

Foreward

I delivered a Dhamma talk on mettā-meditation in a meditation retreat in New Zealand in November 1992. The talk is now transcribed by meditators, printed in a book form after it has been edited. The book is published in commemoration of the second Ceremony of **Acariya Puja** in honour of the most venerable Chanmyay Sayadaw on January 17, 18, 19, 2015.