

## Introduction

*The Path to Freedom* presents a selection of five *Dhamma* discourses that venerable Sayadaw dr. Nandamālābhivāṃsa gave in Myanmar. Each discourse is packed with much valued knowledge and information.

In *The Path to Freedom*, Sayadaw explains the starting point of the problem of existence. He also shows how to overcome life's problems through the cultivation of right vision and learning the *Dhamma*.

In *The Path to Happiness*, Sayadaw elaborates on three different kinds of happiness: *Kāmasukha*, happiness arising from sensual pleasure; *Nekkhammasukha*, happiness based on renouncing sensual pleasure; and *Upasamāsukha*, happiness based on mental peace or final liberation. Furthermore, Sayadaw describes the practices of *Samatha* and *Vipassanā* meditation for the attainment of these forms of happiness.

In *The Buddha's Advice to Rāhula and Rāhula's life*, Sayadaw explains the meditation that venerable Rāhula, the only son of the Buddha, practiced to gain enlightenment. The six sense bases and their objects are explained from the viewpoint of *Abhidhamma* and

*Vipassanā*. The process of insight meditation with its stages of purification and insight knowledges are clearly explained.

In *Buddhism and Vegetarianism*, Sayadaw explains the purpose of consuming food according to Theravada Buddhism, the views on eating meat and the essence of the Buddha's teachings with regard to vegetarianism.

In *Bhikkhunīsāsana in Theravada Tradition*, Sayadaw gives clear explanation regarding the *Bhikkhunīsāsana* in the Buddha's time, its background story, various types of *Bhikkhunī* ordination including *Garudhamma* and achievements of *Bhikkhunīs*. He also gives some views on controversies regarding *Bhikkhunī* ordination at present.

May these profound and compassionate teachings of venerable Sayadaw Nandamālābhivāṃsa be an inspiration and support the readers' path to the peaceful state.