

**15 minutes version (15 pages)**

## ***Fight Against Corruption @the Root Cause***

*The New Challenge: **Spiritual Anti-Corruption***

***Changing of Attitude/Mind Set***

*by*

*Innovative **Mindfulness** Training ~ **Insight** Meditation Retreat:*

***“Vipassana Meditation”***

***The Process of Mind Development & Purification***



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The **Stock Exchange** of Thailand  
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**Fight Against Corruption @the Root Cause ~ The New Challenge: Spiritual Anti-Corruption**  
**Changing of Attitude/Mind Set**  
**by Innovative Mindfulness Training ~ Insight Meditation Retreat:**  
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**The Process of Mind Development & Purification**

- 1. We are trying to solve problems** such as **“Corruption”** through **Externality ~ Physical Matters, outside the “body” and → not through** inside, **the “Mind”**.
- 2. Understanding Matter and Mind: Process Mechanism of the Five Aggregates:** Formation of Ignorance /Aversion /Craving that is the seed of → **Greed** leading to **Corruption** and How to Eradicate it?
- 3. Without Mind Training,** defilements, such as **Wrong Perception** about **Corruption** (*temptation, higher formation of craving to greed*) is more accumulated / attached / factor in / conditioned / deep in Mind.
- 4. Solution for fighting corruption**  
→1<sup>st</sup> Stage: Encourage- Promoting students, officials/employees to attend Vipassana long Courses (Insight Meditation) as part of their ongoing job training.  
→2<sup>nd</sup> Stage: A Standard Requirement for all organizations’ officials and employees to attend Vipassana Meditation Courses.
- 5. Vipassana is universal, not sectarian. Any person with any religious background can take Vipassana courses without denouncing his or her own beliefs.**

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**1. We are trying to solve problems** such as  
**“Corruption” through** Externality~Physical Matters, the “body”  
and **→ not through the “Mind”.**

- **Solving** Human Society Problems such as **Corruption** using only physical materials is helpful **but will never be perfectly effective and less successful.**  
[ What are we’ve just discussed about anti-corruption here or anywhere else fall into this statement.]

- **The real problems, the Root causes are still laid down deep inside the “Mind”** (of the corrupted persons *and of those who fight corruption as well*).  
**Problems are inside everybody. They're never outside.** We always think they're outside.

- **we keep frantically looking for “the answers” outside of ourselves when the truth is that those answers are often inside, if we would just listen. But we don't listen**

- **Societal change must start with the individual. Social change cannot be accomplished, by lectures and sermons; discipline and virtuous conduct cannot be instilled in students simply through textbooks.**

- **Criminals do not become good citizens out of fear of punishment; neither can ethnic and sectarian discord be eliminated by punitive measures. History is replete with the failures of such attempts**

## 2. Understanding Matter and Mind: *Process Mechanism of the Five Aggregates*

Formation of Ignorance /Aversion /Craving that is the seed of → Greed leading to Corruption and How to Eradicate it?



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### **3. Without Mind Training,**

~> **Defilements**, such as Wrong Perception like Corruption (A higher formation of craving to greed) **is more accumulated / more attached / factored in / conditioned & rooted** down deep in Mind, particularly in society of materialism.

~> Too much consumption of outside factors/ which are useless in today world, by ignorance, is one of the major cause factors.

~> The mind must be made strong to resist temptation of craving, weakness, greed and delusions that breed corruption.

~> By Mindfulness Training / Insight Meditation Retreat or “Vipassana”, the mind is trained, cleaned & purified to be more strengthened

