

## Introductory Notes

From

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Of

Anāgām Saya Thetgyi's

Original Vipassanā Meditation Centre

It has been a delightful experience to observe that nowadays people of all walks of life are pursuing and propagating the Ledi insight meditation practice to their fullest capacities, i.e. as best they can and as much as they learn from generations of teachers.

Just as I am gratified by the great efforts of the meditation teachers, doing their best as far as they can reach out, I have also been saddened by the news and evidence of deviations in practice from the original Ledi vipassanā guidelines.

What dhamma teachers teach in accordance with their views and ideas is their own business, and so any variance or deviation from the original is their own responsibility. As such, in my thinking, if they claim it as their own intellectual property, there should not be any problem. But it is invalid and improper to have their head signboards inscribed as "Ledi Method of Anāgām Saya Thet Gyī Vipassanā."

I am happy to see the spread of Ledi vipassanā practice in accord with the instructions of Ledi-authorized

## A Brief Biography

instructors. But my mind is disturbed by the use of those head signboards by those whose teachings are not really in agreement with the original Ledi guidelines.

Ledi Paññāsiha is one of my assistants in vipassanā teaching.

In our village of Pyawbwegyi in Dala Township, Sayagyi Saya Thet began teaching in 1279 the method of vipassanā meditation that he had learned from Ledi Sayadaw Phaya-gyi. The method of teaching by Saya Thet was thus named and its banner inscribed with "*Ledi-mu Anāgām Saya Thet-gyi's Vipassanā Nikāya*" (Ledi-principle vipassanā method of meditation).

The Ledi-mu vipassanā method as taught first by Saya Thet was adopted by Venerable Sayadaw U Kovida who carried on teaching at the meditation center established by Saya Thet. When Sayadaw U Kovida passed away, the tradition was carried over by Venerable Sayadaw U Kumāra (Ahba Nyo), who had taught as an assistant to Sayadaw U Kovida.

Thus the teaching of dhamma at the vipassanā meditation center in Pyawbwegyi is in accord with the original Ledi vipassanā meditation instructions, pure, unadulterated, protected and maintained by the successive teachers.

I am now over 80 years old, with an aspiration all my life to keep the practice as pure as its original teaching. To achieve that objective of maintenance and preservation, and in order to hand over the Ledi-mu vipassanā practice in its pure form to members of the Sanghā, I have

Anāgām Sayāgyi U Thet

conducted 45-day teacher training courses, the last class being the eighth.

My teaching assistant, Ledi Paññāsiha has, in support of the Ledi dhamma, studied biographies, the search and findings of real practical dhamma, as well as the series of discourses delivered, by the 11 masters starting with Ledi Sayadaw through Gurugyi U Goenka. He had compiled his studies in print form and distributed them as donation among the trainees as a means of helpful assistance in their studies of the original Ledi instructions.

This booklet on the brief biography and dhamma instructions of Anāgām Saya Thetgyi is an extract from the treatise on Ledi-mu vipassanā, with references to the works of those 11 masters.

It is a brief description of the life of Saya Thet, the first main-spring teacher of Ledi vipassanā and the essential text content of his teachings.

In fact the book is an extract from the *Concepts and Practice in Experiential Vipassanā Wisdom (ditthadhamma vipassanā hīnadassana)*, a short-cut approach to insight meditation, personally used by Saya Thet for the benefit of Ledi yogis, as well as for those interested in the practice. I, therefore, believe that this little book will benefit all Ledi vipassanā followers without fail. And, it is the original text book of Ledi vipassanā Master Saya Thet.

And so, may I wish this little book of Ledi Paññāsiha be of real aid and benefit to people in pursuit of the original Ledi vipassanā study and practice!

Bhaddanta Kumāra,  
Kammathānācariya Sayadawgyi,

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