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MAHĀSATIPATTHĀNA-SUTTA

(Discourse on the Four Applications of Mindfulness)

FOREWORD TO THE FIRST EDITION

by

The Buddha Sāsana Nuggaha Organization

On the Myanmar New Year day which fell on 17th April 1951, the then prime minister U Nu delivered a new year speech which was broadcast by the B.B.S. (Burmese Broadcasting Station). In that speech, he stressed the importance of vipassanā meditation practice and urged the people to meditate for one or two months with a view to achieve the first stage of *Magga-Sotāpanna*.

Accordingly, U San Thein, the then Secretary of the Buddha Sāsana Nuggaha Organization on 5th May 1951 evening (Sabbath day of Tagu- New Moon day or 14th waxing day 1303 B.E) speaking from the B.B.S referred to the speech of the Prime Minister U Nu and explained about the Buddha Sāsana Nuggaha Organization. And then he talked about the efforts of Mahāsī Sayādawgyi in preaching and teaching the vipassanā meditation methods to yogis coming from all parts of the country. Finally he concluded by saying that with effect from that evening Sayādawgyi will give discourses

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on meditation practice in 4 parts on 4 consecutive Sabbath days.

The Sayādawgyi delivered the Discourse on Mahāsatiapatthāna Sutta on that evening and also on next Sabbath days which fell on 13th May, 20th May and 28th May 1951.

Sayādawgyi's Discourse, U Nu's New Year speech and U San Thein's introduction speeches were compiled together and the Buddha Sāsana Nuggaha Organization published the first edition in June 1951. Since then, there have been 2 further editions up to now.

The editors of "The Light of The Dhamma" magazine translated the Sayādawgyi's Discourses into English and published in Vol III. No.4 issue of the magazine in August 1956. Since the Buddha Sāsana Nuggaha Organization had never published this English Text, we have now published it after nearly 60 years.

We are grateful to the editors of "The Light of The Dhamma" magazine for their English rendering and also to Dr. Win Naing Kyaw who brought the existence of this English Text to our notice and who had lent the original magazine of "The Light of The Dhamma" to the Buddha Sāsana Nuggaha Organization.

In our edition, we included a photo of the

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Venerable Mahāsī Sayādawgyi and a brief sketch of his biography as well. Since we wish to publish the original discourse of Sayādawgyi as soon as possible, we have not translated the new year speech of the Prime Minister U Nu and introduction speech of U San Thein. We hope, in some future time, we may be able to translate these speeches into English and incorporate them in later editions.

We are also grateful to Department of Promotion and Propagation of the Sāsana of the Ministry of Religious Affairs for their kind permission granted to the Buddha Sāsana Nuggaha Organization to publish the Discourse in book form.

In conclusion we pray that the yogis be able to follow and practise the vipassanā insight meditation in accordance with the explanations in this Discourse on the Four Applications of Mindfulness, thereby attain the eternal peace of Nibbāna.

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