

# विपश्यना ATM : “हरसमय, स्वयंसेवा” साधना सुविधा

में आपका स्वागत है

रोज़ की सामूहिक साधना: ८-९am, २.३०-३.३०pm, 6-7 pm

उन साधकों के लिए, जिन्होंने सयाग्यी ऊ बा खिन की परंपरा में,  
स० ना० गोएंका के सिखाये हुए १०-दिवसीय शिविर में भाग लिया है

## **WELCOME TO VIPASSANA ATM : ANY-TIME SELF-SERVE MEDITATION FACILITY**

**Daily Group Sitzings: 8-9am, 2.30-3.30pm, 6-7 pm**

**FOR THOSE WHO HAVE ATTENDED 10-DAY VIPASSANA COURSE IN  
THE TRADITION OF SAYAGYI U BA KHIN, AS TAUGHT BY S N GOENKA**



**ENTRANCE  
DOOR**

**पुरुष क्षेत्र / GENTS SIDE (10 seats)**

**6 Blue Cushions + 3 seat-sofa + 1 chair**

**महिला क्षेत्र / LADIES SIDE (4 seats)**

**3 Light Blue Cushions + 1 Chair**

**पंजीकरण पुस्तक टेबल पे है / PLEASE FILL YOUR DETAILS REGISTRATION BOOK ON TABLE**

हर विपश्यना केंद्रकी तरह, एटीएम में साधना करने का कोई शुल्क नहीं है

यह विपश्यना एटीएम आभारी छात्रों के दान से चलाया जाता है

**As for all Vipassana Centres, this facility is run entirely on donations  
of grateful students, no charge for meditating at Vipassana ATM**

**DHAMMA SEVAKS: 📞 Heenaji +919819219087 / Nitinji +919820003057 /**

**Sanjivji (at facility): 9892502105 / WHATSAPP ONLY: <https://wa.me/+919999052525>**

पता: बी-८, भारत नगर, ग्रांट रोड (ईस्ट),  
(सुपर सिनेमा के पास), मुंबई ४०० ००७

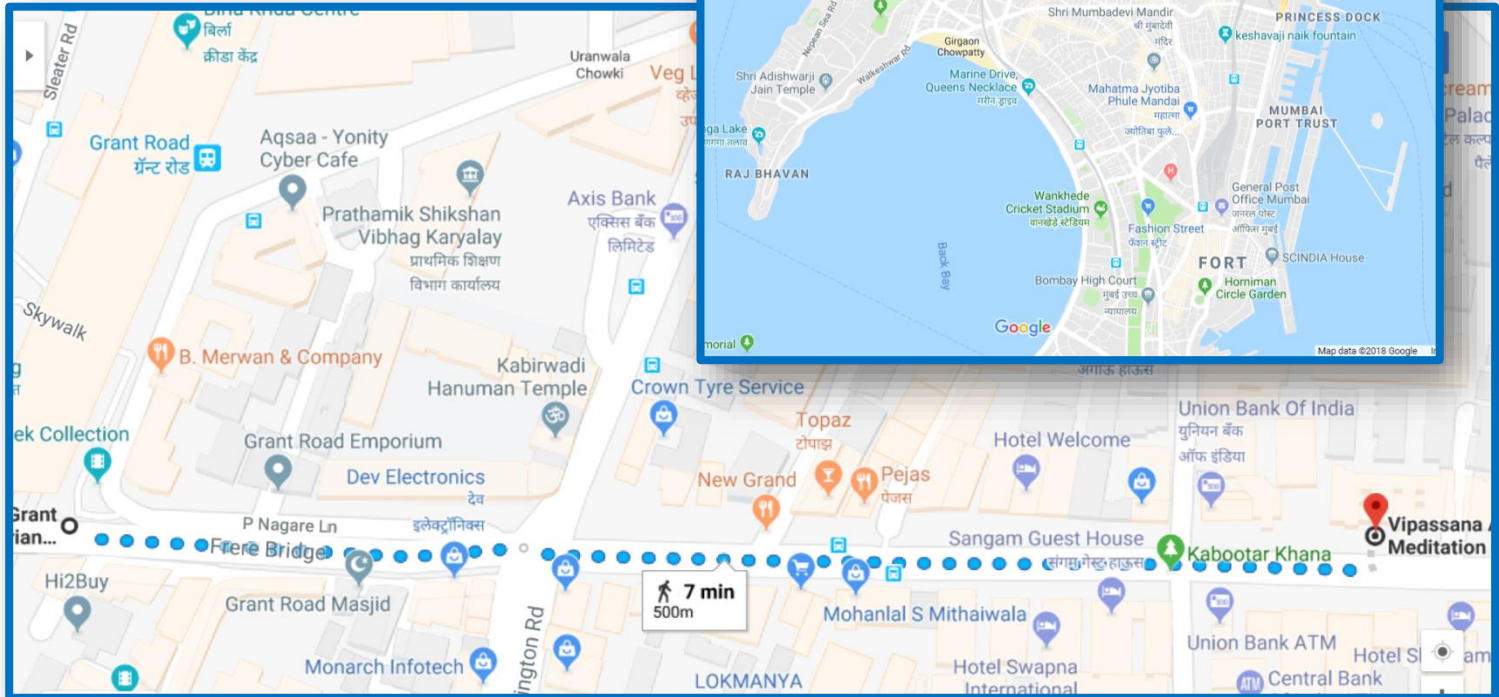
**Address: B-8, Bharat Nagar, Grant Road (E),  
Near Super Cinema, Mumbai 400 007**

