

## Introduction

*The Great Teacher* presents a selection of seven *Dhamma* discourses that venerable sayadaw dr. Nandamālābhivamsa gave in Myanmar. Each discourse illuminates various aspects of the Noble Eightfold Path. Together, these discourses give a profound view of the mind, the working of the mind and the practice leading to the liberation of the mind as taught by the Buddha.

In *The Great Teacher*, venerated by his followers, Sayadaw teaches us what the Buddha distinguished from his contemporaries in ancient India. His qualities are the qualities that - also nowadays - inspire us to beautify ourselves. With the guidelines of all practices given by the Buddha, this can be effectuated.

In *Mindfulness and Clear Comprehension*, Sayadaw elaborates on two key concepts of the path; *sati* and *sampajañña*. What is it and what is it not. What are supporting factors and benefits and how should we practice to apply the Buddha's counsel: "To live with mindfulness and clear comprehension".

In *The Liberated Mind, free from fetters*, Sayadaw explains how the ten fetters (*saṃyojana*) keep the mind tied to worldly and more subtle desires. With the *Meghiya sutta*, the supportive conditions for liberation are elucidated as well as the methods to

purify one's mind and to overcome the last fetter of conceit.

In *Samatha* and *Vipassanā*, Sayadaw teaches the importance of concentration meditation and insight meditation, and the relation between both. Instruction for both practices is given.

*Thought of Mind* deals in detail with what occurs most in our minds: thinking. Sayadaw teaches about the background of the ideas around thought of mind, the discernment of the different types of wholesome and unwholesome thoughts in mind, and the ways to learn to control the mind.

In *Live with a heart of loving kindness*, Sayadaw explains about proper speech and shows that angry speech never produces good results. Illustrated with the *Kakacūpama sutta*, Sayadaw encourages us to develop loving kindness in our hearts to overcome hatred and to obtain stable minds.

In *Mettā Bhāvanā*, Sayadaw elaborates on the enemies in ourselves and he explains in more detail about the practice of loving kindness meditation.

May these profound and compassionate teachings of venerable sayadaw Nandamālābhivamsa support the readers' path to the peaceful state.