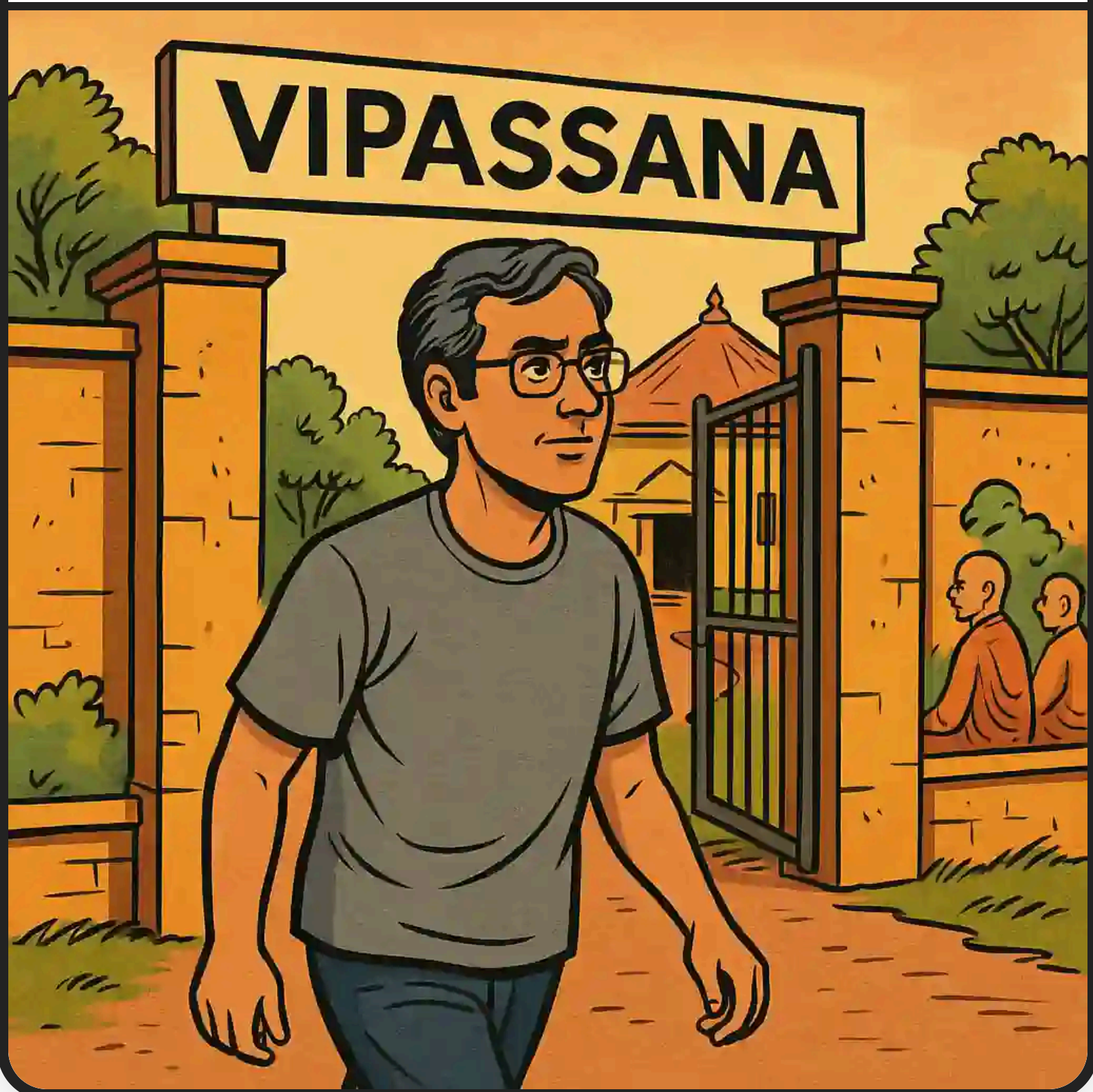


**I ATTENDED A 10-DAY VIPASSANA  
MEDITATION CENTER.**





**EACH DAY HAD 12 HOURS OF  
MEDITATION, ...**



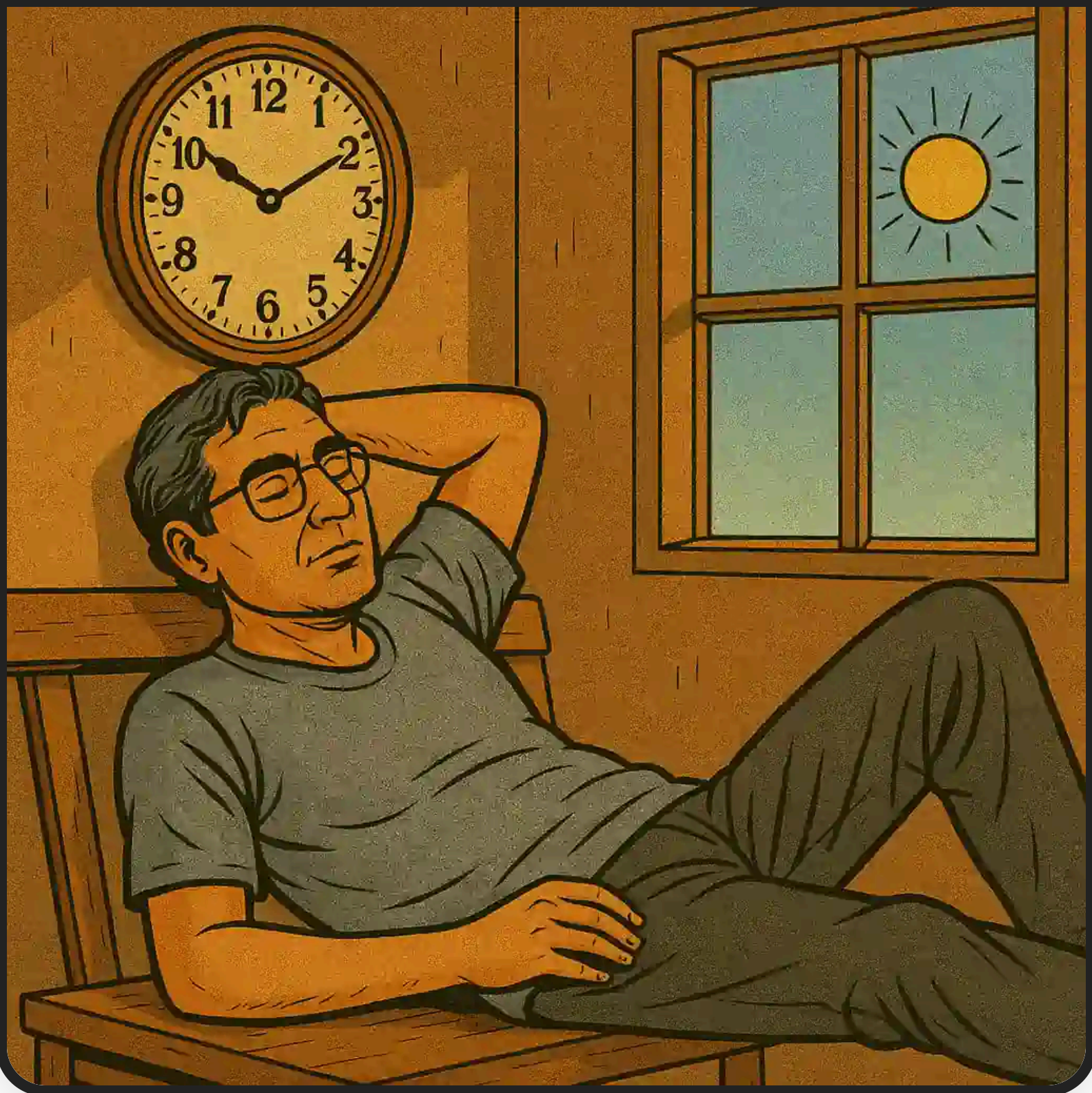


**7 HOURS SLEEP...**



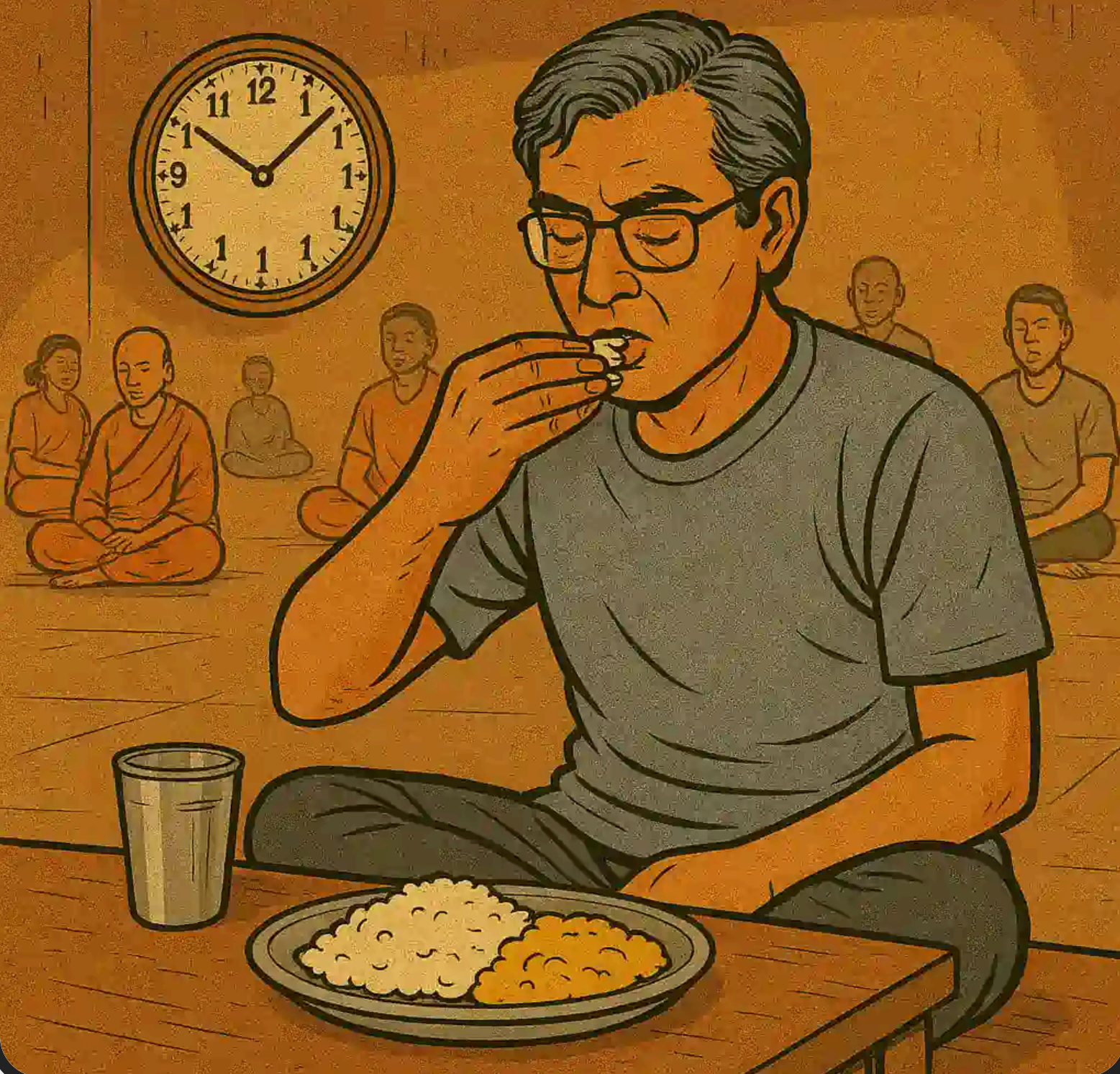


