

Foreword

In 1998, Chanmyay Sayadaw (Ashin Janakabhivamsa) was at the Blue Mountains Insight Meditation Centre (BMIMC; Australia) conducting a vipassanā meditation retreat. The talks were recorded and later Nancy, Chittapala, and John transcribed the talks with the aim of publishing them as a book. John had put these talks on the website of the BMIMC and later also helped with digitising the corrections.

After lying dormant for many years, this project has been taken up again in April of this year. Nancy has painstakingly done all the changes that were necessary after I checked the transcriptions by listening to all the talks. In August, I was able to clarify some unclear passages with Chanmyay Sayadaw and also discussed a few editorial issues with him.

“Talks on Meditation Given in the Blue Mountains” is a collection of Dhamma talks that were aimed at a group of meditators. They contain the basic instructions for the practice of vipassanā meditation as well as encouraging and inspiring expositions on topics relevant to the practice of mindfulness meditation.

As reader of this book, you will be directly addressed and receive Sayadaw’s practical instructions and profound explanations. Of course, the aim of these teachings is to put them into actual practice. The Buddha said that only a person who actually practises meditation can be considered a Dhammavihārī, one who lives by the Dhamma.

Therefore, it is our heartfelt wish that you implement these teachings into your meditation practice and life so that you become a true Dhammavihārī.

Ven. Ariya Nāṇī
Forest Refuge (USA)
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