

FOREWORD TO SECOND EDITION

This “Ovādakathās” were delivered by Mahāsī Sayādaw in 1972. It was translated into English by U Sunanda (Dr. Than Naung) and was printed in December 1995 by the Mahāsī Buddha Sāsana Nuggaha Organization.

Venerable Mahāsī Sayādaw dedicated these speeches (discourses) especially to the Dhamma Kathikas, the meditation teachers how to preach precisely and correctly to promote and encourage the Vipassanā Insight Meditation in accordance with the Theravāda Tradition.

I have also found that Mahāsī Sayādaw was extremely strict upon his disciples, instructing how they should put their utmost effort upon practising Vipassanā Meditation, and to observe and follow the teachings and rules of Buddhist Religion. He also instructed how they should teach, instruct and guide the meditator precisely, and to maintain the meditation master’s qualities.

He also stated how his disciples should practise themselves the morality, concentration and wisdom to the fullest extent, also not to attach on dwelling, relatives and material properties. He taught how to avoid using statements and expression or criticisms those are detrimental or degrading oneself.

So, after reading this book you will understand how Mahāsī Sayādaw has the deep dedication effort on his disciples to become the eminent meditation masters, and his untiring effort upon propagating Mahāsī Vipassanā Meditation.

I sincerely hope that may all be able to seek for the light of Dhamma and find peace with great joy.

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