

DHARMA WISDOM

Vipassana Meditation

Vipassana (also known as Insight or Mindfulness) Meditation is a simple but powerful technique that has been taught and practiced for over 2,500 years as a means of awakening.

Mindfulness cultivates a sense of wholeness that brings us into the experience of 'things-as-they-are' moment by moment. Cultivating awareness of breath, body, and the processes of heart and mind, mindfulness offers insight into the transient (impermanent), unsatisfactory (suffering) and universal (selfless) nature of reality.

Mindfulness practice develops clarity of understanding and allows grasping, judgment, and fear to fall away. As these obscurations fall into abeyance one discovers loving-kindness, compassion, equanimity, joy and wisdom as qualities of true nature. The ultimate aim of Dharma practice is to end suffering. Buddha described this freedom, not based on external conditions, as "the unconditioned."

— Eugene Cash



Female Bodhisattva

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