

Mindfulness Meditation (Vipassana) by Robert Bohn

(Brief Excerpts)

Vipassana is a meditation technique which aims at realizing the true nature of the mind through the practice of mindfulness. It consists of three elements: calmness, mindfulness and insight....

Attention is first step in Vipassana. By being attentive to one's own breathing, thoughts, feelings or bodily sensations, the mind becomes calm. Insight meditation is therefore also called samatha-vipassana, samatha being translated as calmness, tranquility or concentration.

The most common technique is to observe one's own breathing, either by feeling the air move through the nostrils or by being aware of the abdomen moving in and out....

Mindfulness is the second step of vipassana meditation....

Being mindful means neither grasping nor pushing things away. It also means living truly in the present moment and seeing things as they really are....

Insight is the last step in vipassana meditation. It happens spontaneously as the result of the practice of calmness and mindfulness.