**3 HOURS REST...**



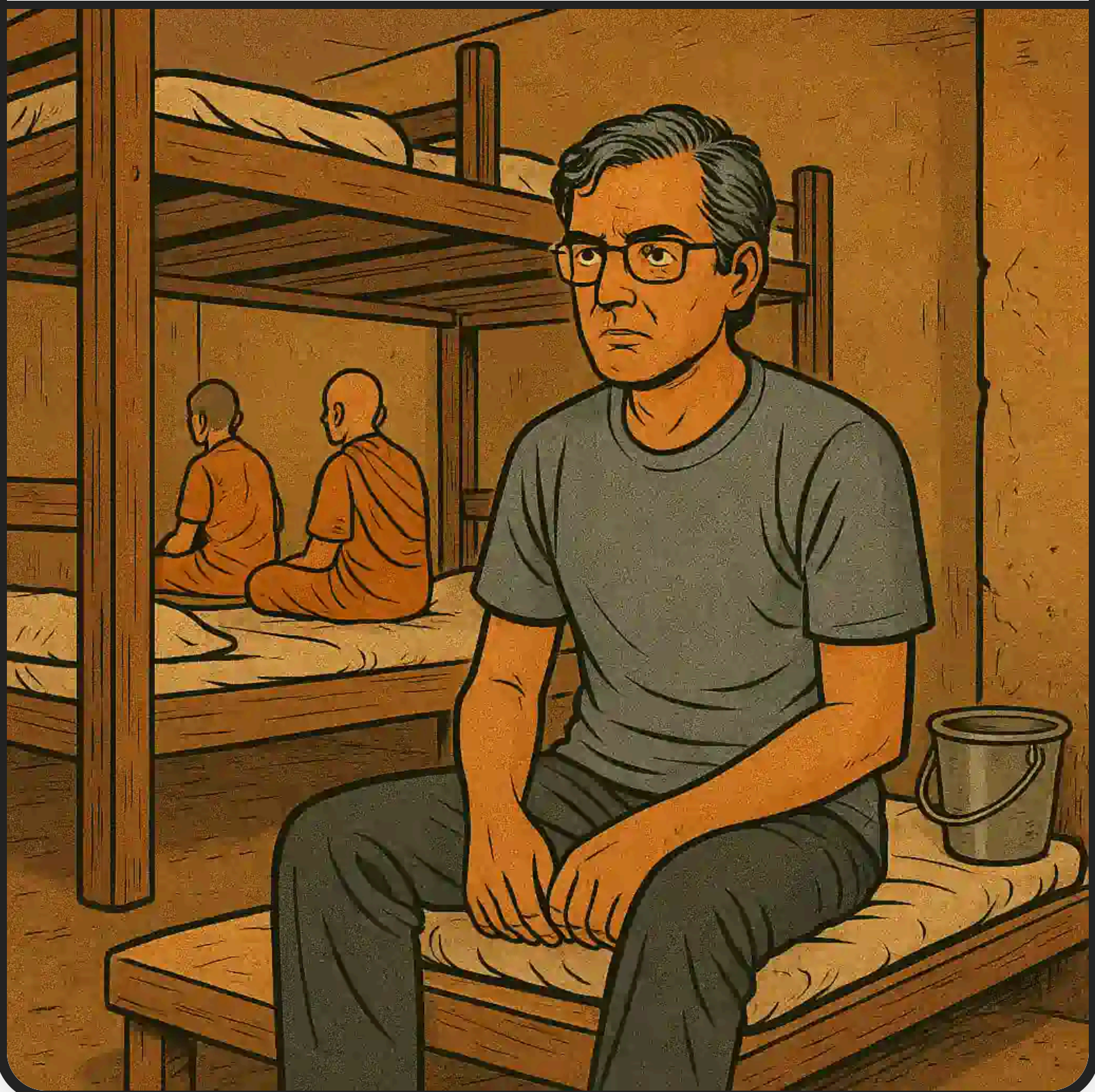


**... AND 2 HOURS TO EAT.**



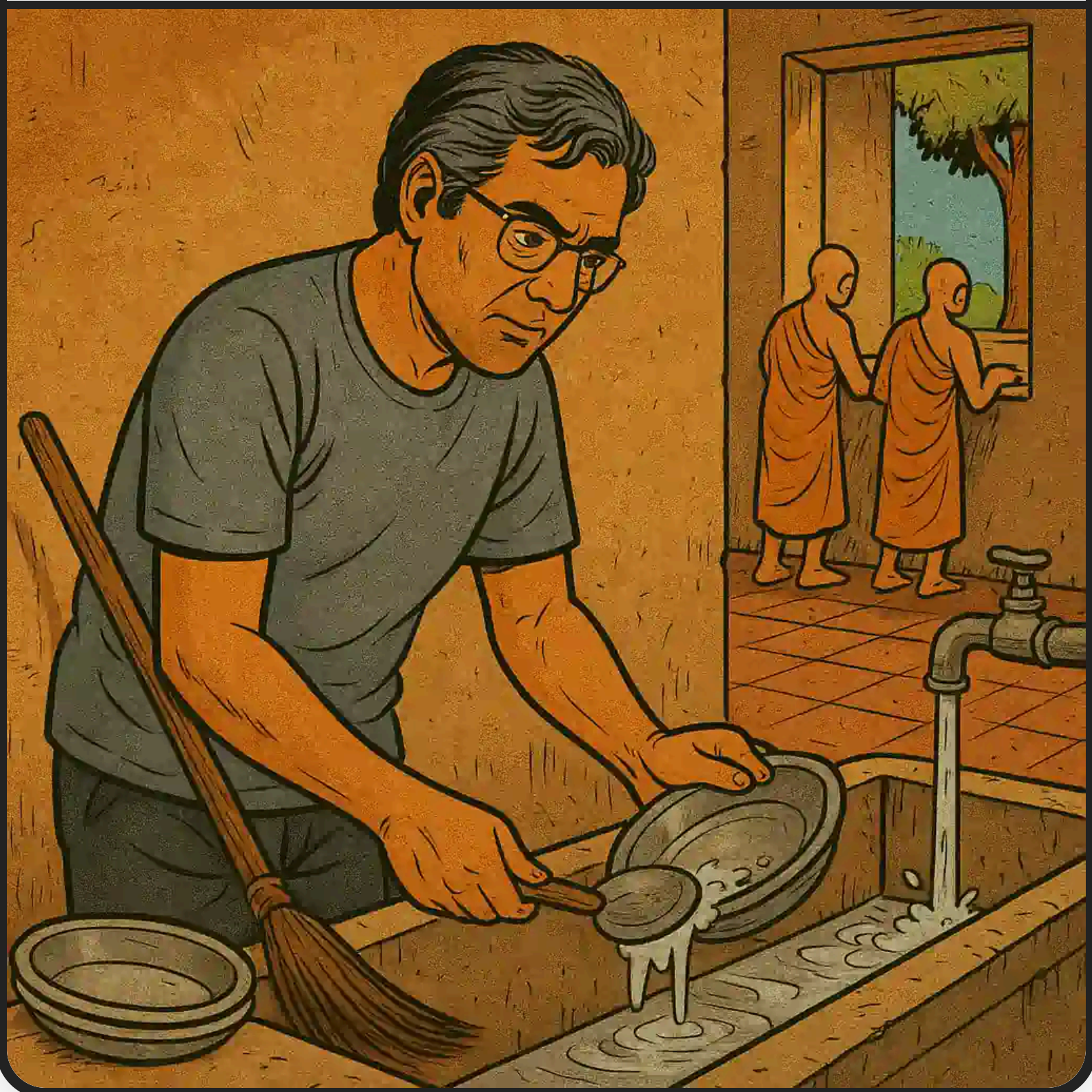


**YOU LIVE LIKE A MONK. IT'S A  
HOSTEL LIFE.**



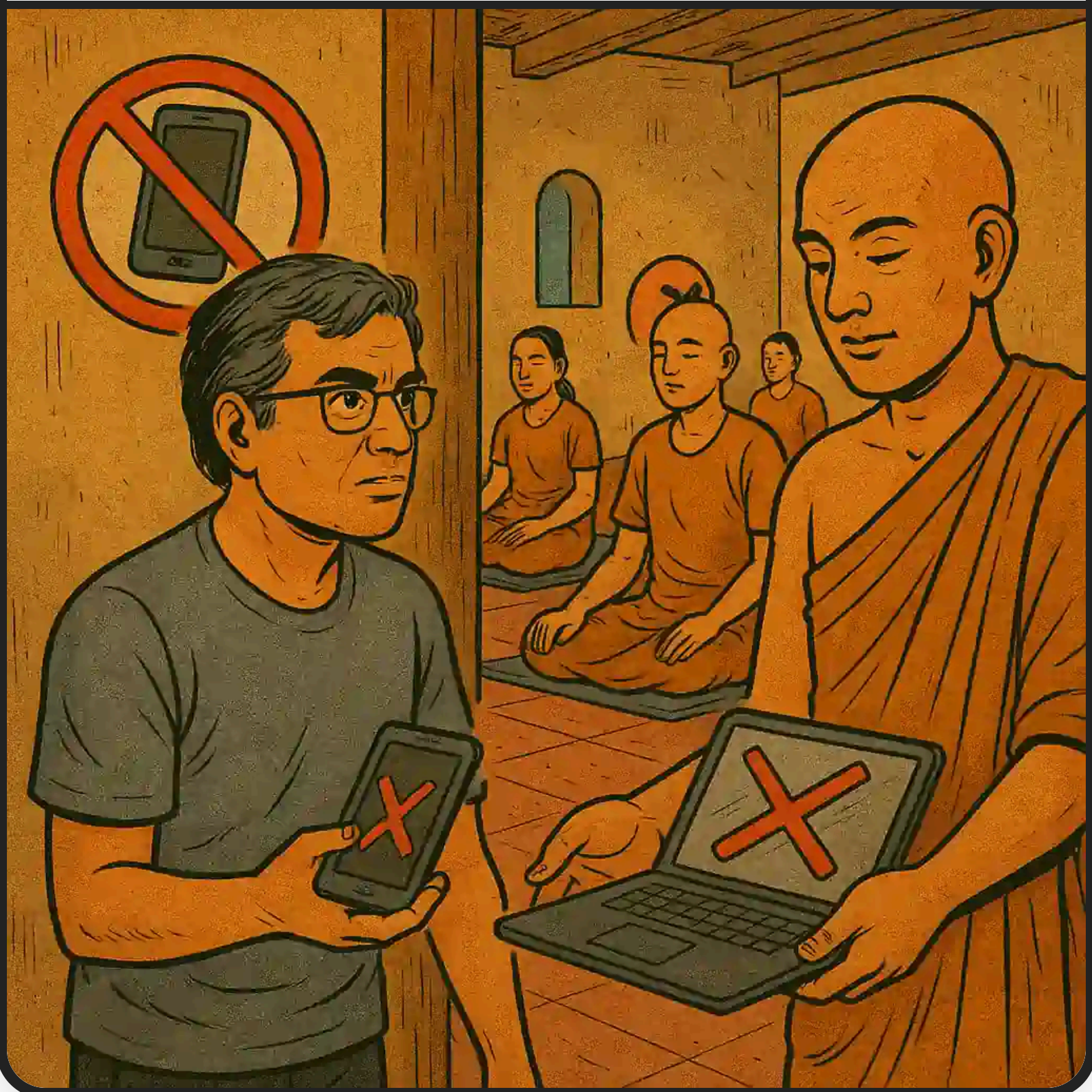


**THE FOOD IS BASIC. YOU WASH  
UTENSILS AND YOUR ROOM.**





