

# A MAP of the JOURNEY

People who read a map have very different ideas of the real landscape. Maps are useful; without them you can get lost, but you have to travel and explore to understand how the place in the map really looks like, and the two look quite different although they are related. There is a big difference between a map and a real landscape: a map is a simplified version of the real landscape.

—SAYADAW U JOTIKA, *KNOW IN THE SUMMER*

Sayadaw U Jotika gives a thorough background to the Path with much detail about the various insight stages.

He illustrates this with many stories from his own practice and from his many teachers.

Quotation from the Sayadaw:

I am trying to give in simple language, a very clear explanation of what insight means and what enlightenment means, so that you can understand it. That is why I also give some Pāli quotations, which are the Buddha's words. These are the criterion. You can test it.

This manuscript is an original, never previously published work. It is transcript of a series of eleven preparatory talks given by Sayadaw U Jotika of Myanmar prior to a meditation retreat held in Australia. The Sayadaw is very well respected in Myanmar where he has produced many books. Although born and bred in Myanmar, Sayadaw U Jotika has a great understanding of many other cultures as he has also read widely in Western literature and has spent extended periods in other countries.