Vipassana is a simple and practical method of mental purification, which makes it possible to face the tensions and problems of daily life in a calm and balanced way. Vipassana literally means “to see things as they really are.” It is a systematic way of developing insight and can be practiced by anyone. Instruction in Vipassana meditation is given in ten-day retreats. Courses are supported entirely by the donations of those who, upon completing the training, wish to contribute for future students.