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- ~> "**Vipassana** is defined as meditation on the sensations of one's own body. **Vipassana is not allegiance to a religion.** If you meditate on the sensations of your own body, it is completely non-sectarian. You don't have to believe in anything beforehand, **all you have to do is observe the sensations of your own body** *.-said Dr.Paul R. Fleischman, Chief Resident at Yale University School of Medicine., The American Psychiatric Association's Oskar Pfister Award.*
- ~> The technique is taught in highly structured, immersive residential courses of "sustained, focused, relatively unrelenting meditation for 10 days." As students are guided through ever deeper levels of awareness, the **Vipassana technique exposes concepts of impermanence and eternal flux on an experiential level.**
- ~> "**When you observe the sensations of your body systematically, continuously in a guided manner ... you become aware of sensations that you were never previously aware of.**
- ~> Fleischman posited a **link between the nature of the universe and the bodily phenomena exposed through Vipassana.** The experiential revelation of impermanence -- of the constant arising and passing of sensation -- which Vipassana brings is, in Fleischman's model, our own window into the nature of the universe itself. What experienced meditators may recognize as the sensation of impermanence Fleischman sees as a link to the constantly shifting nature of the cosmos.

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## **4. Solution for fighting corruption**

→ 1<sup>st</sup> Stage: Encouraging- Promoting of students, people/ officials/employees to attend Vipassana long Courses (Insight Meditation) as part of their ongoing job training.

→ 2<sup>nd</sup> Stage: A Standard Requirement or **Code of Conduct** for **all** organizations' **officials and employees to attend Vipassana Meditation Courses as part of Human Resource Development for all occupations / workings / lives.**

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**5. Vipassana is universal, not sectarian. Any person with any religious background can take Vipassana courses without denouncing his or her own beliefs.** When we understand what the essence of Dhamma is, then **there is no difference between one religion and another.** **Large numbers of people come to Vipassana courses from different religions, and they find it so beneficial.** At the end of one course, a **Christian priest** told me that I am teaching Christianity in the name of Buddha. At the end of another, a **Jain monk** said, "This is the essence of our teaching, which we have lost. This is what we are looking for." **Hindus, Jews, Muslims**, they all say the same thing, because nobody can find any defect in pure Dhamma. It is always acceptable by one and all.

**- Corruption is caused by Human's Mind Symptom** (the sixth sense is in badly sick), which needs proper therapy and Mind Therapy, **possible only by Vipassana Meditation can cure such Mind Sickness perfectly and successfully.**

**- Proven ~ Show Cases and Research Studies are known and predicted to be a new core competency, not only for successfully managing your work & life fit, but for innovation in the workplace.**



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## What is Vipassana ?

→ **Vipassana** is one of India’s most ancient meditation techniques.

Long lost for humanity, it was re-discovered by Gautam the Buddha more than 2,500 years ago. Vipassana means ‘to see things as they really are’, it is **the process of self concentrating the mind.**

→ **With this sharpened awareness** one proceeds to observe the changing nature of body and mind and experiences the universal truths of impermanence, suffering, and egolessness. **This truth-realization by direct experience is the process of purification.**

→ Its all so easy to say than do it and trust me the one who can do it is the one who can master himself.

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**Fight Against Corruption @the Root Cause**  
through **New Challenge** ~> **Spiritual Anti-Corruption Strategy**:  
**Changing of Multi Stakeholders' Mind Set**  
By **Mindfulness Training, Insight Meditation Retreat** for  
**Mind Training, Cleaning & Purification**

**Summary of How to do Vipassana Meditation**

- Students are encouraged to examine and test their own experience at the experiential level by **observing themselves with equanimity, and examining the results.** The technique **involves adherence to a moral code (At least the 5 precepts: abstain from 1killing; 2stealing; 3sexual misconduct; 4lying; 5alc./ drug )and the observation of sensations by qualified concentration of mind.**
- To quiet the mind during Vipassana courses, students are asked to have no contact with the outside world or other students, though they may talk to an assistant teacher about questions concerning the technique or to a student manager for any material problems. **Mere observation of breath allows the mind to become naturally concentrated, a practice called Anapana.** This **concentration prepares one for the main part of the practice—non-attached observation of the reality of the present moment, as it manifests in one's own mind and body. This is the Vipassana practice itself which involves carefully "scanning" the surface of the body with one's attention and observing the sensations with equanimity, becoming progressively more aware of their ever-changing nature.**
- **The most important features of vipassana perspective on life is that this is the only practice that can truly eradicate** impurity -including corruption habit!/'burn' kamma. In other words, it can erase misfortunate and status differences arising from past action.
- In his courses and lectures Goenka describes **Vipassana meditation as a scientific investigation of the mind-matter phenomenon.**

