

## CONTENTS

1. Short Biography of the Venerable Mahāsi Sayadaw ..... I
2. Introductory Preface ..... A  
by Ashin Kelasa, trans. by U Nyi Nyi
3. Foreword to Second Edition ..... H
5. The Noble Teaching of the Buddha ..... 1  
translated by U Nyi Nyi
6. The Teaching of the Buddha-Sāsana ..... 20  
translated by Maung Thā Noe
7. Satipatthana- The Only Way - I  
translated by Maung Thā Noe ..... 42
8. Satipatthana-The Only Way (II)  
translated by Maung Thā noe ..... 59
9. The Way to Happiness  
translated by Maung Thā Noe ..... 76