

Vipassana for Hackers

Paper Four: Mastering Spacetime

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Target Audience

- Old students (Goenka; forward ref other methods of learning)
- People looking to deepen practice
- Meditators who haven't chosen a technique yet

Eka Maggo? Learning Vipassana Elsewhere

- Ledi Sayadaw: 5 hours a day anapana, “hairs of the head and the body”
- Other students of U Ba Khin: “The Quiet Mind”, “Beyond the Breath”
- “Vipassana”: sensations matter more than terminology (3-day course, 10-day course), other forms of “Vipassana” not of interest

Concepts, Ideas, Help

- The Cheat Code: moving attention => sati vs. anicca
- Don't get bogged down by "perfect objectivity" or "perfect equanimity" - yes muscles and blood flow follow your attention
- Circle Awareness Drawing: how the 5 sense doors shut down
- Learn to sit cross-legged