

Preface

The Sun Lun Vipassanā Meditation is a brief explanation by Sayadaw U Wara of the Sun Lun Way of meditation preached by the late Arahanta Sun Lun Sayadaw U Kavi of Myingyan.

The Path to Nibbāna is the Dhamma preached by Sayadaw U Wara at the 4th Annual International Pāli Tipiṭaka Chanting Ceremony, Buddha Gaya, Bihar State, India. It was preached at the night of 1st December 2008, under the Bhodi Tree where the GOTAMA BUDDHA attained Enlightenment and became a BUDDHA.