**THERE ARE RULES. NO PHONE, LAPTOP,  
NO COMMUNICATION.**



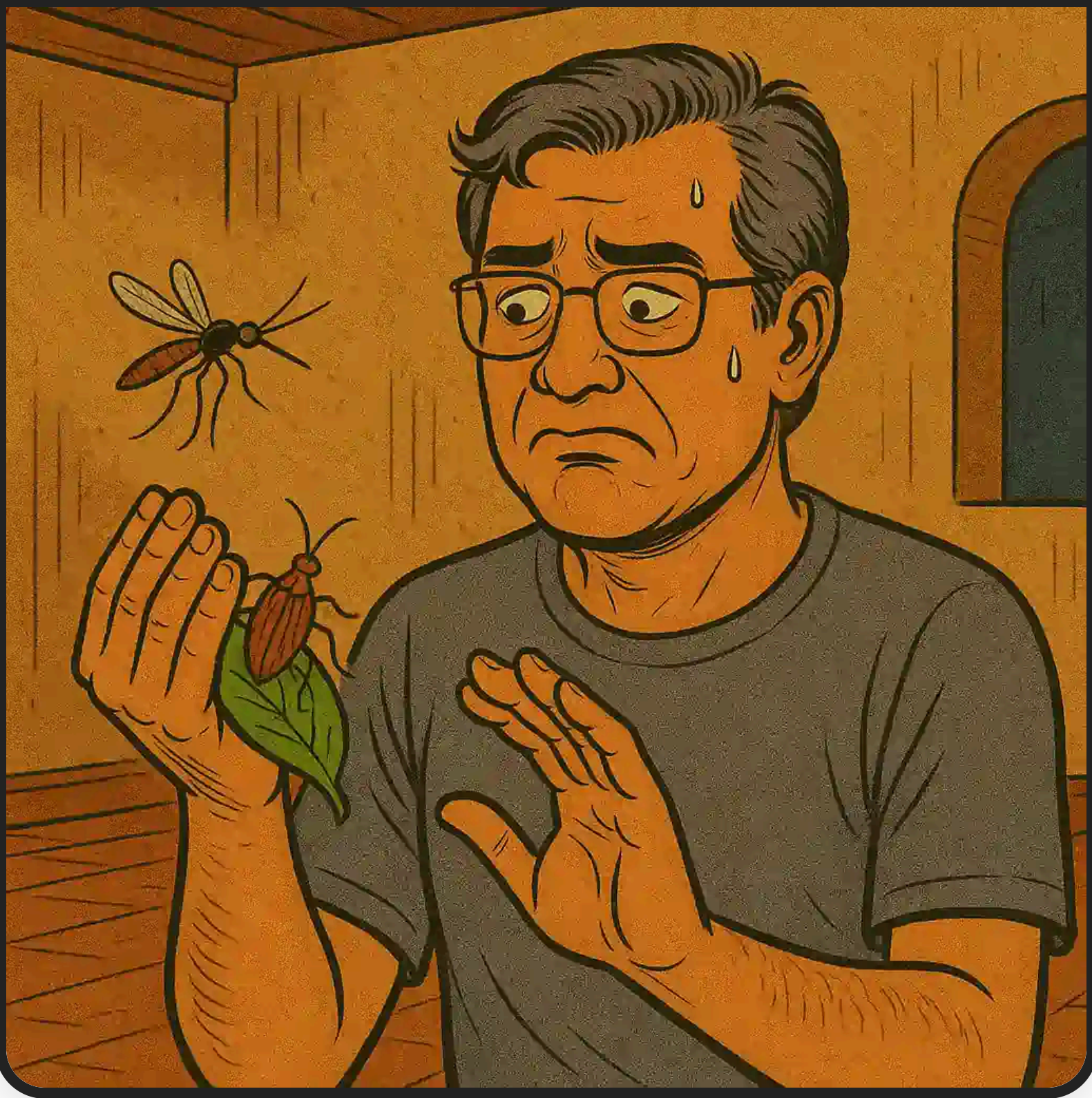


**YOU CAN'T SPEAK TO ANYONE. AS AN  
INTROVERT, I ENJOYED THIS!**



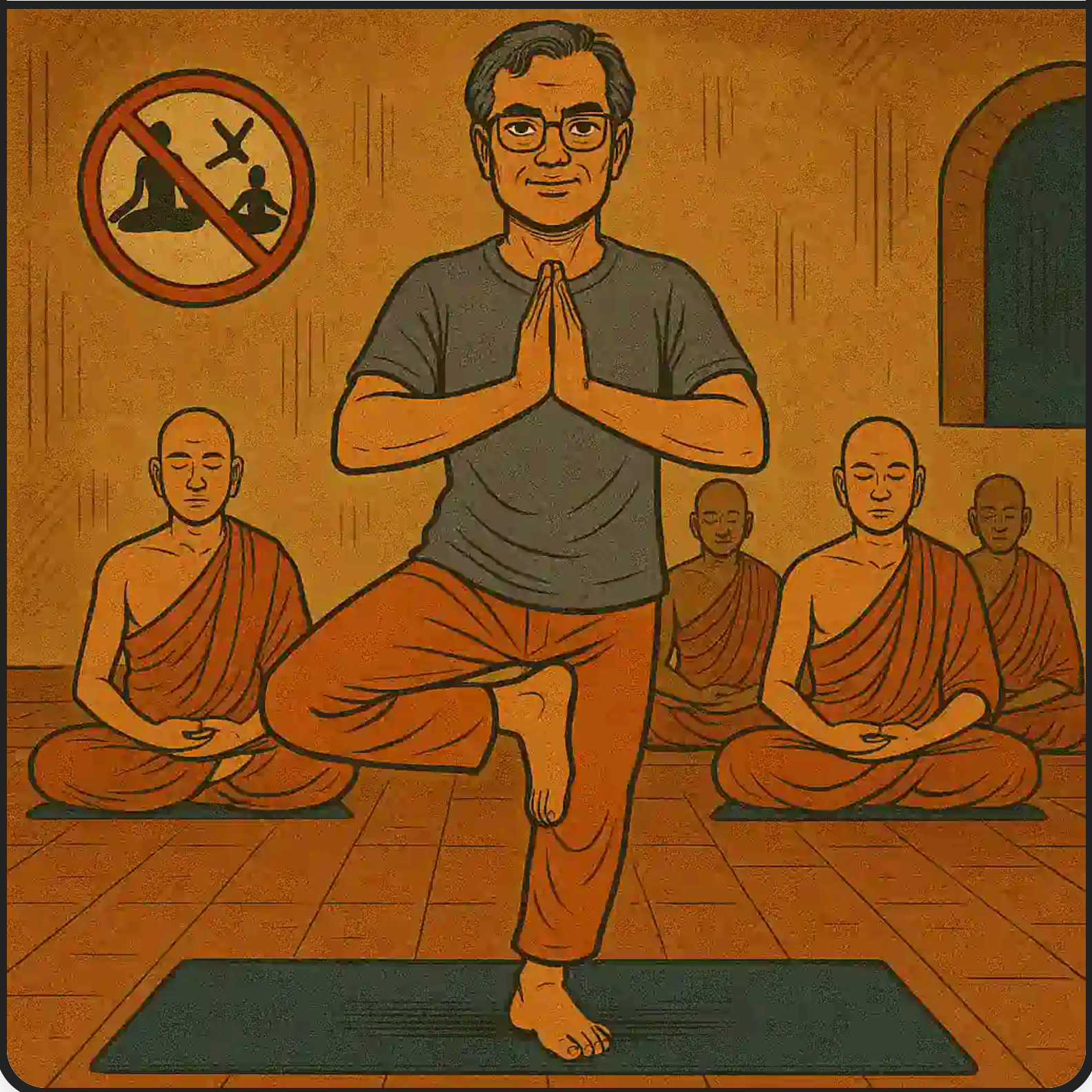


**YOU CAN'T KILL. SPARING  
COCKROACHES AND MOSQUITOS WERE  
HARD.**



