

Introduction

This is a monumental publication and a worthy tribute to the memory of our Sayagyi U Ba Khin. His teachings were collected from the articles appearing in Myanmar magazines and Vipassana Research Institute and other writings of Sayargyi's students. These write up actually give explanation to Vipassana Meditation and to understand properly how to practice the meditation and the benefit obtain from it.

Thus Vipassana Meditation can benefit to all and the benefits can extend to all aspects of one's life. It is our fervent wish that you will all be freed from suffering and experience for yourselves the Nibbanic peace within.

May you all be happy.

May you all be established in *sila, samadhi and panna*.

May you all be fully Enlightened.

U Soe Nyunt

President

Vipassana Association,

Office of the Accountant General

International Meditations Centre (IMC)

Yangon, Myanmar.

Dated : 19th January 2009