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**What Senior Administrators  
Say About Vipassana - I**



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## What Senior Administrators Say About Vipassana -I

### **Justice Surendra Nath Bhargava**

Chairperson, Assam Human Rights Commission, Guwahati  
Former Chief Justice of Sikkim High Court,  
Former Justice of Rajasthan, High Court.

When I was a judge of the Rajasthan High Court at Jaipur I had an occasion to hear the discourse of Respected Shri Satya Narayan Goenka (Guruji). I was very much impressed by his simplicity, humility, devotion, dedication and depth and clarity of thoughts.

I decided that I must go for a course of Vipassana for ten days at the earliest. I was lucky to get the opportunity of doing the course at Jaipur in the presence of Guruji Shri Satya Narayan Goenka.

I was very much impressed by the discipline which was to be maintained in the course at Jaipur. One has to maintain silence for ten days continuously without having any access to T.V., radio, newspaper, telephone-call or even talking amongst the participants of the camp. We were given very healthy and nourishing food and I thoroughly enjoyed my camp. The daily routine in the camp was also very strict and everything punctual.

Initially I thought that I will not be able to complete the course and follow the strict discipline. But I am glad, I could complete the course and also observe the discipline strictly. It was unique experience and cannot be described in words. One will not believe unless he himself takes the course.

After completing the course I found myself very healthy not only physically but also mentally. It gave me occasion to know myself. The whole method is very simple and one is introvert throughout the period without any disturbance from outside.

The boarding and lodging are all free during the camp and one can donate whatever he likes after completing the course. It gives peace of mind, new thinking, new approach and develops a new way to life and feeling towards others. If everyone goes through this training the whole society can be changed and the present ills in the society regarding hatred towards each other, fear, disrespect, distrust will all vanish. The cancerous growth of corruption everywhere will also be controlled automatically.

I wish Vipassana spreads all over the world for the benefit of the individual, society, and humanity.

**Justice D.R. Dhanuka**

Former Judge of Bombay High Court.

In May 1991, I was lucky to participate in the ten-day Vipassana course in Dhamma Giri, Igatpuri, with the help of my friend Shri Madhusudan Mor. I was much impressed by Vipassana and the principles underlying the same. Accordingly, I found silence effective and more powerful than speech. Meditation and concentration should become a way of life. I was benefited. I believe that it is highly useful and worthwhile to learn the Vipassana technique. We have to march ahead towards experiencing a good life under the guidance of Shri Goenkaji and his colleagues.

I am happy to record my view and impressions in brief. I shall be very willing to join the Vipassana course in future, whenever I get the chance.

**Justice K.G. Shah**

Former Judge of Bombay High Court

On the recommendation of my yoga Guru Dr. Dhananjay Gunde of Kolhapur, my wife and I attended the Vipassana meditation course at Dhamma Giri, Igatpuri, Maharashtra between January 17, 1997 and January 28, 1997.

Without any hesitation, I would say that the experience we both had during the course was invigorating and exhilarating. At the end of the course, we came out of the serene atmosphere of Dhamma Giri with almost everlasting sense of well being. We really felt that we were changed persons, certainly not the same persons we were when we entered the course. There was perceptible change in us throughout in body, mind and spirit.

The management of the course under the able guidance and supervision of the moving spirit of Shri, Satyanarayan Goenkaji (Guruji) was flawless. The volunteers meticulously took care of the smallest needs of the participants of the course.

I am looking forward to attending such a course once again on an opportune occasion. I am sure Vipassana which so far has helped thousands of people in mind, body and spirit will progress in this country and ameliorate the sufferings of many, many more people.

I would take this opportunity of thanking Shri. Satyanarayan Goenkaji for having started this movement in this country, as also the volunteers of the course, who untiring and ungrudgingly catered to the needs of the participants.

Of course, Guruji's lectures in person as also on the video cassettes and the guidance given by the assistant teachers during

the course was of immense help to one and all who participated in the course in understanding what is Vipassana and putting it into practice.

**Madhukarrao Chaudhari**

Former Speaker of Assembly, Maharashtra

Vipassana is of immense importance for the development of a human being. Lord Buddha attained enlightenment by following the path of Vipassana.

Acharya Goenka, who is a living master of Vipassana, is endeavouring very hard to spread the message of this great art of life.

I am a humble practitioner of Vipassana and I have been immensely benefited in my life.

**D.R. Karthikeyan, I.P.S.**

Special Director, Central Bureau of Investigation, New Delhi.

I have undergone the ten days meditation course at Hyderabad Centre only recently. I should confess that I have not been strictly following the prescribed schedule of meditation every day, as I am constantly on the move, being in charge of three different full-time jobs with headquarters at Delhi, Hyderabad and Chennai.

