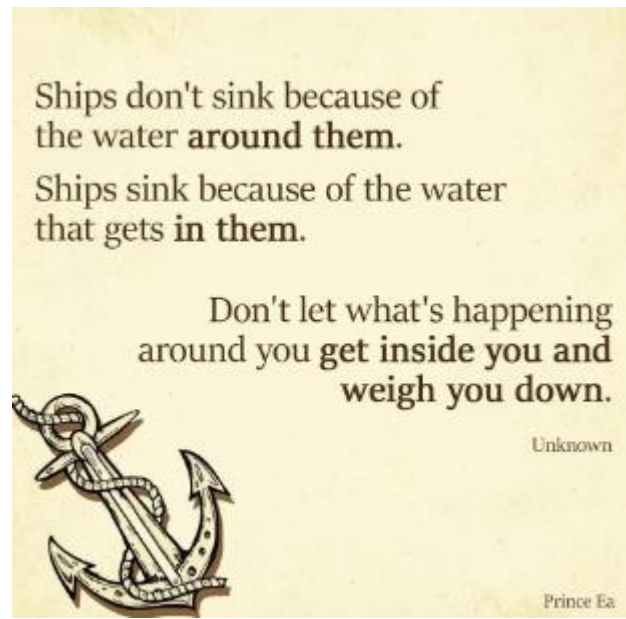


## THE JOURNEY WITHIN-PART I



“We all have two lives. The second one starts when we realise we have only one.”- Anonymous

I was reborn & transformed into Aparna 2.0 after my journey to Kailash-Mansarovar, the abode of Lord Shiva in 2016. It is supposed to be the most arduous and challenging journey in this universe for humans. ( Refer to 2 articles on LinkedIn).

I practised “Maun” (silence), though selectively during this trip for 2 weeks, i.e. spoke only when someone needed help or I needed help to help others.

It was a different experience.....limiting speech/conversation to a bare minimum.

However, my most recent experience of the 10 day Vipassana course has been very refreshing.....basis my own experience & feedback from near & dear ones....its now Aparna 3.0

This was a very different experience, where you have to practise complete “Maun” for 10 days...infact cannot communicate through gestures either.

Both experiences are unique & soulful in their own ways.

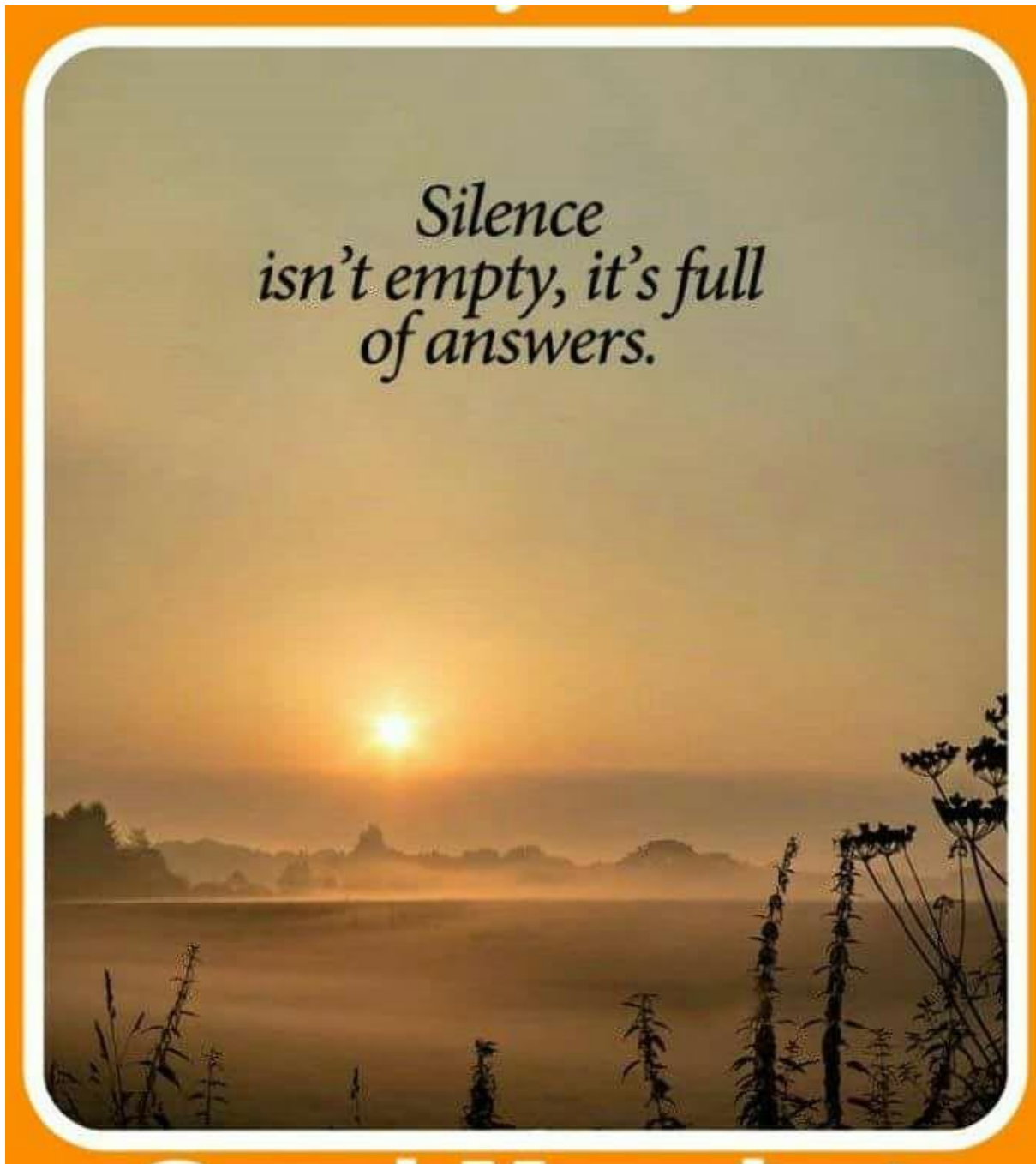
This maun & prolonged meditation for about 10.5 hours each day for 10 days by observing one’s sensations helps cleanse the mind & purify the soul.

Let me explain through commonplace examples. Just as washing clothes with soap takes away the dirt & makes them clean; so also observing sensations objectively by keeping one’s mind in equilibrium makes the mind clean, clear & peaceful. Just as when you bathe with soap, your body is cleansed & becomes light & refreshed, similarly, the mind (chitta) becomes clean & pure (nirmal) once all the old sankharas (impressions/defilements) are dissolved & new ones of craving & aversion are stopped from being made.

Today, there are many known forms of meditation, however what I appreciate most about Vipassana is that it helps to learn balance & equanimity in any situation.

Our lives in today’s times are strewn with all kinds of stress. For one to learn to only observe & not react & be equanimous is quite a feat...The true nature of sensations is to arise & pass away...its

constantly changing. Nothing....no sensation, situation is permanent. When one is able to experience this within, the mind becomes calm, balanced, silent, remains in equilibrium & equipoise- develops equanimity.



My most important take away from this has been, "Try reducing the chatter of the mind - you will find so much peace within." [#Aparnamuse](#)

The true journey within can only be undertaken when there is quiet in the mind. You can delve within to gain understanding of oneself, causes of misery & also how to liberate oneself from them.

We're born with a purpose- Divine blessings with Inner Wisdom will help us realise our true purpose of being!

Sabka Mangal Ho!