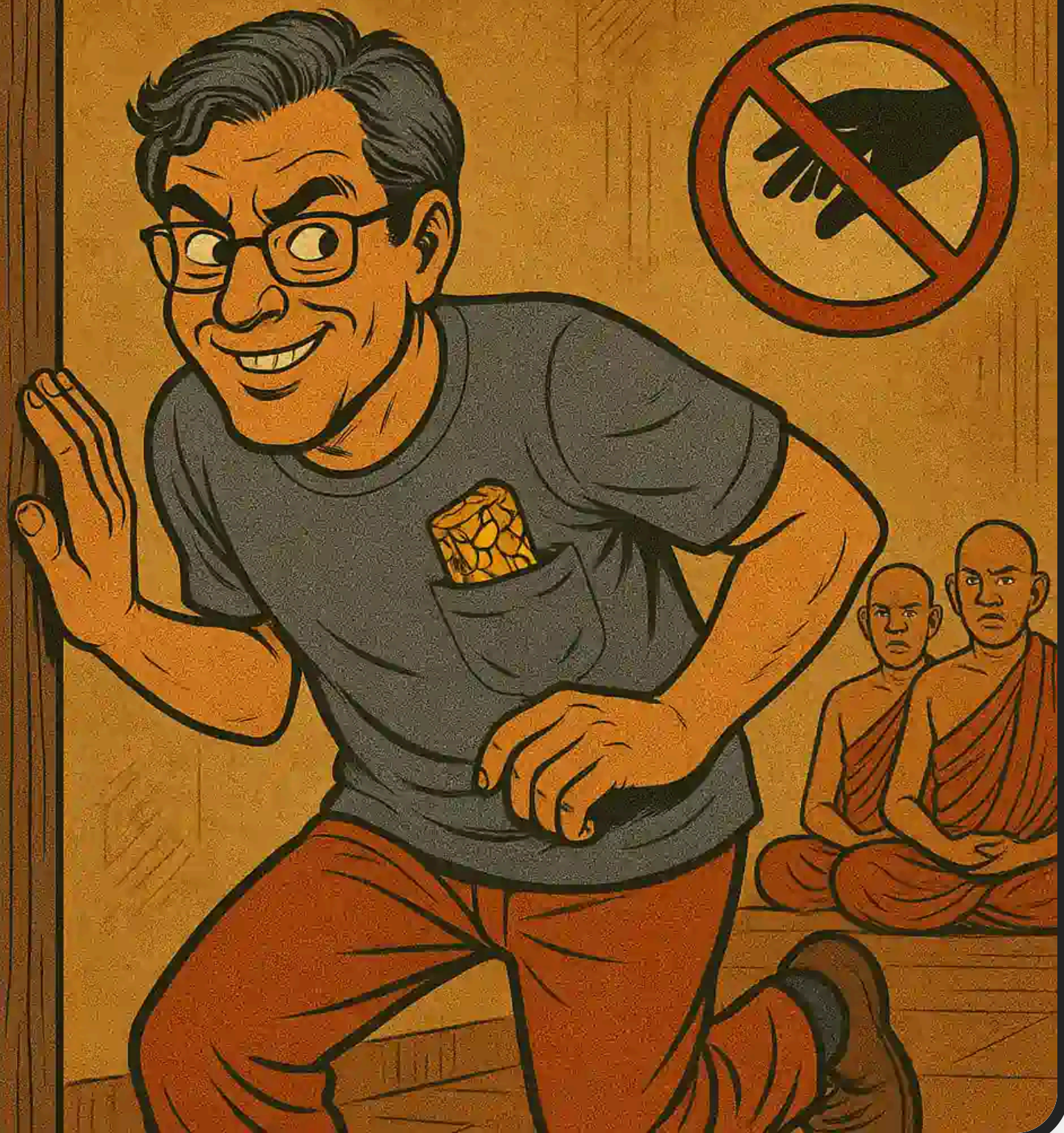


**YOU CAN'T MIX MEDITATIONS. BUT I  
CONTINUED DAILY YOGA.**



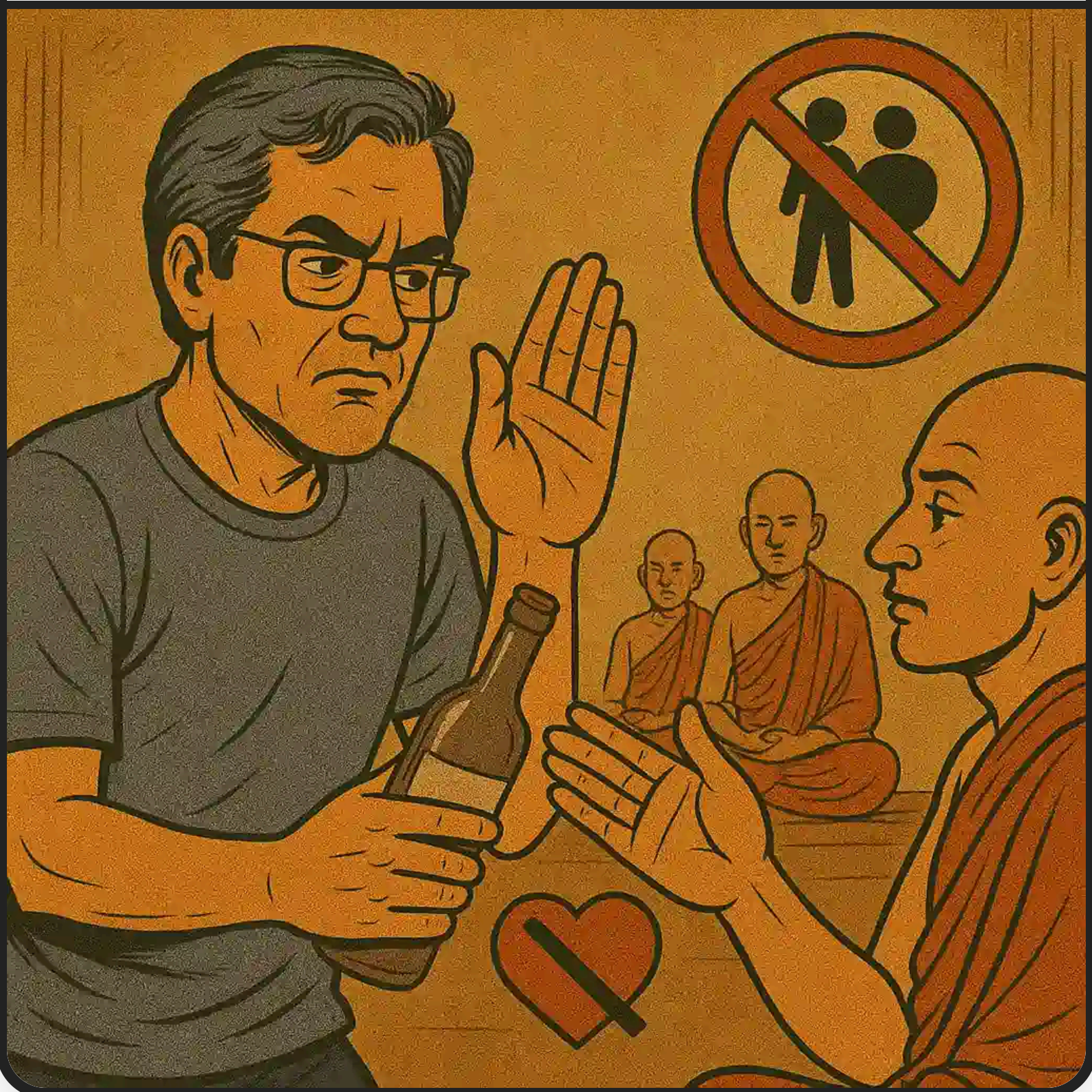


**YOU CAN'T STEAL. BUT I DID SMUGGLE  
A PEANUT CHIKKI OUT.**



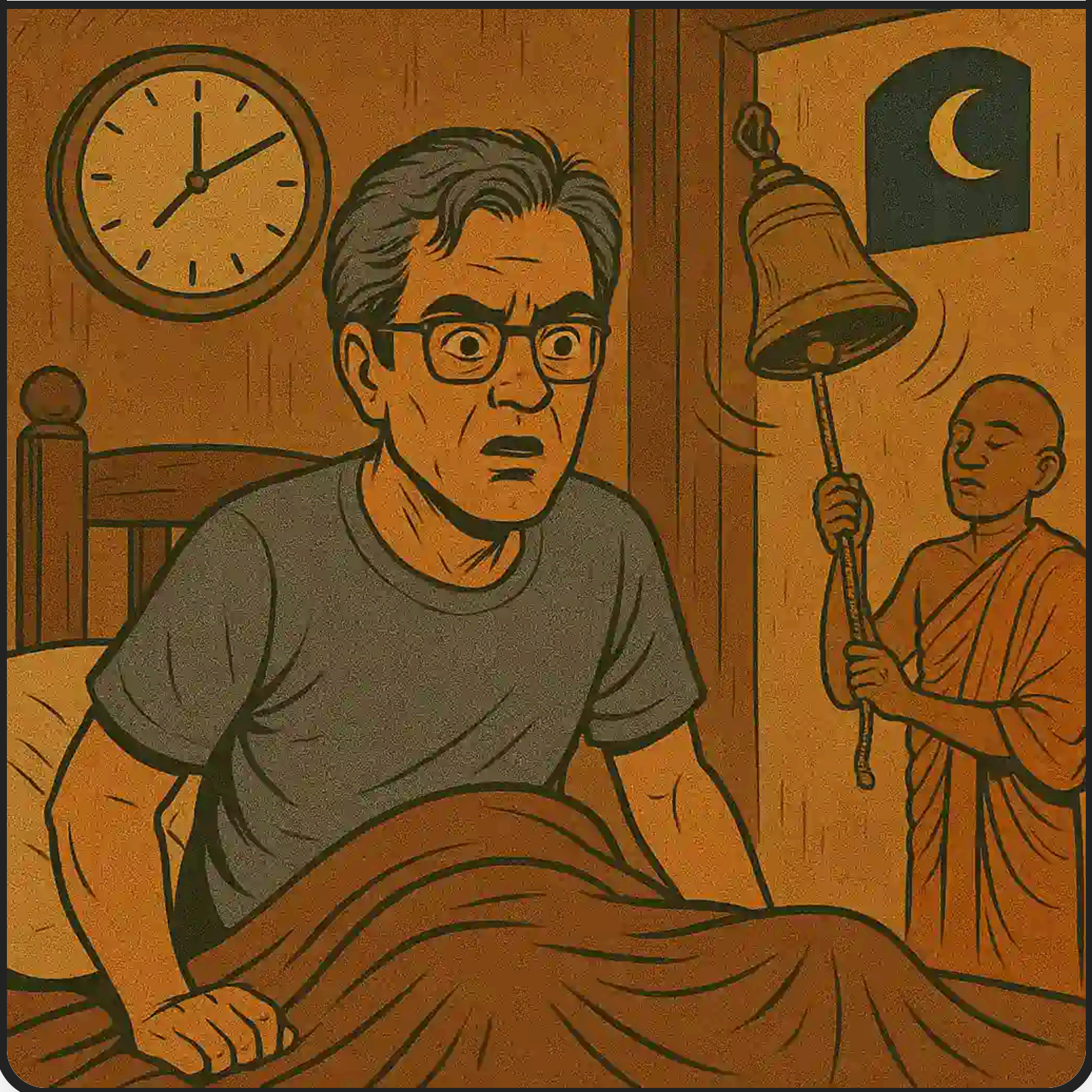


