

INTRODUCTION

Throughout the whole world there is now a widespread interest and keen enthusiasm in the practice of Buddhist Meditation, but the proper knowledge of its practice in accordance with the actual teachings of the Buddha is still lacking. The majority of the general intelligent public has only a vague idea of the real purpose of undertaking the practice of Meditation, the correct method of practice, the benefits derived therefrom and other essential features.

For the sake of clear understanding and appreciation, and at the earnest request of the Union Buddha Sāsana Council, the Ven'ble Mahāsī Sayadaw, Bhadanta Sobhana Mahā-thera, Sāsana-dhaja-siri-pavara-dhammācariya, Agga-mahā-pañḍita, Chaṭṭha-saṅgīti-pucchaka, has been kind enough to write a short treatise "Buddhist Meditation and its forty subjects" giving concise information of the fundamentals.

It is translated into English as desired by the Mahāsī Sayadaw.

U PE THIN, (Translator)

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Mahāsī Yogī.