**MAPLINK: <https://goo.gl/maps/Y8Dd33djYtD2>**

**WEB: [absolution.in/atm](https://absolution.in/atm)**

**Located in the centre of  
South Mumbai, the Vipassana  
ATM Meditation Facility is a  
7 minute (500 metre) walk  
from Grant Road Station (East)**

**NB: NO PARKING FACILITY**



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# अनुशासन संहिता

## CODE OF DISCIPLINE

**CODE OF ATTIRE @ ATM = as at Vipassana centres:  
KINDLY REFRAIN FROM WEARING SHORTS OR REVEALING  
DRESSES. IF NEEDED, BORROW LUNGIS FROM B-7 (ADJOINING)**

विपश्यना ए.टी.एम. (ग्रांट रोड) पर एक साथ बैठे महिला और पुरुष के लिए, नियमतः कम से कम 3 साधक-साधिकाएँ होने चाहिए। यदि साधक की संख्या 3 से कम है, तो जो लिंग पहले बैठे हैं वह ध्यान करना जारी रख सकते हैं और विपरीत लिंग या तो प्रतीक्षा कर सकते हैं अथवा ध्यान के लिए कहीं और आगे जा सकते हैं। यह लिंग अलगाव सुनिश्चित करने के लिए है, क्योंकि विपश्यना ए.टी.एम. ध्यान के लिए एक बंद कमरा है। (नियम के अपवाद: विवाहित जोड़ा)

सह-साधकों के हित में: जब आप एटीएम सुविधा का उपयोग करना चाहते हैं, तो कृपया ध्यान समय और अवधि पहले ही इस ग्रुप में डाल दें ताकि अन्य साधक यह सुनिश्चित कर सकें कि वे या तो जोड़े / अधिक में आते हैं, या आपके बैठने के बाद आयें, यदि आप अकेले हैं।

**For Female & Male sitting together at Vipassana ATM (Grant Road), criteria is that there must be minimum 3 meditators of any gender/s. If number of meditator is less than 3, then the gender sitting alone earlier may continue to meditate and opposite gender (alone) may either wait or proceed elsewhere for meditation. This is to ensure Gender Segregation in the Vipassana ATM which is a closed room for practicing meditation only (Exception to this guideline: married couple). Exceptions: parent-child, siblings, spouses**

**In consideration for co-meditators who may also want to use the ATM Facility: kindly mention your time duration of meditation beforehand itself, so that meditators of other gender ensure that they either come in pairs / more, or after your sitting if you are alone.**

सफाई व्यवस्था का समय: रोजाना दोपहर 12.45-1.30 बजे तक - रविवार के अलावा | इस दौरान कृपया सेवाओं को परिसर की सफाई करने दें, बहुजन हिताय, बहुजन सुखाय के प्रति |

**Housekeeping / ATM Cleaning timings: 12.45pm-1.30pm daily (except Sundays). During this time, kindly allow the staff to clean the premises for the welfare of all, for the happiness of all.**



# चाबी-मुक्त आगमन और प्रस्थान

## KEYLESS ENTRY & EXIT

ताला १ खोलने के लिए, तालेके कोड (☎) के अनुसार नंबर बटन को दबाएं और नीचे लैच को दाएं तरफ स्थानांतरित करें। लॉक करने के लिए, रिवर्स प्रोसेस। अगर ताला २ लगा हो तो केवल ४-अंक कोड जोड़ें, और बंद करने के लिए, उसी कोड को घुमा के कोई अन्य अंक पे छोड़ें



