamYA

Day 5

4.30	Get up
5.00 – 6.00	Vipassana Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=qAGxUqqzvzw

6.35 – 8.00	Break
8.00 – 9.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga / Physical Exercises
10.00 – 14.30	Break
14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=gUEhA3OclHc

Day 6

4.30	Get up
5.00 – 6.00	Vipassana Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=vscEovBXhW0
6.35 – 8.00	Break
8.00 – 9.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga / Physical Exercises
10.00 – 14.30	Break

14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=Puwfi6R0CCU

Day 7

4.30	Get up
5.00 – 6.00	Vipassana Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=UMdm9msHYSA
6.35 – 8.00	Break
8.00 – 9.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga/ Physical Exercises
10.00 – 14.30	Break
14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice

19.30 – 21.00 Discourse by Goenkaji
<https://www.youtube.com/watch?v=k0DjEq2qGHY>

Day 8

4.30 Get up

5.00 – 6.00 Vipassana Meditation

6.00 – 6.35 Morning Chanting
https://www.youtube.com/watch?v=ixB_hrDRIQc

6.35 – 8.00 Break

8.00 – 9.00 Vipassana Meditation guided by Goenkaji
<https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be>

9.00 – 10.00 Yoga / Physical Exercises

10.00 – 14.30 Break

14.30 – 15.30 Vipassana Meditation guided by Goenkaji
<https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be>

17.00 Last Meal of the Day

18.00 – 19.00 Vipassana Meditation guided by Goenkaji
<https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be>

19.00 – 19.30 Lemon Juice

19.30 – 21.00 Discourse by Goenkaji
<https://www.youtube.com/watch?v=HGAYw7R4sOg>

Day 9

4.30 Get up

5.00 – 6.00 Vipassana Meditation

6.00 – 6.35 Morning Chanting
<https://www.youtube.com/watch?v=gC9b0YJ1QPg>

6.35 – 8.00	Break
8.00 – 9.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga / Physical Exercises
10.00 – 14.30	Break
14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=Xy5W0iv07FY&t=14s

Day 10

4.30	Get up
5.00 – 6.00	Vipassana Meditation
6.00 – 6.35	Morning Chanting https://www.youtube.com/watch?v=C34VAIBVucE
6.35 – 8.00	Break
8.00 – 9.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
9.00 – 10.00	Yoga / Physical Exercises
10.00 – 11.00	Mangal Maitri (Pure Friendship) Guided by Goenkaji https://www.youtube.com/watch?v=2B-UCSx6BvY
11.00 – 14.30	Break

14.30 – 15.30	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
17.00	Last Meal of the Day
18.00 – 19.00	Vipassana Meditation guided by Goenkaji https://www.youtube.com/watch?v=AqLY8OSwvKk&feature=youtu.be
19.00 – 19.30	Lemon Juice
19.30 – 21.00	Discourse by Goenkaji https://www.youtube.com/watch?v=bauwnZbP4DI

Day 11

4.30	Get up
5.00 – 6.30	Concluding Discourse by Goenkaji https://www.youtube.com/watch?v=IsP6aHeH89U

Shibir Concludes And You Are Ready To Join the Post Lockdown World