



THE FIRST ZEN INSTITUTE OF AMERICA

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Film Series

Doing Time, Doing Vipassana

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Changing From Inside

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Friday, June 7, 2013 7:30 – 9:30 PM
113 East 30th Street New York, NY 10016

Doing Time, Doing Vipassana takes the viewer into Tihar prison, a huge and notorious institution housing 10,000 inmates. This is India's largest prison, and is now a place where men doing hard time for serious crimes have started practicing meditation. They don't get a light dose of it, but a full ten day retreat conducted in total silence, with ten hours of meditation every day. The Vipassana meditational techniques are taught by a Theravadin Buddhist teacher, S.N. Goenka in the Burmese tradition of Sayagyi U Ba Khin, but are quite similar to Zen. There is nothing easy about it, and no one expects fast miracle results, but some of the inmates are deeply affected by it. *Changing From Inside* takes the same meditational techniques employed in Tihar prison and applies them in a modern American prison. Both films briefly mention the historical Buddhist roots of this type of mediation, but the religious aspects of it are de-emphasized. These are expertly shot professional documentaries, and give real insights into the practical application of classical Buddhist meditation techniques.

These films are being screened courtesy of the Vipassana Research Institute (www.vridhamma.org) and Pariyatti Digital Media (www.pariyatti.org)

Admission is free.