**NO INTOXICANTS OR SEXUAL MISCONDUCTS.**



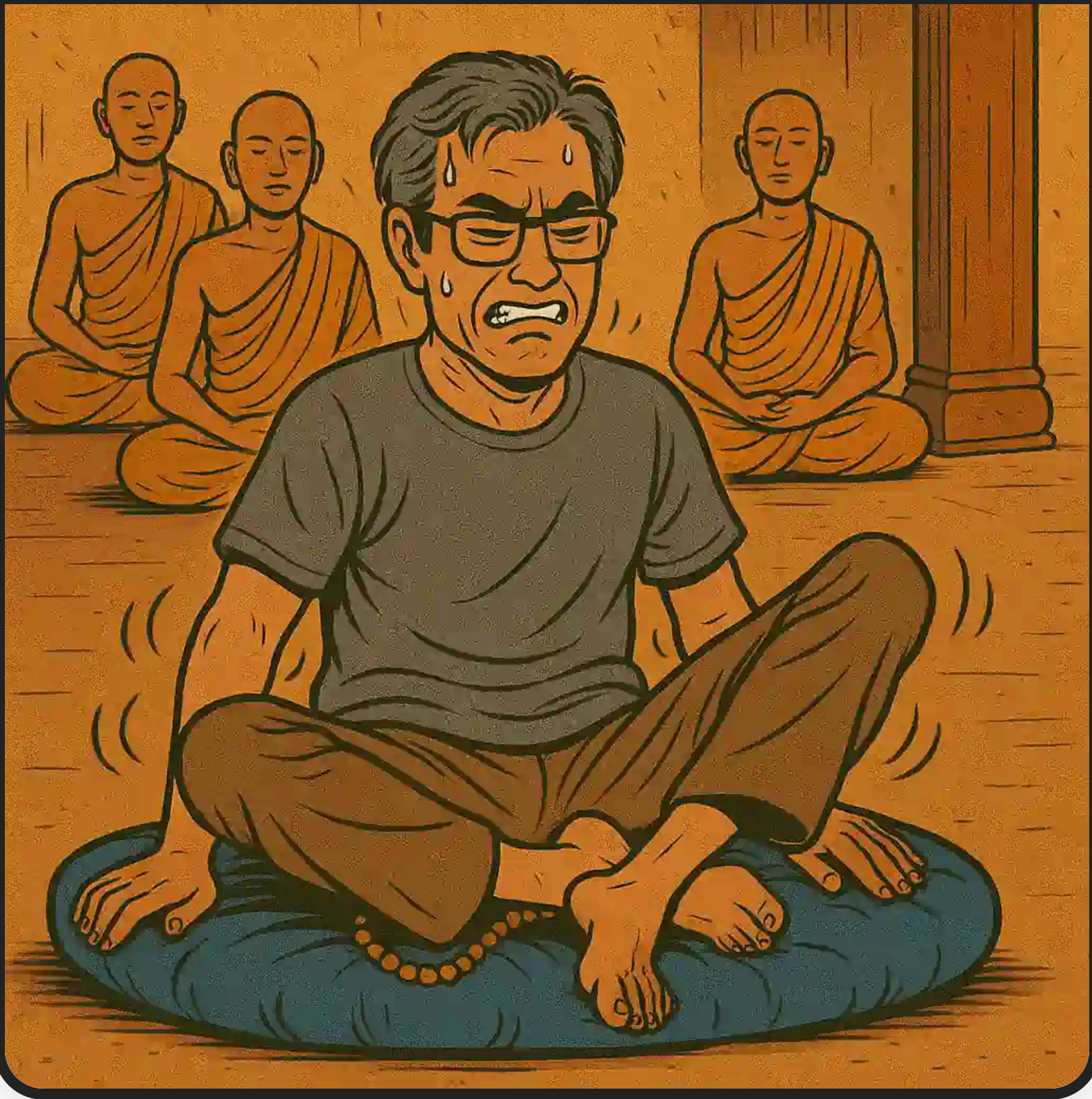


**YOU'RE WOKEN UP BY BELL AT 4 AM  
DAILY.**



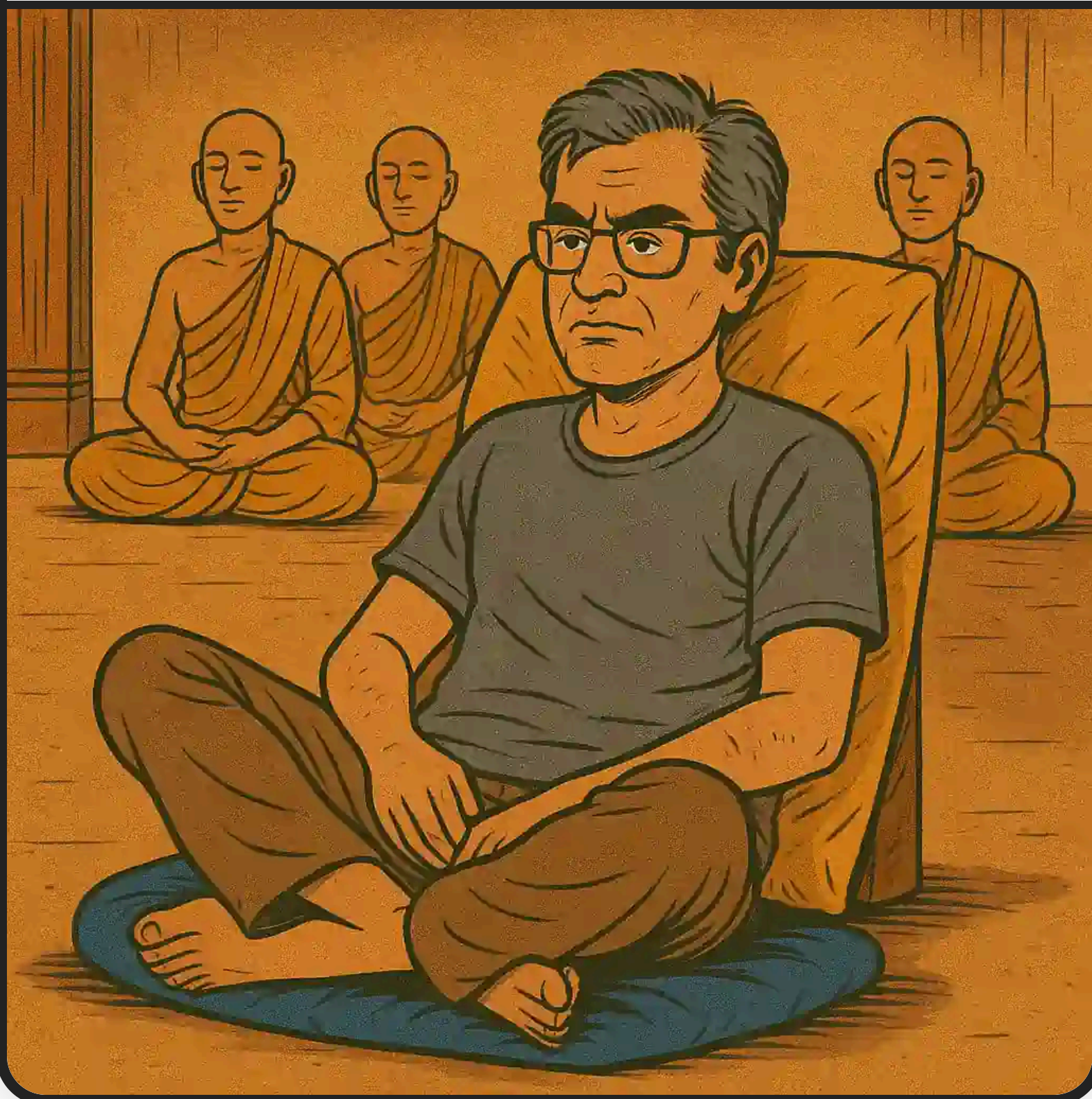


**YOU SIT CROSS-LEGGED WITHOUT  
MOVING, WHICH I FOUND  
IMPOSSIBLE.**



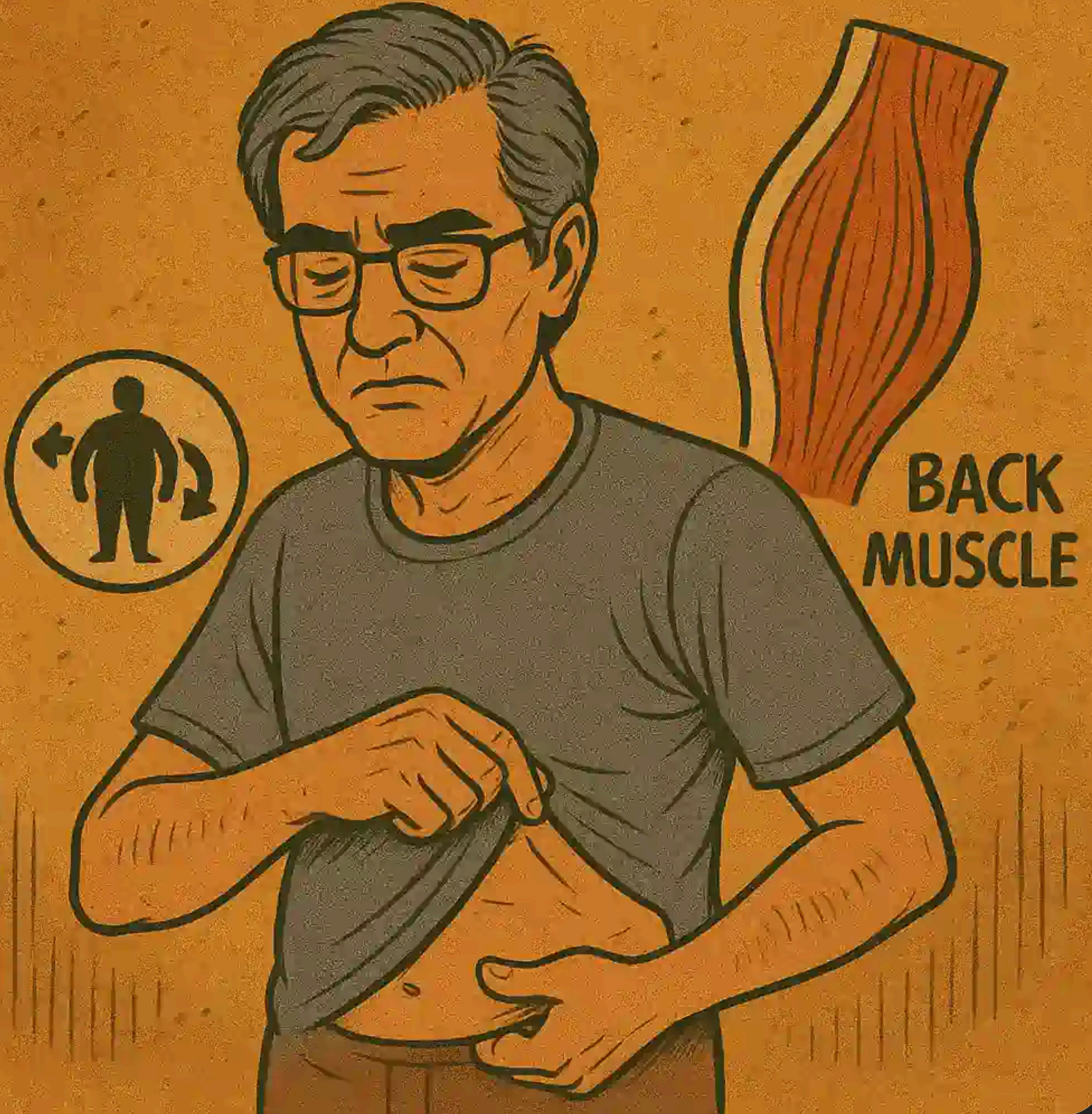


**I WAS THE SOLE ATTENDEE WHO  
NEEDED A BACKREST.**



