

In the blazing heat of the hot season, raindrops are a welcome relief to all living things. Like those raindrops, Sayadaw U Pandita's words can give us mortal beings - who are scorched by the heat of greed, hate, delusion, pride, envy and a host of other defilements - relief, comfort and inspiration.

As Sayadaw is here addressing the Myanmar Buddhist congregation, his words are of particular relevance to the Buddhist. Nevertheless, there are in this collection general advice on living and precise advice on the practice of *Insight-Mindfulness Meditation*.

Sayadaw U Pandita is a renowned meditation master of the Mahasi tradition. He entered the monastery as a novice Buddhist monk in a remote village in Myanmar at the age of 12. Now in his seventies, Sayadaw has taught thousands of meditators both in his Myanmar country and abroad - in Asia, United States, Europe and Australia.

Formerly *Ovadacariya* (Chief Preceptor) of the Mahasi Meditation Centre, Sayadaw U Pandita presently heads his own Panditarama Meditation and Dhamma-Study Centre in Yangon where he teaches ordained monks and lay meditators from Asia and the West. Despite his age and sometimes poor health, Sayadaw - with his indomitable spirit and indefatigable energy - continues to teach actively, including making regular trips abroad to conduct Retreats.