

Vipassanā Likened to Hatching of an Egg

Introduction

Vipassanā dhamma is flourishing at the present time. Buddhists are practising *Vipassanā* meditation as much as time permits. The meditators do not experience evidently the benefits of *Vipassanā* meditation at the beginning of the practice. They gradually experience the benefits later.

Vipassanā meditation practice is likened to the hatching of eggs. When a hen lays the eggs, she has to brood the eggs everyday until the chicks come out. Like the hen, meditators should practise *Vipassanā* meditation as much as time permits.

When the hen broods the eggs for one day, it is not obvious how much the covering shells are getting thinner, how much the sticky substance in the egg is drying up, and how much the little chicks in the eggs are becoming matured. Similarly, when the meditators practise *Vipassanā* meditation for one day, it is not obvious how much is getting thinner the

massive darkness of ignorance (*avijjā*), which covers up the beings in order not to let them escape from the round of *samsarā*, how much the sticky substance, the craving (*taṇhā*), for the existences is drying up, and how mature the *Vipassanā nāṇa* has been strengthened.

Although these are not obvious, it is true that, as much as the hen broods the eggs in one day, the covering shells become thinner, the sticky substance drier and the chicks become more mature. Similarly, as much as the meditators practise *Vipassanā* meditation in one day, it is also true that the darkness, *avijjā* becomes thinner, the sticky substance, *taṇhā* becomes drier and the *Vipassanā nāṇa* becomes more mature.

When the hen broods for about twenty eight days, the covering shell gets thinned down, the sticky substance gets dried up and the chick gets matured and gathers enough strength. Then the chick kicks at the covering shell with its legs with as much strength as it has and breaks the covering shell with its beak and comes out into the light which it desires. Like that, when the meditator meditates for about one month, *sotāpatti magga nāṇa* which arises due to *Vipassanā nāṇa*, likened to the chick, totally penetrates the massive darkness *avijjā*, that covers him

up in order not to let him come out of *samsarā*. It also makes the sticky substance, *taṇhā* dries up. So one can reach into the light *nibbāna*.

Similarly, the meditators of *Vipassanā dhamma*, though they do not distinctly experience the benefits in the initial stage, they can obviously experience the benefits in the later stages, and then they will attain the bliss of *nibbāna*. It is explained clearly, with example and comparison in this book, "*Vipassanā Likened to Hatching of an Egg*".

Example and subject of comparison

1. Egg shell is likened to darkness, *avijjā*,
2. The sticky substance in the egg is likened to craving *taṇhā*; and
3. The little chick is likened to *Vipassanā nāṇa*.

Mottos:

1. Egg shell is truly likened to *avijjā*.
2. The sticky substance is truly likened to *bhava taṇhā*.
3. The chick is truly likened to *Vipassanā nāṇa*.