

Feedback From The Students

Children and teenagers are, by nature, active and inquisitive, with an eagerness to learn and explore. They readily see the need to meditate and work with great enthusiasm.

Here are some accounts of the course:

“I learned how to concentrate and not get frustrated real quick. This would really help me in my day to day life and studies. Overall it was a great learning experience for me.”

“I gained the ability to relax and calm down my mind... I gained a lot! Thank you !!! Anapana is great and I really enjoyed the course!”

“I feel I have gained more concentration and it will help me further in my life. I thoroughly enjoyed the one-day meditation course and recommend it to all so that they benefit from the Anapana technique.”

“A new understanding of how good life can be... it’s a wonderful place and it made me really happy.”

“Relaxing and being quiet for once and learning how to meditate was great. The food was really good and we had breaks when we needed them to help us concentrate better in meditation.”

“I feel that I have gained the ability to control myself better and it was a good experience. The atmosphere was also great. It was fun.”

“I feel that everything has cleared out from my mind and I feel calm”.

Comments made by many young people reflect their appreciation of the quiet and peaceful atmosphere of the meditation centre. Many of them, even after just one course, are able to express how wonderful it is to calm their own minds with the practice of Anapana meditation.

The Course Timetable

Children and teenagers are under supervision throughout the course, with a realistic timetable including regular breaks. Recorded instructions and discourses help them to understand both the practical and theoretical aspects of the meditation. Children’s course teachers provide individual guidance and support.

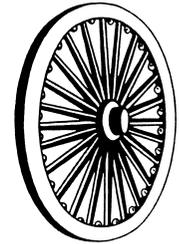
One-day courses normally begin around 8:30am and finish around 4:00pm. Courses longer than one day usually begin on the evening of the first day and end around midday on the last day.

The 10-day Course

Ten-day courses in Vipassana meditation are also held regularly for people aged 17 and above.

Vipassana means “to see things as they really are” and is a logical process of mental purification through self-observation. With regular practice, negative and harmful mental reactions are gradually replaced with balance, clarity, peace and happiness.

Children and teenagers who have completed one-day and other short courses are welcome to return for refresher courses. When eligible, they are also able to undertake a 10-day Vipassana course, which helps them to experience deeper and longer-lasting benefits.



AN INTRODUCTION TO MEDITATION

Meditation Courses for Children and Teenagers

*In the tradition of Sayagyi U Ba Khin
as taught by S. N. Goenka.*

For More Information Or To Register

For more information about the one-day or other short courses in meditation held for children and teenagers in locations around Malaysia, please visit our website or contact one of the people below:

www.dhamma.org or www.my.dhamma.org

**Shirley Yap (03) 5637 2964
(016) 341 4776**

or write to:

**Malaysia Vipassana Meditation Society
No 30, Jalan SM12, Taman Sri Manja 46000 PJ
Fax: (07) 7785 1218
Email: info@my.dhamma.org**



An Introduction to Meditation

Introductory courses in meditation are held by the Malaysia Vipassana Meditation Society.

Children's courses are offered for 8 to 12 year olds and teenager's courses are for young people aged 13 to 16 years old.

Courses are generally held over one day, although longer residential courses of two to three days duration are also offered to children and teenagers.

During the course, students learn the technique of Anapana meditation, which is the first step in the practice of Vipassana meditation.



Boys learning Anapana meditation

The aim of the course is to let young people experience the benefits of meditation. Regular practice of Anapana gives many benefits, including:

- Improved concentration and memory;
- Increased awareness and alertness of mind;
- More self-confidence;
- Greater capacity to work and study; and
- Increased goodwill for others.

As they learn to calm and concentrate their minds, students also develop awareness and gain mastery over their impulses and actions. Learning this meditation can therefore benefit them for life.

About the Practice

Anapana is the observation of natural, normal respiration, as it enters and exits the nostrils. It is a simple technique that helps develop concentration of the mind and is easy to learn, objective and scientific.

Observation of the breath is an ideal object for meditation because it is a natural function, is always present and is completely non-sectarian.

In addition to helping students calm and concentrate their minds, Anapana helps them to better understand themselves and how their minds work. They gain mastery over their impulses and actions and develop an inner strength that helps them to choose right and appropriate actions over wrong actions. This is a natural result of the technique.

Anapana provides children and teenagers with a tool to deal with agitation, fears, anxiety and stress. Due to the simplicity of the technique, they find it easy to practise and understand. They also appreciate its logical and universal nature.

Students begin learning and practising Anapana for short periods and this is gradually and naturally extended throughout the course.

They receive clear, simple and systematic instructions during the course, with support and guidance from experienced children's course teachers. Recorded discourses in English by Mr. Goenka explain the technique and reinforce the practical experience.

Anapana is a form of mental training that is the basis of the practice of Vipassana meditation – a simple, yet powerful process of mental purification through self-observation. Many come to Vipassana later in their lives, wishing they had found this technique sooner because it is so effective in helping them to learn the art of living peacefully and harmoniously. Childhood is therefore the ideal time to begin the first steps of this valuable mental training.

Course Finances

All courses are run solely on a donation basis. There are no charges for the courses, not even to cover the cost of food and tuition. All expenses are met by donations from those who, having completed a course and experienced the benefits of the meditation, wish to give others the same opportunity.

About S.N. Goenka

Today, Mr. S.N. Goenka is recognised as one of the world's foremost lay teachers of meditation. He began conducting Vipassana courses in India in 1969; after ten years, he began to teach in other countries. During the past three decades since he started teaching, he has conducted hundreds of ten-day Vipassana courses, and trained more than 700 assistant teachers who are conducting thousands of courses in over 100 countries.

There are now more than ninety centres around the world dedicated to the practice of Vipassana. Courses for children and teenagers are held regularly at many of these centres and also at non-centre locations.

Although highly esteemed, Mr. Goenka is a teacher without followers, always emphasising the importance of being one's own master, truly self-reliant. This he imparts to his students – both children and adults.



Children are inquisitive to learn meditation