Public Access Channel 12 (Wed+Fri 9pm) Novi, Farmington, Farmington Hills areas

Michigan Vipassana Association (www.mi.us.dhamma.org) Presents

DOING TIME, DOING VIPASSANA
A film on Vipassana meditation courses in the prisons of India

Wednesdays and Fridays, 9:00pm
Public Access Channel 12
Farmington, Farmington Hills, and Novi areas
Now playing through May 19, 2006

DOING TIME, DOING VIPASSANA
A Karuna Film (1997); 52 mins.
A film by Israeli filmmakers: Ayelet Menahemi and Eilona Ariel

Vipassana is an ancient meditation technique that helps people control their lives and bring them towards their own "good". Kiran Bedi is the former Inspector General of Prisons in New Delhi who dedicated herself to bringing this form of meditation into the infamous Tihar Prison.

The film follows the stories of prison inmates turning their lives around, learning that their prison experience can be the beginning of a new and better life. The success in the Tihar Prison was so obvious that the Indian government has decided to implement Vipassana throughout their prison system. Doing Time, Doing Vipassana begs the question, how could Vipassana benefit the United States, a country that locks up a higher percentage of its citizens than any other?

Winner of the Golden Spire Award at the 1998 San Francisco International Film Festival.
In giving Doing Time, Doing Vipassana its top honor, the jury for the category stated:
"The jury was moved by this insightful and poignant exposition on Vipassana. The teaching of this meditation as a transformation device has many implications for people everywhere, providing the cultural, social and political institutions can embrace and support its liberating possibility."

For more information about Doing Time, Doing Vipassana, please visit www.karunafilms.com/Dtdv/Dtdv.htm
For more information about Vipassana Meditation, please visit www.dhamma.org

Michigan Vipassana Association is a non-profit volunteer group that organizes meditation courses in Michigan.