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- While Vipassana is firmly rooted in the true teachings of the Buddha, Mr. Goenka emphasizes that **Vipassana is not a religion and involves no dogma, rites, rituals, and no conversion.** **"The only conversion involved in Vipassana is from misery to happiness, from bondage to liberation,"** he told an applauding audience at the World Peace Summit at the United Nations, New York, in 2000.
- **Thousands of Catholic priests, Buddhist monks and nuns, Jain ascetics, Hindu sanyasis come to Vipassana courses along with other religious leaders. Vipassana is the practical quintessence of all religions, to develop the experiential wisdom to live a happy, productive life.** In the words of Sayagyi U Ba Khin, Vipassana offers results that are "good, concrete, vivid, personal and immediate."

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**Show Cases of Innovative Strategy: Corruption eliminated by Vipassana**

- The civil service career of S.N. Goenka’s meditation teacher, Sayagyi U Ba Khin, is an example of the **transformative effect of Vipassana on government administration.**
- **\*Sayagyi U Ba Khin was the head of several government departments. He succeeded in instilling a heightened sense of duty, discipline and morality in the officials working under him by teaching them Vipassana meditation. As a result, efficiency dramatically increased, and corruption was eliminated.**
- Similarly, in the Home Department of the Government of Rajasthan, after several key officials attended Vipassana courses, decision-making and the disposal of cases were accelerated, and staff relations improved.

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Another Show Case: 17-FEB-2010

- ~> The Tata group of India, among the world's more credible industrial houses, launching an anti-corruption campaign across the country last December points to good volition, but it's not enough. Turning intention to reality takes hard work. That's where an ancient, timeless reality check called Vipassana works, by helping individuals, the country and the world change for the better. Change starts at the individual level.
- ~> Mere anti-corruption publicity campaigns would be sermons entering an ear and exiting the other. The mind must be made strong to resist temptation, weakness and delusions that breed corruption. Vipassana strengthens the mind by cleaning it. People of all religions practice this universal, non-sectarian, purification process in over 100 countries. Residential courses from beginners 10-days to advanced 60-days are taught free of cost from over 150 Vipassana centres worldwide, and in many temporary locations.
- ~> The connecting link is the need to master a wandering, wavering, **weak mind**. Greater the purity of the mind, steadier and happier it becomes. Effective, anti-corruption efforts must start with taking a 10-day Vipassana course, to acquire the practical know-how to purify the mind.
- ~> **Vipassana increases the realization** that the **outside world is not actually responsible for our misery or happiness. The real cause of suffering lies within.** Impurities in the mind cause us to blindly react to external situations, with craving or aversion. Ignorance of this inner truth causes suffering. **Vipassana, which in the ancient Pali language means 'to see reality as it is', helps liberate us from this suffering. It develops the invaluable faculty of insight to separate reality from apparent realities.**

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## How did Sayagyi U Ba Khin\* use Vipassana meditation to confront corruption?

- **S. N. Goenka:** Sayagyi's colleagues and subordinates who were **involved in corrupt practices** did so with minds full of greed and craving. When one begins practising Vipassana meditation, greed begins to diminish. So these people, having begun to meditate, developed the will to refrain from illegally taking other people's money. **Teaching this technique of meditation to his colleagues, U Ba Khin** went to the root of the problem – craving in the mind.
- Not everyone was corrupt, but still many were inefficient. Because their minds were clouded, they were not capable of making decisions rapidly and effectively. With Vipassana, eliminating every kind of impurity, the mind becomes clearer, sharper, and able to get to the root of any problem and respond effectively. So in this way their efficiency increased. Vipassana meditation was truly used to eradicate corruption and increase the efficiency of the administration.

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## **More Information with Q & A Are Available ±**

~> Offering All Participants @ **Thailand NACC Booth**

→ **New Challenge** ~> **Spiritual Anti-Corruption Strategy**

~> With **More Information** & Presentations:

- Explanation Charts;
- Posters; Video Clips;
- Books;
- Discussions;
- Etc.