**For opening whichever of the 2 locks are in use, align the 4-digits on the side of lock with active lock code (☎), and shift bottom latch to right side. Reverse process to lock, on departure, by turning the bottom digit by one click to lock.**



## केंद्र में आर्य मौन का पालन करें मोबाइल फोन स्विच ऑफ रखें

### स्विट्चेस का प्रयोग

1. पहला स्विच - अन्दर की बत्ती
2. दूसरा स्विच - बहार की बत्ती
3. तीसरा स्विच - पंखा और स्पीकर्स / प्लेयर पॉवर
4. चौथा स्विच - एयरकंडीशनर (वातानुकूल) - सिर्फ ऑन-ऑफ करें. २५ डिग्री पे रहने दें

अन्दर से कड़ी: जब अन्दर बैठें तो सबसे left कड़ी लगाके रखिये, ताकि और साधक आपको कष्ट दिए बिना, प्रवेश कर सकें (दरवाजा बहार से खींचके)

बैठने की व्यवस्था: १५ साधकों के लिए, किसी भी समय पे (टेबल तरफ देखें तो महिलाएँ दायें की ओर)

पीने का पानी: साधक स्वयं अपना प्रबंध करें अथवा मटके का पानी उपलब्ध है

शौचालय की सुविधा: उपलब्ध - केंद्र के भीतर (महिला / पुरुष के लिए सामान्य सुविधा)

आसन: आगामी साधक की सेवा में, और उनकी सुविधा के लिए, आसन को साफ और दुरुस्त रखें

- मंगल हो

**KINDLY MAINTAIN NOBLE SILENCE INSIDE THE FACILITY**

**SWITCH OFF MOBILE PHONES**

**USE REMOTES: ONLY ON & OFF BUTTONS FOR AC**

**KEEP AC AT 26-DEGREES, AND AT LOW SPEED -**

**THE AC DANA IS FOR REASONABLE CIRCULATION - AS MEDITATORS WE USE**

**WHAT IS PROVIDED & REFRAIN CHANGING**

**TEMPERATURE TO WE WANT IT TO BE**

### USE OF SWITCHES:

1. First switch - Inside light
2. Second switch - Outside light
3. Third switch - Fans and speaker / Audio System player power
4. Fourth switch - Airconditioner



**SEATING:** Right side facing table is for ladies. Left side facing table is for males.

**CAPACITY:** The centre can take upto 15 meditators at any given time.

**DRINKING WATER:** You may carry your own or have from earthen pot near sink.

**WASHROOM FACILITY:** Available within (shared facility for females & males)

**INSIDE LATCH:** Kindly latch utmost left latch, so meditators may enter without disturbing meditators inside

**CUSHIONS:** To gain merits by serving forthcoming meditators, kindly restore the cushions to neat and clean state.

- BE HAPPY

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# औडियो सुविधा:संचालन और उपयोग

