

THIS WORK as its sub-title suggests is an exposition of the summary of the Maha Satipatthana Sutta (The Great Discourse On the Foundations of Mindfulness). It is transcribed from a talk given by Sayadaw U Silānanda at the Buddha Sāsana Yektha, Seven Bridge, Ontario, Canada.

The summary here refers to the opening passage in this discourse which begins with the Buddha laying claim to the efficacy of Satipatthana as the only way for obtaining seven benefits—beginning with the purification of beings and among which is the realization of Nibbana — the acme of the Buddhist path of mental culture. The Buddha then goes on to give a summary of the method for the establishing of mindfulness (*satipatthana*) with reference to body, feeling, consciousness and *dhamma*. These four — collectively called the four foundations of mindfulness — are the four objective domains for contemplation with mindfulness in Satipatthana meditation practice. In the summary the Buddha listed out the mental factors, such as energetic effort, mindfulness, etc. that the meditator must bring to bear in his work of meditation. He also stated very concisely how Satipatthana meditation is to be carried out. Due to its conciseness the meaning of this passage may not be at once clear or apparent. An exposition of its meaning is therefore helpful to uncover its meaning.

Drawing from his vast knowledge of the Pali canonical and commentarial texts as well as his years of experience teaching Satipatthana meditation, Sayadaw U Silānanda gives us — in a very simple language — lucid explanation of the meaning of each and every word in the summary passage as well as its significance and implication in the actual work of Satipatthana meditation. As he said it is very important for a Satipatthana meditator to understand this passage correctly and clearly. Understanding even this much they will have a firm understanding of the practice and how to carry it out.