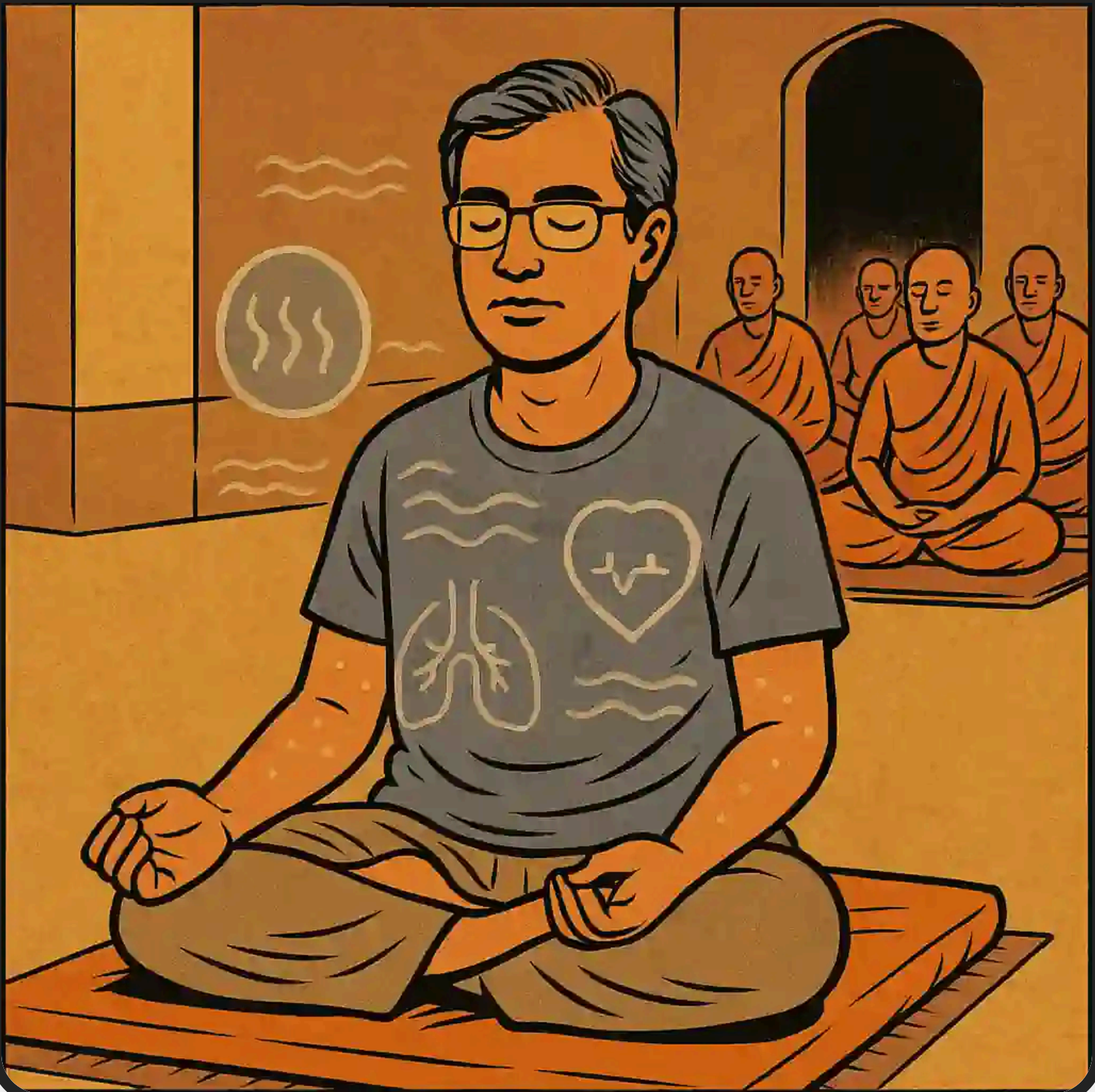


**I BLAME BACK MUSCLE LOSS WHICH  
ACCOMPANIED MY WEIGHT LOSS.**



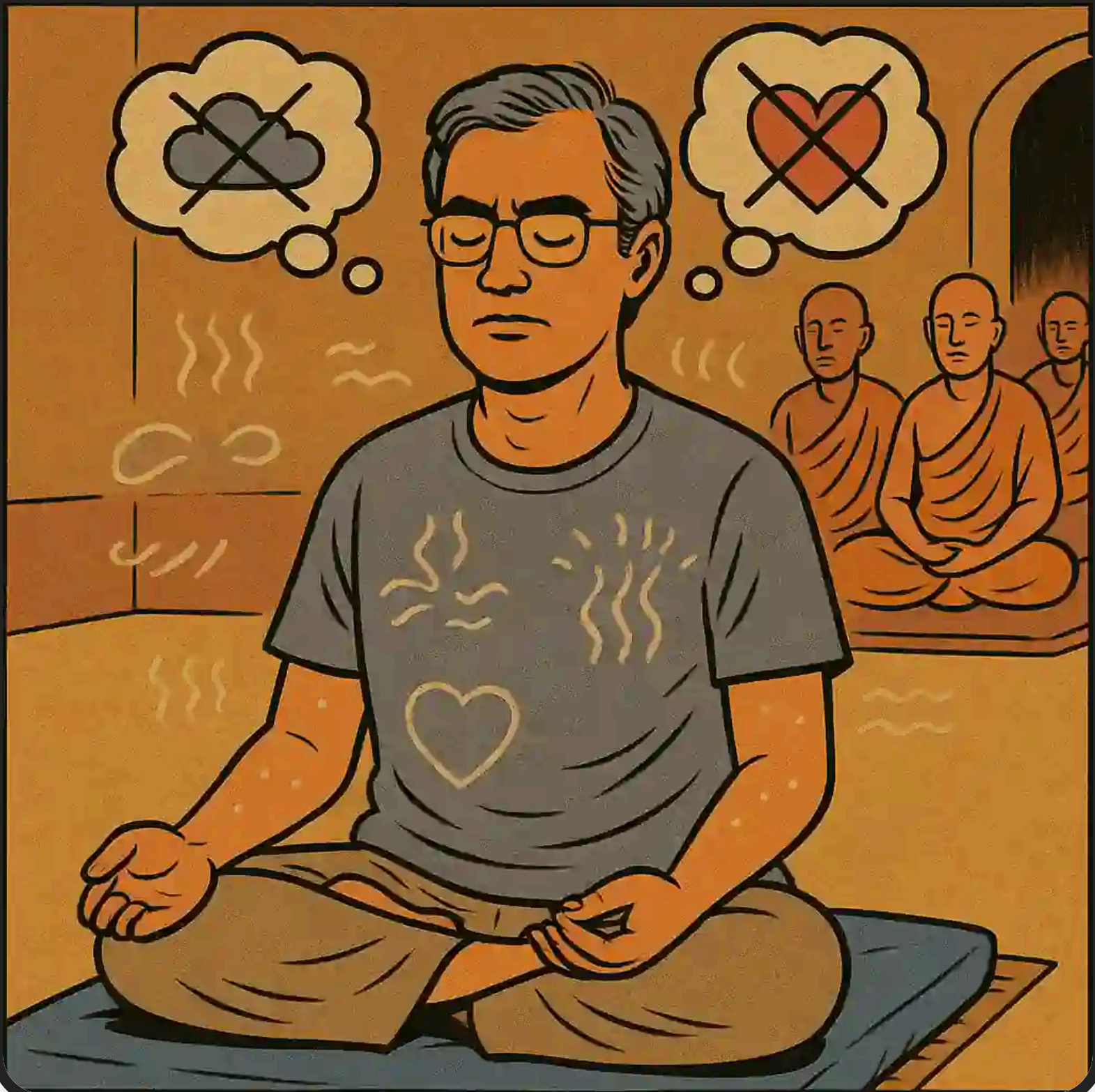


**YOU OBSERVE YOUR SENSATIONS  
CALMLY.**



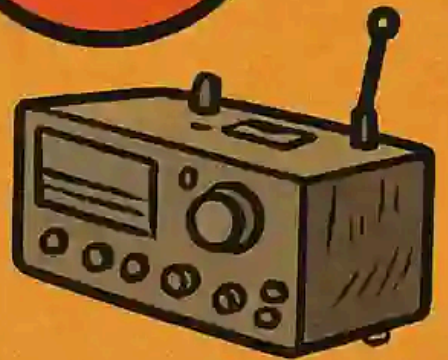


