



VIEWS ON VIPASSANA



Vipassana Research Institute

Views on Vipassana



**Vipassana Research Institute
Dhamma Giri, Igatpuri**

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1. What Senior Administrators Say About Vipassana

- **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 a course at Jaipur in the presence of Guruji 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 TV, radio, newspaper, telephone-calls 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 was also very strict and everything was punctual.

Initially, I thought that I would 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 a 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