



# Manual of Insight

By Mahasi Sayadaw

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The most comprehensive manual of the practice of insight meditation (*vipassana*), written by one of its foremost 20th century proponents, is translated into English for the first time.

*Manual of Insight* is the magnum opus of Mahasi Sayadaw, one of the originators of the “vipassana movement” that has swept through the Buddhist world over the last hundred years. The manual presents a comprehensive overview of the practice of insight meditation, including the foundational aspects of ethical self-discipline, understanding the philosophical framework for the practice, and developing basic concentration and mindfulness. It culminates with an in-depth exploration of the various types of insight and spiritual fruits that the practice yields.

Authored by the master who brought insight meditation to the West and whose students include Joseph Goldstein, Jack Kornfield, and Sharon Salzberg, *Manual of Insight* is a veritable Bible for any practitioner of vipassana.

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## **Manual of Insight By Mahasi Sayadaw Bibliography**

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## **Editorial Review**

### Review

“The teachings of Mahasi Sayadaw formed the essential context in which I learned, practiced and studied meditation. That context is beautifully expressed in this book. I owe an inexpressible debt to Mahasi Sayadaw’s scholarship, understanding, and courage of transmission. It is a great gift to have this translation available.” (Sharon Salzberg, author of *Lovingkindness*)

“Having ordained under Mahasi Sayadaw, I know him as one of the most influential Theravada Buddhist teachers of the 20th century. If your temperament is toward strong samadhi and precise noticing, this book will be an invaluable resource in progressing through the Stages of Insight.” (Rodney Smith, author of *Awakening*)

“A truly important work of one of the greatest contemporary masters, with rich detail and profound insight.” (Jack Kornfield, author of *The Wise Heart*)

### About the Author

**The Venerable Mahasi Sayadaw** (1904-82), U Sobhana Mahathera, was one of the most eminent meditation masters of modern times and a leader in the contemporary resurgence of Vipassana meditation. He quickly distinguished himself after ordination as a scholar and teacher of the Buddhist scriptures. Placing himself under the guidance of Venerable U Narada Sayadaw and undertaking intensive training in Vipassana meditation, he mastered the technique and went on to popularize vipassana as a systematic practice beneficial for monks and laity alike.

Ven. Mahasi Sayadaw held Burma's highest scholastic honor, the title of Agga Mahapandita, awarded to him in 1952. During the Sixth Buddhist Council, held in Rangoon from 1954 to 1956, he performed the duties of Questioner (pucchaka), a role performed at the First Buddhist Council by the Venerable Mahakassapa. Ven. Mahasi

Sayadaw was also a member of the executive committee that was responsible, as the final authority, for the codification of all the texts edited at the Council.

Thousands of people have been trained at his Thathana Yeiktha Meditation Centre in Yangon and many more have benefited from his clear-cut approach to meditation practice available through his voluminous writings and through the teachings abroad of his disciples, including Joseph Goldstein, Jack Kornfield, Sharon Salzberg, Rodney Smith, and many others. More than a hundred branch centers of the Thathana Yeiktha Centre have been established in Burma and his method has spread widely to other countries, East and West.

Ven. Mahasi Sayadaw is the author of numerous works on both meditation and the Buddhist scriptures in his native Burmese.

## **Users Review**

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In this 21st one hundred year, people become competitive in every way. By being competitive today, people have to do something to make themselves survive, being in the middle of the actual crowded place and notice through surrounding. One thing that oftentimes many people have underestimated this for a while is reading. That's why, by reading a book your ability to survive increases then having a chance to endure than others is high. For you who want to start reading some sort of book, we give you that Manual of Insight book as a starter and daily reading publication. Why, because this book is more than just a book.

**Scott Seward:**

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