## USING THE AUDIO SYSTEM



**ट्रेक सूची / FOLDER #s WITH TRACK LIST**

#	DURATION	LANG	TRACK TITLE
1	01h:13m	P	Tikapatthana - Sayagyi U Ba Khin
2	01h:40m	PHE	Tikapatthana Discourse - Goenkaji - Pali-English-Hindi
3	01h:00m	P	Group Sit - Sayagyi U Ba Khin
4	00h:27m	E	The Essentials of Buddha Dhamma in Meditative Practice - Sayagyi U Ba Khin
5	01h:00m	H	Mumbai Group Sitting
6	01h:11m	H	Group Sitting With Metta Mumbai Hindi
7	01h:05m	HE	Dhamma Setu Long Instructions Hindi-English Group Sitting
8	01h:05m	HE	Dhamma Salila Long Instructions Hindi-English Group Sitting
9	01h:05m	HE	Dhamma Salila Short-Instruction Hindi-English Group Sitting
10	01h:00m	HE	Dhamma Khetta Group Sitting
11	01h:05m	HE	Dhamma Khetta Short-Instruction Hindi Group Sitting
12	01h:00m	HE	Group Sitting under Bodhi Tree at MAHABODHI GAYA by S N Goenka (Paticcasamupada)
13	01h:00m	HE	Group Sitting at Jetvana by S N Goenka
14	01h:10m	HE	Group Sitting at Dhamma Sikhara McLeod Ganj by S N Goenka
15	01h:00m	HE	Kushinagar Group Sitting - S N Goenkaji - Begins with Namo Tassa
16	01h:00m	HE	Group Sitting
17	01h:04m	HE	Minimal Short Instruction Hindi-English Group Sitting
18	01h:04m	HE	Vipassana one hour group sitting DUBAI
19	01h:00m	E	Group Sitting at Dhamma Licchavi (Long Metta)
20	01h:05m	HE	Dhamma Giri VIA_Long-Instr_Hin-Eng_GS
21	01h:07m	HE	Bodh Gaya GS by Goenkaji Hindi-English (top of the head)
22	00h:57m	HE	Pune GS by Goenkaji Hindi-English
23	00h:56m	P	Maha Samaya Sutta
24	01h:04m	PH	Dhammacakkappavattanasuttam Discourse - Jan 13 1991 - Dhamma Giri
25	01h:02m	PH	Anattalakkhana Sutta
26	01h:01m	PE	Anapanassatisuttam Discourse - Jan 14 1991 - Dhamma Giri - Pali-English - Goenkaji
27	01h:18m	P	Satipatthana Sutta Jan 1985 WSM
28	00h:14m	PH	Patal Sutta
29	00h:38m	PE	Girimanandasuttam Discourse - Jan 1991 - Dhamma Giri
30	00h:56m	PE	Mangala Sutta Pali-English Discourse by S N Goenka
31	00h:11m	PH	Sukha Sutta Discourse in Hindi by SN Goenka
32	00h:31m	PH	Salla Sutta Discourse in Hindi by SN Goenka
33	00h:32m	PE	Vedanasamyuttam Discourse - Samadhisuttam Sukhasuttam Pahanasuttam Patalasuttam - Jan 5 1993
34	00h:34m	PE	Vedanasamyuttam Discourse - Datthabbasuttam Sallasuttam - Jan 18 1994 - Dhamma Giri
35	01h00m	H	Anapana for All आनापान सबके लिए HINDI
36-38	00h:30m 00h:10m 00h:12m	H	Anapana for All - HINDI: An introductory session by S N Goenkaji for those yet to complete a 10-day Vipassana Course
39-41	00h:30m 00h:10m 00h:12m	E	Anapana for All - ENGLISH: An introductory session by S N Goenkaji for those yet to complete a 10-day Vipassana Course
42-	00h08m	HE	Metta-Bhavana(short)
45	00h10m	PE	Metta at Mahamuni Pagoda
	00h09m	H	Why Metta - मैत्री का उद्देश्य
	00h03m	E	Practising Metta Bhavana English





**Isle of Calm & Peace: Meditators can work here in solitude or together.**



**Front to Back Panoramic View**

**Washroom & Toilet Facility  
available within**





कृपया ध्यान क्षेत्र में **आर्य मौन** का पालन करें

Kindly observe **NOBLE SILENCE** in Meditation Area



मंगल हो

**Be Happy**

# **Introductory Anapana Sessions**

**For those who have yet to attend a 10-day Vipassana Course**

**This facility can simultaneously serve upto 12 adults or children (above 10 years of age) on specific requests to below Dhamma Sevak contacts. On accepting such requests, we shall revert with appointed times.**

**To know more / view videos / download Audio :**



[www.vridhamma.org/What-is-Anapana](http://www.vridhamma.org/What-is-Anapana)

**There are no charges for the introductory Anapana sessions. Attendees are served entirely by the donations and voluntary service efforts of Vipassana meditators who have benefitted from attending 10-day courses, and look forward to sharing their merits by organising these sessions.**

# **ABOUT ANAPANA**

Anapana is a simple and practical way to achieve mastery over the mind and lead a happy, wholesome life. Anapana is a Pali word which means observation of natural, normal respiration, as it comes in and as it goes out.

## ***My Breath and I***

Anapana is the first step in the practice of Vipassana meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out. It is an easy to learn, objective and scientific technique that helps develop concentration of the mind.

Observation of the breath is the ideal object for meditation because it is always available and it is completely non-sectarian. Anapana is very different from techniques that are based on the artificial regulation of breath. There are no rites or rituals involved in the practice or presentation of Anapana.

Anapana provides a tool to deal with the fears, anxieties and pressures across all age groups, especially children. Besides helping to calm and concentrate the mind, Anapana help people to understand themselves better and gives them an insight into the workings of their own minds. Because of its simplicity, the technique is easy to understand and practice.

## ***Why Natural Respiration?***

The goal of Vipassana meditation is not the concentration of the mind but to purify the mind completely, by eradicating all mental impurities such as anger, hatred, passion, fear. Vipassana is the analytical study of the mind and body (matter). To achieve this, one must gain complete knowledge of the body, of the mind and of the mental impurities at the experiential level, which is done with the help of respiration. Respiration acts like a bridge between the conscious and the unconscious mind and between voluntary and involuntary processes of the body.