**DON'T IMAGINE SENSATIONS. DON'T  
LIKE OR HATE THEM.**



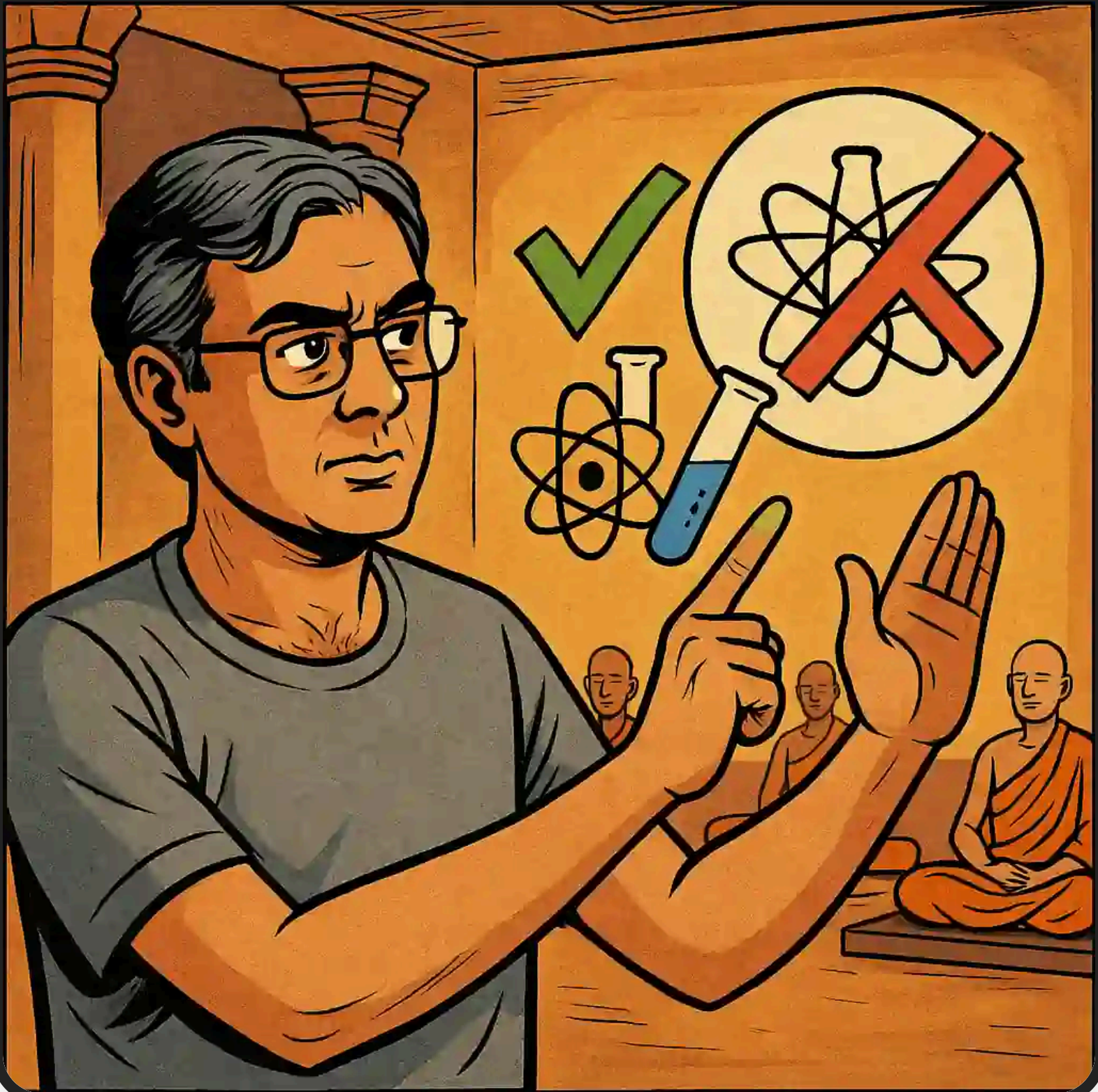


**IT'S PRAGMATIC. ACCEPT WHAT WORKS. REJECT WHAT DOESN'T.**



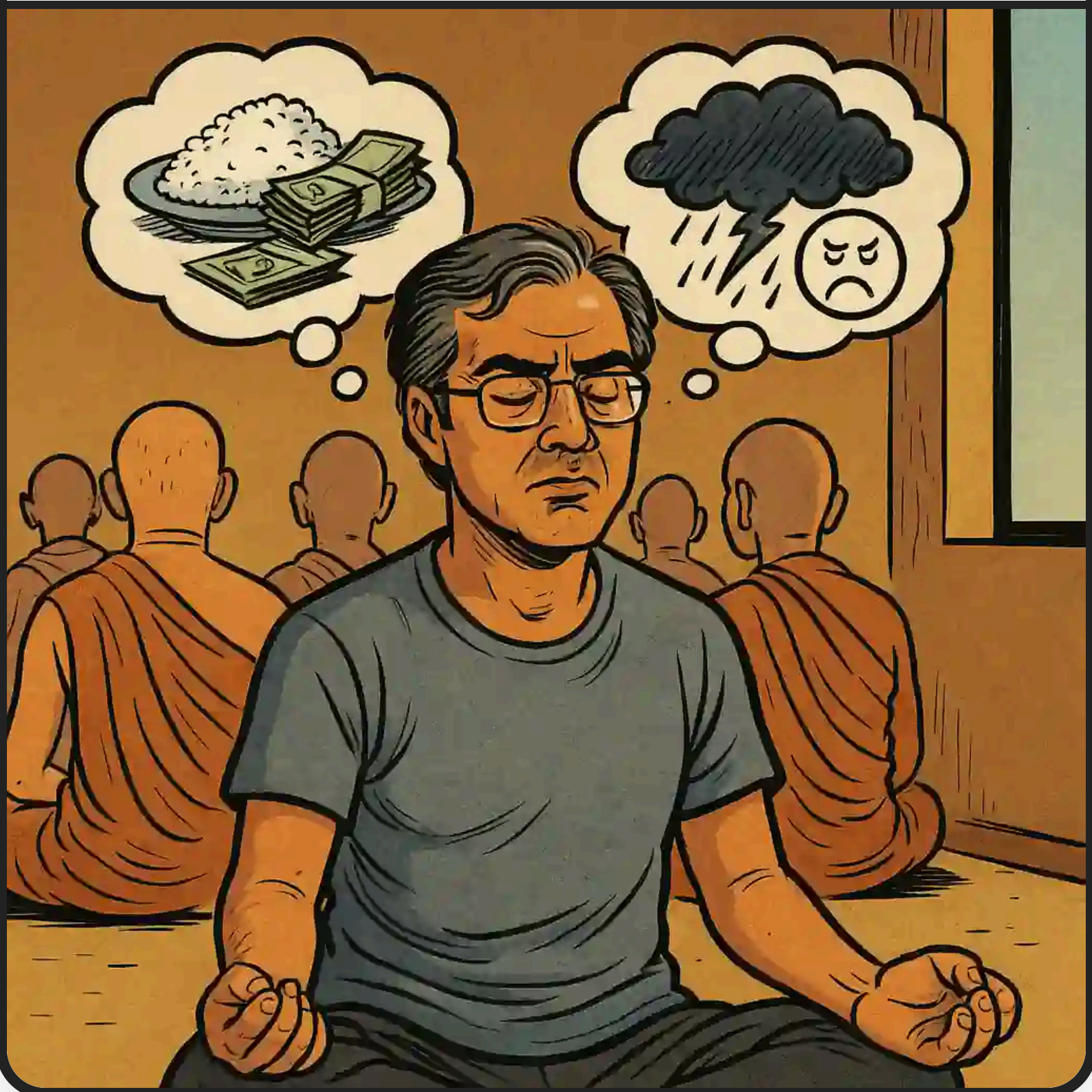


**THERE'S NO DOGMA. MORE SCIENCE  
THAN RELIGION.**



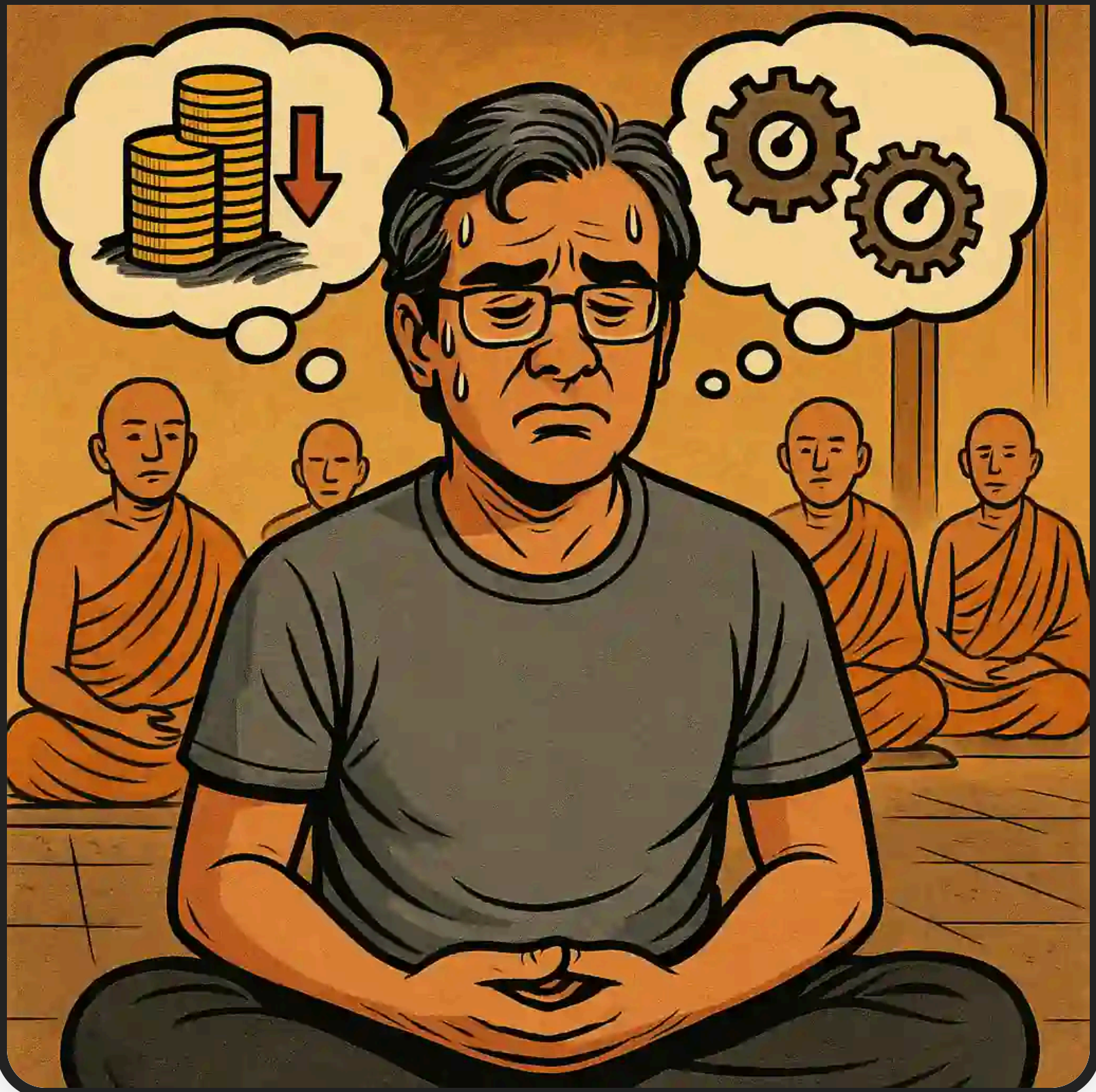


