

Vipassana for Hackers

Paper Three: Why Bother?

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Target Audience

Anyone curious about Vipassana

Anyone who has never meditated before but would like to learn

Anyone who is wondering why people keep talking about Vipassana

- posture
- sleep
- health (activation / motivation)
- ethics (activation / motivation)
- your children: a. knowing how to meditate, b. cross-legged posture
- emotion (i.e. anger)
- mundane sphere / productivity (21 lessons, seinfeld)
- reset frame of reference outside oneself, outside one's own lifetime: "trees for god" and obvious karma (sidu/booga smoking)
- unlearning obsessive / repetitive thought, enhancing creativity
- controlling unbounded sexuality without repression
- clarity: in thought, work, planning
- clarification: "isn't that what makes us human?" (emotions) — rather, what makes us animal
- Die Standing Up