Yet, one can say with certainty that the results are perceptible. One realizes the truism, life is not a problem but a reality to be experienced. We are prisoners of our behaviour patterns. The mind is the cause of misery and the individual is the key to transform the society.

Vipassana is a practical method for emotional and spiritual education on a non-sectarian basis. It reduces hostility and helplessness; enhances hope and a sense of well-being. While reducing stress, it fosters positive attitude. While instilling the right values, it purifies the mind, physical well-being becoming a valuable by-product.

The unique technique results in self-transformation by self-observation. It is healing by observation and in accordance with the universal law of nature.

When one realizes by experience, the concept of impermanence, the entire attitude towards life, day-to-day situations and relationships with others become more positive.

The Vipassana technique of meditation brings out all unnecessary and accumulated mental load that one carries all the time. One develops detachment and equanimity. We do become observers of ourselves. One is amazed to realize how our body and

mind have become the storehouse of innumerable and unwanted impressions.

Even in the very short time that I have been exposed to Vipassana I am able to increasingly accept people as they are instead of trying to change them all the time, to fit them in my own standard 'frame'. To that extent life has become calmer, healthier, peaceful and positive.

My wife Kala who underwent the 10 days course at Hyderabad centre later than me also shares the same experience.

### **R.B. Budhiraja**

Principal Secretary (services)  
Government of Maharashtra, Mumbai.

I attended a ten-day programme of Vipassana Meditation at the Vipassana International Academy, Dhamma Giri, Igatpuri, District Nasik. I found this programme to be extremely useful and the meditation technique goes a long way in helping the participants get a better knowledge of the way their own mind functions. It is an art of living and can help one to eliminate tensions in every day life and develop positive creative energy. The beauty is that it can be availed of by all irrespective of their caste, creed or religion. It is totally and absolutely non-sectarian.

Realising the importance of Vipassana for its officers, the Government of Maharashtra issued a Resolution No. 2496/3/SER-9 dated 15th May 1996, allowing officers of the rank of Deputy Secretary and above with a minimum age of 45 years to avail of 14 days commuted leave (with medical certificate) as also, to and fro passage. The facility can be availed of once in three years and for a maximum of six times during total service.

Besides, Vipassana has demonstrated positive results even in prisons. Recognising this, Government of Maharashtra has encouraged its jail administration to conduct regular programmes for inmates at Pune, Nagpur, Nasik, Kolhapur, etc. with very encouraging results.

### **V.K. Hansuka**

Additional Director General of Police, Rajasthan

I am personally convinced by the potential of Vipassana which greatly helps its practitioners to develop a positive attitude to overcome the conflicts, misery and tensions prevalent in abundance in our day to day life. While fully realizing the usefulness of Vipassana for happy living and positive thinking, I thought it my humble duty as Director, Rajasthan Police Academy, Jaipur (my previous assignment) to expose all my trainees (22 Dy.S.Ps and 315 sub inspectors) to Vipassana courses at Dhamma Thali, Jaipur.

The feedback from the trainees who underwent the Vipassana course is greatly satisfying and a joy to me forever.

**Ratnakar Gaikwad**

Additional Municipal Commissioner, Mumbai.

Present day life is full of stress and tensions. Our efficiency goes down substantially due to these tensions. It is often said that it is not the workload but load on the mind which affects one's performance and efficiency. After I was introduced to Vipassana technique, I discovered that this unique secular technique enables one to gain concentration of mind, right attitude, clear thinking which goes a long way in improving one's out-put and efficiency. This technique does not make you believe in preconceived notions but properly guides you to see the reality of things as they really are and not as they appear to be. This scientific technique of purification of mind eventually leads to happiness for yourself and for others. I have indeed, immensely benefitted during last four years due to practice of Vipassana.

**S.M. Gavai**

Director of Social Welfare, Maharashtra

My first brush with the philosophy of Vipassana was when an old acquaintance met me and urged me to undertake a 10-day Vipassana course at the Vipassana Centre at Igatpuri. At that time, I did not express more than a passing interest in the method. But I do believe that the seeds of my ultimate initiation into the technique were sown then.

More than half a decade later, I finally had the opportunity to undertake the course along with my brother. Even this time, in a manner of speaking, I went along with him to keep him company. Each individual life, however insignificant, has its milestones with birth and death as the most significant ones. Having completed the course last year, I have realized that there is an even more significant one—that of an individual's initiation into and final attainment of Vipassana.

Although I am but a novice, I am convinced that this is indeed the surest path to peace and salvation. The path that was untrodden for millennia has been rediscovered in the land of its birth.

It is fitting indeed that the Pagoda of Peace will be located in this nation. The Pagoda will go a long way in establishing more solidly, the philosophy and traditions of this secular practice.

I, on my part, am profoundly grateful to Vipassana International Academy for affording me in this lifetime an opportunity to make a small beginning towards absolute liberty.