

Vipassana for Hackers

Paper Four: Mastering Spacetime

Version 0.1

Steven Deobald*
vipassana-for-hackers.org
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Write

I. TARGET AUDIENCE

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

II. EKA MAGGO: THE ONE AND ONLY PATH

A. 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, Zazen

B. How is Vipassana "Complete"?

III. CONCEPTS, IDEAS, HELP

- The Cheat Code: moving attention => sati vs. anicca
- Circle Awareness Drawing: how the 5 sense doors shut down
- Learn to sit cross-legged

IV. WARNINGS

- This document itself is a hindrance
- Don't get bogged down by "perfect objectivity" or "perfect equanimity" - yes muscles and blood flow follow your attention
- Do not use meditation to get high
- Do not mix meditations (1. dangers, 2. meditation "doing itself" - anatta)

ACKNOWLEDGEMENTS

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REFERENCES

[1] 5 Senses by Daniel Falk from the Noun Project <https://thenounproject.com/daniel2021/collection/human-body-senses/> Thought by Nociconist from the Noun Project <https://thenounproject.com/search/?q=thought&i=2025873> Heart by Rafael Garcia Motta from the Noun Project <https://thenounproject.com/search/?q=heart&i=807960> Body by Makarenko Andrey from the Noun Project <https://thenounproject.com/search/?q=body&i=789989> *The Noun Project*.

[2] Vipassana International Academy <https://www.dhamma.org> *Vipassana Meditation Website*

* Correspondence email address: steven@deobald.ca