

(A)

PRACTICAL VIPASSANĀ MEDITATIONAL EXERCISES

POSTSCRIPT

Although it was the earnest wish of his devoted disciples that the Venerable Mahāsi Sayādaw might continue to live for several more years and go on showering the blessings of the *Buddha-dhamma* on all those who seek freedom and deliverance, the ineluctable law of *Anicca* (Impermanence) terminated, with tragic suddenness, his selfless and dedicated life on the 14th, day of August 1982.

It was characteristic of the Venerable Sayādaw's disinterested and single-minded devotion to the cause of the *Buddha-sāsana* that, regardless of his advancing age and enfeebled health, he undertook three more *Dhammadūta* (missionary) tours to the West (Britain, Europe and America) and to India and Nepal in the three successive years of 1979, 1980 and 1981 preceding his death.

(B)

Though the great Dhamma Master is no more with us in the flesh, his revered memory will remain enshrined in our grateful hearts for long and his priceless teachings on *Satipaṭṭhāna Vipassanā Bhāvanā* (Insight meditation through Mindfulness) will be a source of lasting inspiration and enlightenment for all his devotees. We have happily been able to preserve them in the form of tape-recorded discourses and numerous publications in the Myanmar vernacular, with several of them in English translation (*Vide* "Māhasi Publications in English" by this writer in this memorial publication).

U Nyi Nyi
Mahāsi Disciple and Yogī
Yangon,

5th January, 1983