**I DISCOVERED SEVERAL CRAVINGS AND  
AVERSIONS**



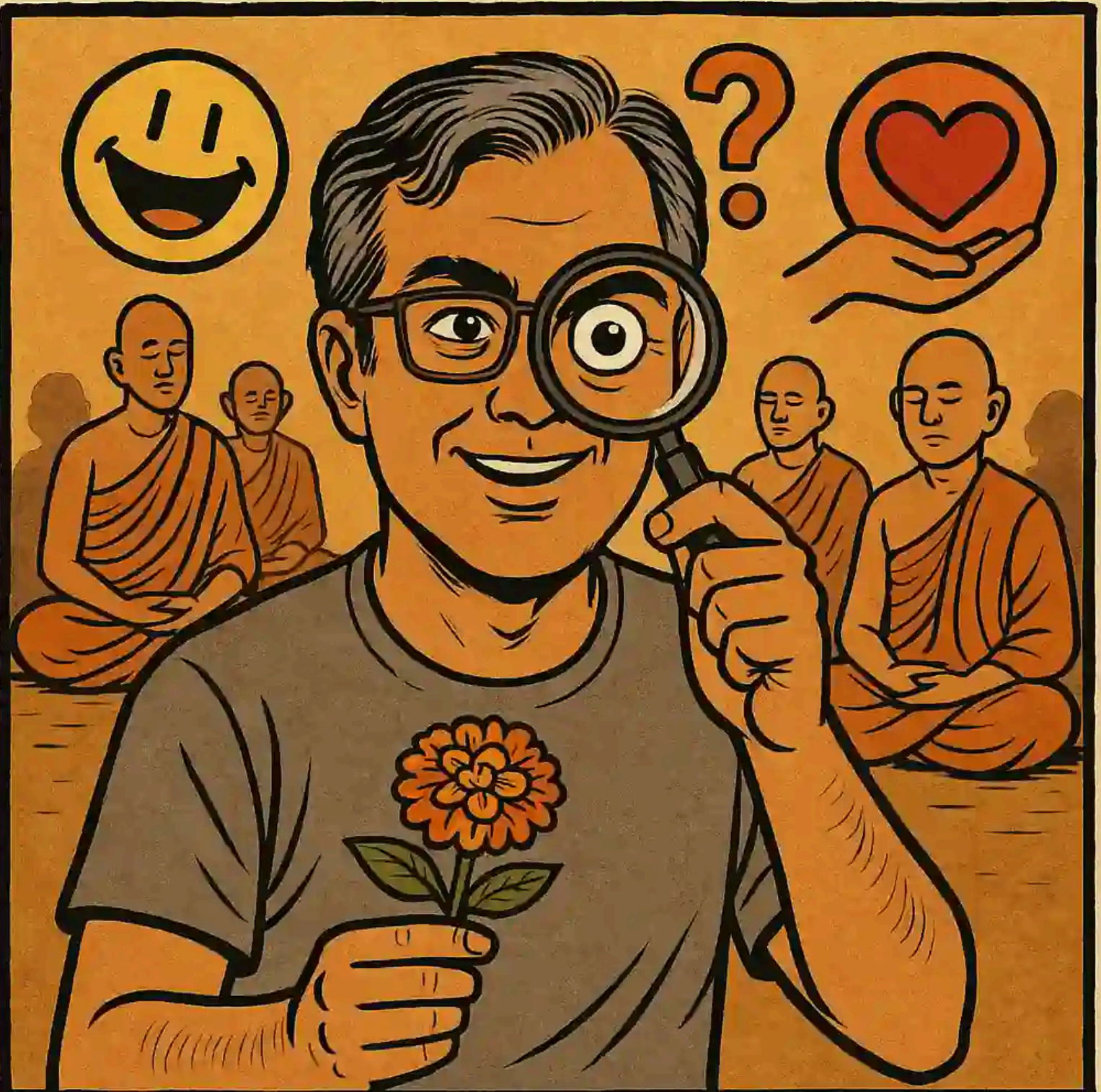


**... LIKE FEAR OF LOSING MONEY AND  
AN EFFICIENCY OBSESSION.**





**ALSO THAT HUMOR, CURIOSITY AND  
COMPASSION REALLY HELP.**





**IT WAS 10 DAYS WELL SPENT. I  
STRONGLY RECOMMEND IT.**

