

Changing from inside

By David Donnenfield is a documentary video (32') about the application of Vipassana in North American prisons.

This is a compelling account of an intensive pilot meditation program for inmates at a minimum security jail near Seattle, Washington. Under the guidance of both community volunteers and facility staff members, seven women inmates undertake ten days of total silence. They practice an ancient meditation technique called Vipassana for ten hours each day, delving ever deeper into themselves to understand the nature of their behavior and compulsions. In the end, they are transformed by their inward journey and come away with tools to maintain that transformation.

Ten days of silence...

is the personal account of Erik P.A. Stevens, General Manager of PC Sint-Jan de Deo, sociologist, artist and meditator, concerning his first Vipassana course in April 2007.

A way of life and an art of living

are the reflections of dr. Paul R. Fleischman M.D., Massachusetts USA, who is a psychiatrist, a writer and a Vipassana meditation teacher in the tradition of S.N. Goenka, with a praxis of more than 35 years. He is the author of *Karma and Chaos*, *Cultivating Inner Peace* and *The Healing Spirit*.

Questions and Answers

with the participation of both speakers and some Dutch speaking practitioners of Vipassana.

Informal gathering

where participants can talk to practitioners of Vipassana, drink a non alcoholic glass together, enjoy some veggie specialities, and find more practical information about meditation possibilities all over the world.



take
good
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- 1.45 PM Welcome in silence
- 2.05 PM 'Changing from inside' video
- 2.35 PM Mindful walk to the conference hall
- 2.45 PM 'Ten days of silence which changed my life deeply'
Erik P.A. Stevens
- 3.15 PM 'Vipassana, a way of life and an art of living'
Paul R. Fleischman M.D.
- 4.15 PM Questions and answers
- 5.00 PM Informal gathering

Wednesday, December 5th, 2007
2.00 PM to 6.00 PM

PC Sint-Jan de Deo
Fratersplein 9
9000 Gent

Free entry



Dear Colleagues
and Friends,

On the first of December
1987 I started working
as general manager of
the Psychiatric Centre
Sint-Jan de Deo.

It took a long time
to change our hospital's
mentality, structure,

buildings and atmosphere into what it is now 'a unique
environment, oriented towards encountering, treating
and healing adults with psychiatric problems in a
climate of respect, togetherness and equality.'

A vision, a strong hand and perseverance formed the basis
of our change programme. But also positiveness, humour and
collective learning were essential ingredients of our success.

'Take good care of yourself' is my celebration present for a good
personal mental health for my staff, colleagues and friends.
I invite you to an afternoon on 'Vipassana'-meditation, the root
of mindfulness, an age-old technique that helps to stay centred
in a turbulent time. That's my own experience and I'd like to
share it with as many others as possible.

Feel invited,

Erik P.A. Stevens
General Manager
pc Sint-Jan de Deo

Self-care and Vipassana meditation

Self-care, e.g. giving ourselves time, attention, love and care
replenishes the physical and emotional reservoirs that are
necessary to care for others.

When looking at the burn-out rates amongst mental health care
professionals one can see that self-care is absolutely necessary
whether one thinks one needs it or not. Daily meditation replenishes
these reservoirs of compassion so that serious work can continue.
Meditating professionals report feeling more present, relaxed and
receptive with their clients if they meditated earlier in the day.
Vipassana meditation is an excellent way of taking good care
of oneself.

Vipassana meditation

Vipassana means to see things as they really are, Vipassana
meditation is a simple and rational technique of self-observation,
a training of the mind that encourages a moral attitude, good for
oneself and for others.

The process of systematic self-observation increases the awareness,
the concentration and the inner balance. It is the essence of the
Buddha's teaching, free of all religious denomination.

There are over 130 Vipassana meditation centres worldwide in the
tradition of S.N. Goenka that offer the possibility of learning this
technique. Every year, over a 100.000 people participate in over
100 countries in such 10 day residential courses and learn this
'Art of living'.

There are no charges for these courses. The participants have
the possibility of making a donation at the end of the course.

INFORMATION:

For more information concerning Vipassana meditation
Contact the Vipassana Centre Belgium
Driepaal 3, Dilsen-Stokkem
Tel. 089-51 82 30
info@pajjota.dhamma.org
www.pajjota.dhamma.org
For more information worldwide: www.dhamma.org

SUBSCRIPTION BY E-MAIL ONLY:

info@dedeo.be

indicating your: family name and first name

occupation

organisation

SUBSCRIBE NOW!

Since there are only 120 seats in our conference hall
we recommend subscribing as early as possible.
Late subscribers will be informed about
non-participation by e-mail.

PRACTICAL:

- Arrive on time.
- Park in the neighbourhood,
or come by train (Gent/Dampoort).
- We start punctually, with a period of silence.
- All presentations are in English.
- Summaries and general information, in print,
will be available in English and Dutch.
- Consult the road map at www.dedeo.be.

PSYCHIATRISCH CENTRUM  SINT-JAN DE DEO

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