

Introduction

Meditators of *vipassanā* meditation who have not yet experienced *dhamma* will like to experience it quickly. Those who have experienced the *dhamma* will like to have the progress of insight quickly and a desire to have a quick realization of the noble *dhamma*. In order to have quick experience, progress of insight and realization of the noble *dhamma* and to be able to remember the instructions, meditators will have to listen to, read and study the meditation instructions on *vipassanā* meditation practising method, initially.

Vipassanā meditation cannot be practised by physical actions of the body nor by verbal recitation. It has to be practised or cultivated only by mental culture. Therefore to be able to cultivate

(ii)

it, keep the mind focused right on the object of observation, control the mind so that it will not wander towards external objects, and control the mind so that it will not linger for long on them, when it wanders.

The way of controlling the mind by contemplation must be known. In order to know the way, *vipassanā* meditation instructions must be listened to, read and studied in detail.

Therefore, *vipassanā* practising instructions will have to be especially read and studied in detail.

Sayadaw

Saddhammarāsi Meditation Centre

(iii)

Translator's Notes

1. The translator felt honoured for being given the opportunity to translate one of Sayādaw's works.
2. In translating this work, an earnest attempt has been made to get a faithful translation and close maintenance of Sayādaw's interpretations.
3. If, however, errors, omissions and misinterpretations inadvertently appear in the translated text, only the translator is responsible.

Lastly, but not the least, the translator wishes to express that thanks are due and is indebted to the members of the Editorial Board at the Centre for advice, encouragement, assistance and cooperation rendered to him.

Tin Oo Hlaing