



## **"Demystifying the Vipassana: Towards the Philosophical & the Phenomenological Basis of the Insightful Meditation."**

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The practice of vipassana meditation is twenty five centuries old. The sceptical modern scholarship has, suspecting it as just another form of mystical and religious practices, therefore, lacking any philosophical credibility, up till now ignored its significance. I make a bold claim, however, vipassana does have solid and profoundly significant philosophical, psychological and phenomenological bases. So the aim of this paper is to demystify the vipassana and to demonstrate the ways in which the principles pertaining to vipassana support my claim. The arguments in the paper unfold progressively and that they are drawn upon the key principles employed in the practice of the vipassana.