

Vipassana Meditation – Inner Peace Through Inner Wisdom

QUOTES FROM PREVIOUS EXECUTIVE COURSE PARTICIPANTS

After ten days I went back to work feeling as if I'd had a six-week holiday. People stopped me in the corridor to say, "Why are you looking so happy?"

— **Dr Elizabeth Gordon-Werner, Manager Electronic Strategic Projects, NSW Department of Commerce**

I found the Vipassana course very challenging. And I came out of it thrilled that I had done it and intending to continue meditating on a daily basis. There is magic and new life within, but it is not easy to access - that will take persistence. I believe the Vipassana teaching takes the understanding of integrity to a new level and I recommend it to anyone who is a "seeker".

— **Neville Kennard; Founder & Chairman, Kennard's Self Storage**

"You are the problem the solution is inside of you", is my ten-word summary of the course and is now painted on my bath room mirror. I learned more about myself in ten days than I have over the last two decades and this has given me some valuable tools to deal with highly pressured work situations.

— **Louise McBride; Lawyer, Tax-based Finance.**

Returning to work after my Vipassana course, I realised how much of an agent for positive change it really was. I now enjoy a huge improvement in my concentration, stress tolerance and relationships with peers and staff. All this plus a boosted zest for life! I keep up my practice and will be back next year to do another Vipassana Course. Tough? Yes! Worthwhile? Essential for any executive - indeed, for any human being.

— **Paul Freeman; Funding Development Manager, Royal Blind Society**

In a fast moving business world, decisions are made reactively rather than proactively, often without deeper thought to clarify the actions that will make the most difference. Vipassana is great as it enables you to see things as they are. It has helped me personally and professionally to stay focused on what is really important. We are growing a global business and I would say a Vipassana course once a year is a must for any business leader.

— **Warren Parry, CEO, CTRE Consulting**

Vipassana has allowed me to make vital life-fulfilling decisions in my personal and working life and I have become less reactive to situations that would normally cause distress. This course is a holistic approach to dealing with the ups and downs of life, providing clarity to deal with mental challenges in a discriminating and commonsense manner. Ultimately this method is the best way to get in contact with higher learning, finding a path to your true self and developing relationships that are meaningful, compassionate and caring.

— **Scot Mitchell, Business Advertising Manager, Pacific Publications.**

Ten days away from work and family for the average executive is no mean feat. The return on such an investment should therefore be significant...and *indeed* it is. What ten days of Vipassana returns is *oneself*, which for many of us has become lost or hidden under the pressures of life. After the 10-day course, it is amazing how pleasant it is to be back with personal insights that allow for a new and refreshing perspective on life.

— **Karl Mallon, Executive Director, Transition Institute Pty Ltd**

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Vipassana can be one of the best modules of any leadership-training program, helping to establish qualities such as ethics, wisdom, tolerance and compassion. Through the practice of Vipassana, one can also develop a sense of direction, purpose and centeredness from within as well as build the strength to face the ups and downs of personal and corporate life.

— **Sheela Mahajan, Senior Software Engineer, Motorola Australia**

Out of all the training courses I have done in the context of my professional career, including those offered at the *Sloan School of Management* at MIT and the *London Business School*, this course has provided the most benefit. I continue to use the technique in my life daily and encourage clients and colleagues to discover for themselves how a 2,500 year old technique called Vipassana is even more relevant for personal transformation in today's business world.

— **Rohita Singh, Director, Geniusys Pty Ltd.**

Prior to attending the 10-day Executive Course at Blackheath I had read a lot of literature on Vipassana meditation, finding it both difficult to understand and practice. The course made all the difference. It has removed all the confusion and clearly set out the practice.

— **Peter Elliott, Managing Director, Elliott Technical Support Services Pty Ltd**

When I got to the Vipassana Centre at Blackheath I was immediately enveloped by the extraordinary feeling of the place, a feeling I have difficulty in describing in words. Perhaps 'compassionate love' might be a way to describe the feeling, although it sounds downright silly saying a place has such resonances. My trepidation evaporated. The Executive Course was a wonderful experience for me. I worked really hard, surrounded by people who were as determined as I was to get the most out of these ten days. Our mirth and merriment after the course, as we described our experiences and traumas to each other, were also therapeutic. After ten days I went back to work feeling as if I had had a six-week holiday. People stopped me in the corridor to say, "Why are you looking so happy?"

— **Dr Elizabeth Gordon-Werner, Manager Electronic Strategic Projects, NSW Department of Commerce.**