The first step of this technique is to develop awareness of the present reality. Life can really be lived only in the present. When one observes respiration, one begins to understand the nature of the mind. The mind is very fleeting, very fickle - this reality becomes very clear. It never stays in the present, constantly tries to escape into a past or future that is unattainable. The past moment is gone forever. Even in return for all the wealth in the world, one cannot bring back that moment. Similarly, one cannot live in the future. When the future becomes the present, only then can one live in it. One has not learned how to live - one has not learned the art of living. By observing natural respiration, we slowly train our mind to live in present.

Another reason for adopting natural incoming and outgoing breath as the object of concentration is that the rhythm of our respiration has an intimate natural connection with the negativities of the mind. When the mind is polluted and overpowered by any harmful negativity such as anger, fear, lust, envy or any other, we see that the rhythm of our respiration naturally becomes rapid and gross. When these negativities stop polluting the mind, the rhythm of respiration becomes slow and subtle.

Observing the natural breath is a universal practice. Breath is breath, not a Hindu breath, a Muslim breath or a Christian breath. Thus, Anapana becomes universal.

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## **BENEFITS OF ANAPANA PRACTICE**

Regular practice of Anapana Meditation for 10–15 minutes twice a day (morning and evening) will give following benefits:

- Concentration of mind increases.
- Awareness and alertness of the mind improves.
- One gains mastery over the mind.
- Memory becomes very sharp.
- Decision-making power improves.
- Self-confidence increases.
- Agitation, fear, tension, nervousness and stress decreases.
- Capacity to work increases.
- Better performance in grasping power / academics / work output / sports and extra-curricular activities.
- Ability to understand and express increases.
- Mind becomes healthy, wholesome and strong.
- One becomes full of good wishes for others.

- Be Happy !

# **ANAPANA FOR ALL**

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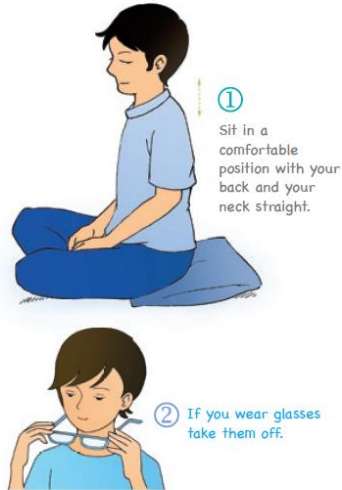
# For ages: 10+ Children, Teens & Adults

## Anapana

Anapana is an old Indian word which means respiration. Anapana meditation is the awareness of the breath coming in and going out.



In order to feel the benefits in your life, practise this meditation for 10-15 minutes, twice a day (morning and evening).



## Meditation



- ③ Keep your eyes gently closed.
- ④ Keep your mouth closed.
- ⑤ Focus all your attention on the entrance of the nostrils.
- ⑥ Remain aware of the natural breath as it comes in, as it goes out.
- ⑦ Don't try to control or count the breath.

## Technique



- ⑧ Don't add any word or imagination of any kind.
- ⑨ When the mind wanders away, bring it gently back to the awareness of your breath.
- ⑩ Try to remain aware of each and every breath that comes in and goes out.

## Metta

Metta means 'loving kindness'. You can practise it by mentally repeating the following words:

May I be happy, be peaceful

May my mother be happy, be peaceful

May my father be happy, be peaceful

May my brothers and sisters be happy, be peaceful

May all my classmates be happy, be peaceful

May all my schoolmates be happy, be peaceful

May all my neighbours be happy, be peaceful

May all the people of my country be happy, be peaceful

May all the people of the world be happy, be peaceful.

## Practise Metta

for a minute or two after Anapana meditation.



[www.children.dhamma.org](http://www.children.dhamma.org)

## Anapana Meditation

Courses for Children and Teenagers as taught by S.N. Goenka



### Benefits

- Improves concentration
- Increases alertness
- Develops control over the mind
- Memory becomes clearer
- Improves decision-making ability
- Increases self-confidence
- Agitation, fear, tension, nervousness and stress decrease
- Capacity to work and study increases
- Increases ability to understand others and to express oneself
- Mind becomes healthy, wholesome and strong
- One becomes full of good wishes for others.

## 5 Precepts

As part of the course, you had to take five precepts (promises).



You may like to keep these five precepts in your daily life. They will help you in your meditation and also help you lead a happy and harmonious life.